The Bristol PLUS Award

Staff Guide

Supporting all students to develop skills and confidence through engagement in extracurricular activities. Through meaningful reflection and articulation of achievements, the PLUS Award provides a framework that rewards personal and professional growth.

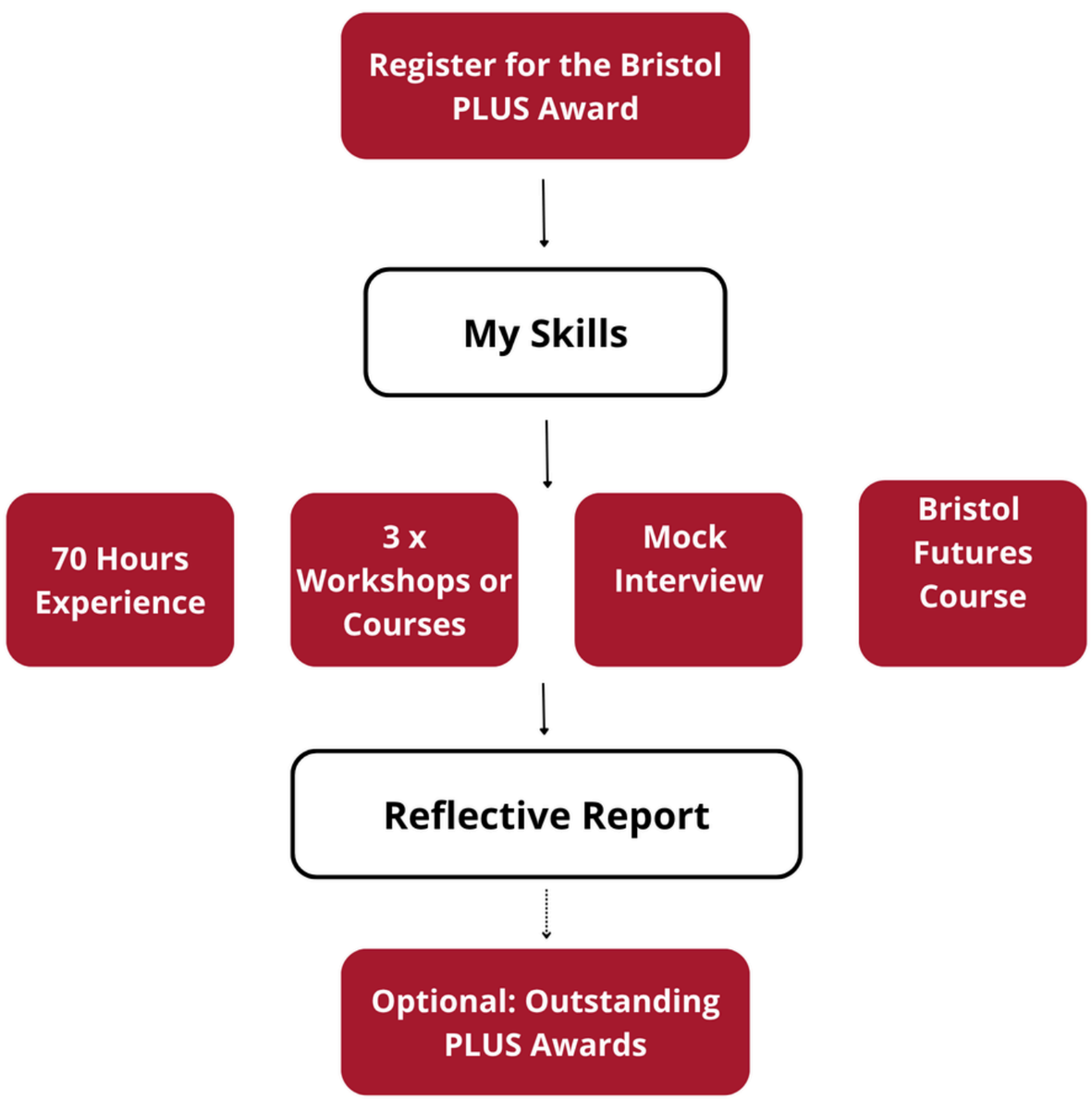
The Award is open to all current students, UG, PGT & PGR. It is an annual programme with a registration deadline in February and a completion deadline in May.

Evidence for the Award:

- Must be extra-curricular – not credit-bearing or compulsory for their degree.
- Have taken place while registered in their current course.
- Can be backdated from any year of study, including vacation periods.
- PGT students can use evidence from the June before starting their course due to their condensed time at Bristol.

The process

1. Students can register by logging in to mycareer and starting the Bristol PLUS Award Pathway.
2. Once students are registered, they can record their progress through the mycareer system. Their first task is to complete the My Skills check, which helps them assess their current skills, select a few to prioritise, and plan suitable development activities or workshops.



3. Students can complete the next four core elements of the Award in any order.

- **70 hours of work experience** across two different opportunities (paid or unpaid, in the UK or abroad, online or in-person) where they have a level of responsibility or an opportunity to develop workplace skills with an employer.
- **Three workshops or courses**, online or in person, each lasting at least 30 minutes and focused on career or employability development. These do not need to be delivered by the Careers Service
- **Online Mock Interview** hosted on Shortlist.me, which offers AI-generated feedback and advice.
- Completion of one **Bristol Futures open online course.**

4. Students are required to complete their second My Skills check to see how their skills have developed through their experiences on the Award. They also need to submit a 500-word written report, reflecting on their experiences and how to use the Award to support their future ambitions.
5. Optional: Students who complete the PLUS Award early are eligible to nominate themselves for the Outstanding PLUS Awards (OPA). The OPA recognises students who have made a meaningful impact or driven positive change through their PLUS experience. The OPA nomination deadline is in February.

The benefits
Achievers of the Bristol PLUS Award report increased confidence, greater self-awareness, a clearer understanding of post-university options, and improved success in recruitment processes.

“As someone with a lack of confidence and uncertainty of what career to pursue after university, the PLUS Award has been an invaluable source of information and assistance to bettering the fulfilment of my degree. I have gained the self-reliance to find a suitable career path and the necessary skills to get there.”

“Bristol PLUS has allowed me to develop as an individual in more ways than I ever imagined. It has been an exciting experience with lots of different elements.”

Contact the Team
If you have questions about any of the above, please contact the Bristol PLUS Award team careers-plusaward@bristol.ac.uk.