



Challenge yourself to develop a range of skills and experiences, boost your CV and stand out from the crowd.

- Receive formal recognition on your degree transcript and at graduation.
- Receive a certificate acknowledging your Award.
- Achieve early to unlock the opportunity to take part in the [Outstanding PLUS Awards](#).

The Bristol PLUS Award is [supported by a range of employers and organisations](#). Learn about the benefits of the Award from employers and alumni in this [two-minute video](#), and hear more from past PLUS achievers [on our blog](#).

The criteria

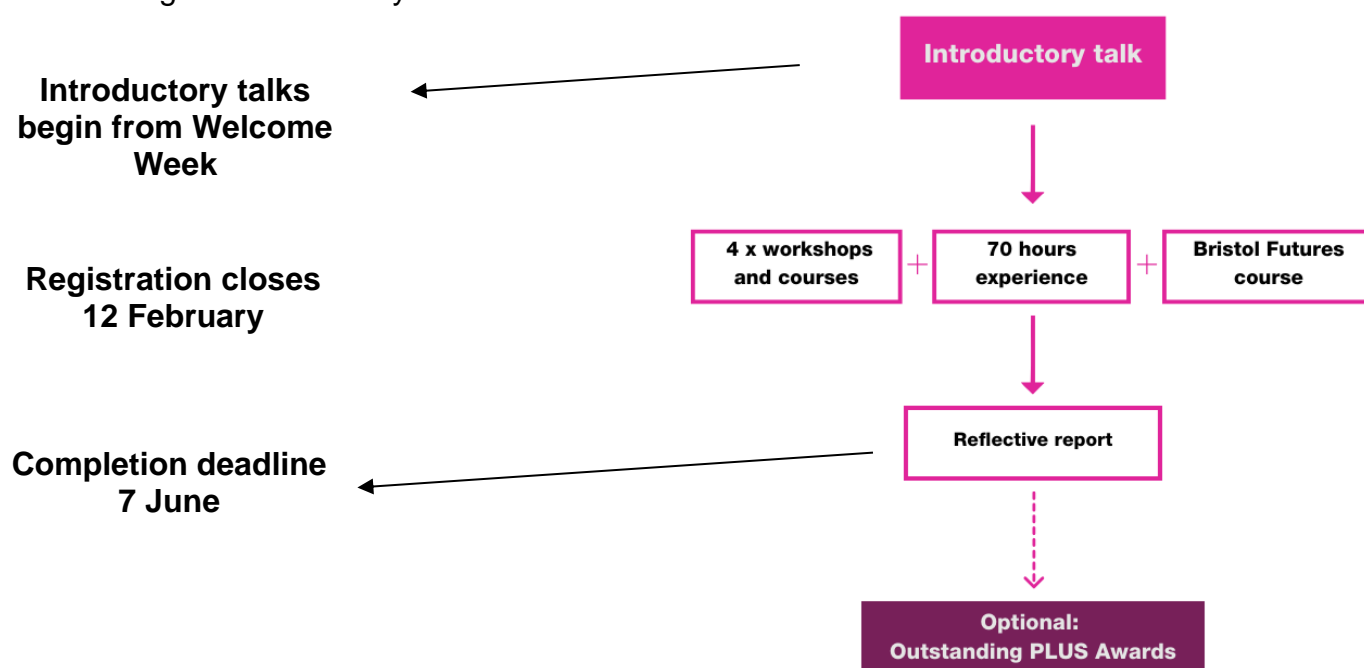
- You can use any extra-curricular activity as evidence towards the Award providing it meets the criteria for each section.
- You can use past experience towards the Award, providing it took place while you were a registered University of Bristol student. This means you can start gathering evidence before you have signed up for the Award.

If you are on a postgraduate taught (Master's) programme, you can include evidence gathered from the beginning of June (before starting your course in September). This is because postgraduate taught students have a shorter time at the university to collect evidence compared to other students.

The PLUS Award is designed for postgraduate research students too! [You can find some example PGR activities in the FAQ document](#).

How it works

To achieve the Bristol PLUS Award, you must complete these activities, starting by attending the Introductory Talk:



Attend the Introductory talk

To get started [login to mycareer](#) and start the [Bristol PLUS Award registration pathway](#). You will be directed to attend a Bristol PLUS Award Introductory Talk. An Introductory talk will provide you with everything you need to know about the Award process.

You will be able to access the Bristol PLUS Award registration form after you have attended the Introductory talk.

You must submit this form by **12 noon Monday 12 February** to be registered for the Award. Once registered you must complete your Award by **12 noon Friday 7 June**.

