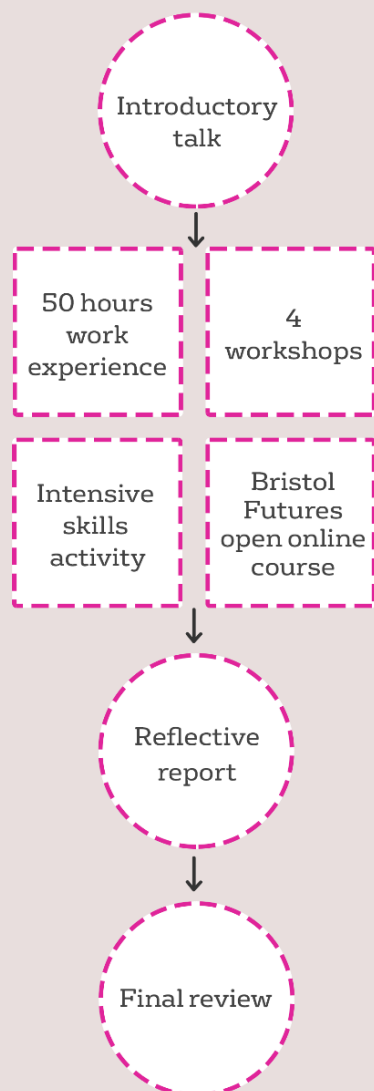


The Bristol PLUS Award provides a framework to reward students for developing extracurricular skills and experience. Personal reflection is integral to ensure students understand the value of their learning and become better prepared for life beyond university.

The Award is open to all current students UG, PGT & PGR. It is an annual programme with a registration deadline in February and completion deadline as the last day of the academic year. 1415 students registered in 2017-18 and 1005 completed.

**Evidence for the Award:**

- Must be extra curricular - not credit bearing or compulsory for their degree
- Have taken place while registered on their current course.
- Can be backdated from any year of study including vacation periods.
- PGT students are able to use evidence from the June before starting their course since they have a shorter time at Bristol and more intensive programmes.



**The process**

1) Attend an introductory talk to discover all they need to know and decide if they want to register. Introductory talks begin in Welcome week and run until just before the registration deadline. They can book via the [Bristol PLUS Award webpage](http://bristol.ac.uk/plus-award).

2) Once registered, they document their progress through the mycareer online system. The central 4 elements on the Award can be submitted in any order.

- 50 hours work experience – can include any paid or unpaid work in the UK or abroad.
- 4 workshops – attended in person and a minimum of 30 minutes in duration. One must be related to the job selection process. The remaining 3 can be on any other careers or employability related topic - they do not have to be run by the Careers Service.
- The intensive skills activity - any extra-curricular activity in which a student has committed a minimum of 6 hours to, developed employability skills and put them into practice (e.g society committee role / course rep / language course / first aid training etc).
- Complete one of the Bristol Futures open online courses.

3) The final elements on the Award are some of the most important, as students are required to reflect on their experiences in a 500 word written report and concluding 1 hour small group workshop. Here, they will plan their next steps and how to use the Award to support their future ambitions.

**The benefits**

Students report increased confidence and self-awareness, better knowledge for their options after university and improved ability for success in recruitment processes. The net promoter score is 51 which is considered excellent.

- “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.”
- “Something that forced me to adapt as a person and try something new. Overall, the reason that I have an internship this summer.”

[bristol.ac.uk/careers](http://bristol.ac.uk/careers)

 [@UoBristol.Careers.Service](https://www.facebook.com/UoBristol.Careers.Service)

 [@UoBrisCareers](https://twitter.com/UoBrisCareers)

**Contact the team**

If you have any questions about any of the above please contact Maxine Sims, Bristol PLUS Award manager [Maxine.sims@bristol.ac.uk](mailto:Maxine.sims@bristol.ac.uk) 0117 33 17870. Contact email for students is [careers-plusaward@bristol.ac.uk](mailto:careers-plusaward@bristol.ac.uk)