

Activity Type	Activity Description	Further Information
WORK EXPERIENCE		
Paid Work Experience	Casual/Part time work	If you can't find employment that is relevant to your degree show how your work develops your metaskills e.g team work, time management, customer service. Remember that as an international student you can only work 20 hours per week
Internships	Paid and Unpaid Sign in to Student Circus to find out what is available	Internships while studying are not easy to find but clearly provide valuable experience and skills Remember that all internships (paid and unpaid count towards your 20 hours work per week)
UWS London Ambassador Programme		We have various opportunities for ambassadors particularly at the start of each semester – just keep an eye out for the email. As an ambassador you will be able to share you experiences with other students
VOLUNTARY WORK/ACTIVITIES		
Student Representation	Representing students on your course within your cohort	Every course at University of the West of Scotland has a student rep, who will get your views on your course, share those opinions in meetings with staff, and work in partnership to improve your course! Your reps need your help to do this though, so make sure that you know who your rep is, and that they know what you're thinking! For more information visit www.uwsunion.org.uk/representation
External voluntary work	Not-for-profit and charity volunteering	Volunteering makes a difference and is fun Tower Hamlets Voluntary Org Newham Voluntary Organisation Do It (A national government agency)
CAREER DEVELOPMENT		
Career Mentoring Programme	Acting as a mentee	You must be enrolled in the UWS London Mentoring programme and be matched with a suitable mentor.
Personal Development	Taking part in a CPD programme	This can either be an internal CPD programme or an external one
Conference/ Guest Lectures		Includes any conferences you have attended whether it be internal or external. Can be face to face or online.

Entrepreneurship		Taking part in the UWS Business Incubator programme, applying for UWS Kick start funding
Linkedin Profile		Develop your Linkedin Profile as part of the award scheme
OTHER		
Academic Skills and Careers Workshops		<p>UWS Student services offer a range of workshops to support you academic skills develop and help to enrich your experience.</p> <p>View current workshops</p>