The next 3 elements of the Award can be done in any order:

Carry out 70 hours of experience

Experience provides opportunities to develop employability skills, professional behaviors and personal attributes while gaining an insight into working life.

Opportunities may be paid or unpaid and are not necessarily related to your degree subject or future career plans.

If you're about to start a new role or activity, use our [professionalism resource](#) to help you feel confident and prepared.

- You must complete a minimum of 2 experiences totaling a minimum of 70 hours together.
- You can use multiple experiences to make up your 70 hours.
- You can use experience gained in any country, UK or abroad, or online towards your Award.
- At least one of your experiences needs to be verified. The default for this is a referee who will be contacted when you submit your hours. [You can find out more information about this in the FAQ document](#).

The table below shows a list of activities commonly used towards the 70 hours experience section of the Award. This list is not exhaustive and is intended only as a guide.

| Type of Experience | Examples |
|--|--|
| Paid employment / internships / placements | |
| Any experiences of this type can count providing they are extracurricular. They can take place alongside your studies or in vacation time and can be paid or unpaid. | <ul style="list-style-type: none"> • Part-time jobs • Freelance work • Internships/placements • Virtual internships (offered by true organisations) • IKEEP Placement • SME internship scheme |
| Volunteering and Outreach | |
| Any volunteering or outreach role that allows you to gain employability skills in an interactive manner. | <ul style="list-style-type: none"> • Practical or skills-based volunteering • Remote/online volunteering • One-off opportunities • Bristol SU volunteering opportunities • Game Changers • School specific outreach opportunities (e.g. UoB Law clinic) • Volunteering with the Global Lounge |
| Student leadership and representation roles | |
| Any role where you have represented your peers and taken on a position of responsibility and developed skills inside or outside of the university. | <ul style="list-style-type: none"> • Representative position such as course rep • Member of a board e.g. a charity or performing arts group. • Committee member e.g. for a society or sports club |
| Mentoring and Peer support roles | |
| Any formal role that has allowed you to engage fellow students in an academic or pastoral way can count towards the Award. | <ul style="list-style-type: none"> • PASS leader • IntoUniversity volunteer • Peer mentoring • Senior resident roles • Bristol Mentors • PLN Mentoring Scheme |
| Teaching and Demonstrating, and other Postgraduate Researcher experiences | |

| | |
|---|---|
| Any extra-curricular role which requires you to put your knowledge into practice by supporting your peers or sharing your skills and experiences. | <ul style="list-style-type: none"> • Three-minute thesis competition • Research without Borders • Teaching and demonstrating • Writing and editing journal paper • Organising a conference/session • Presenting research at an event or poster session • Submitting a successful funding bid |
| Ideas and challenges | |
| Activities which allow you to apply your skills and experiences to developing your ideas, solving challenges, and finding funding opportunities. | <ul style="list-style-type: none"> • Significant work toward a business or student enterprise • Hackathon • City Challenges • Pitching at the New Enterprise Competition • Bristol Crowdfunding |

Workshops or Courses

This section requires you to learn more about career paths, transferable skills for the workplace and the selection process.

- Complete 4 workshops or courses.
- Each must be a minimum of 30 minutes in duration.
- 1 of these must provide training on how to [ace the selection process](#).
- The other 3 can cover any careers or employability topic of your choice.
- Activities can include workshops, events and webinars, MOOCs, and training events or courses, such as the different pathways of the [Career Ready Courses](#).
- Eligible activities could be run by the Careers Service or other university services, or external organisations.

If you are unsure, consider if you can reflect on which skills you have developed through your workshop/course and if this experience would be something you would be keen to talk about in an interview with an employer.

Complete a Bristol Futures open online course

Choose from Innovation and Enterprise, Global Citizenship or Sustainable Futures. Work with learners from across the world to explore interdisciplinary approaches to global challenges.

[Bristol Futures Courses](#) start on set dates throughout the year and require 3 hours of commitment for 4 weeks. Make sure you check the course dates and register [via blackboard](#) so we can verify your completion.

Write a Reflective report

Review the experiences you are giving as evidence for the Bristol PLUS Award in a 500-word report. Reflection is vital to recognise the skills you have developed and help you be more prepared when applying for internships and graduate jobs.

You will also define your key achievements from the Award and consider how you will present them moving forward by creating a personalised statement for your LinkedIn profile or CV.

You can prepare for this section by viewing [example reflective reports](#).

Still have questions?

The details listed above, along with the introductory talk should provide you with all the information you need. However, if you still have questions, please check the [Bristol PLUS Award FAQs](#).