

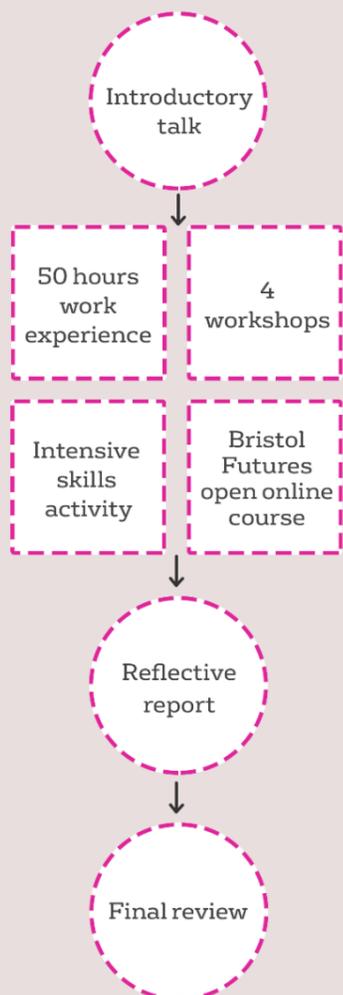
Careers Service

The Bristol PLUS Award provides a framework to reward post graduate researchers for developing extracurricular skills and experience. Personal reflection is integral to ensure PGRs understand the value of the transferable skills they have gained and to better prepare for life beyond their PhD.

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. 83 PGRs registered in 2017-18 and 63 completed. There was a 89% increase in PGR registration in 2017-18 with 80% completing the Award. PGRs can easily tailor the award requirements to be most relevant to their practices.

Evidence for the Award:

- Must be extracurricular - not credit bearing or compulsory for any part of their doctorate.
- Have taken place while registered on their current course.
- Can be backdated from any year current course.



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 (e.g undergraduate teaching or demonstrating, submission of journal paper)
 - 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 – workshops outside the Careers Service or BDC are accepted.
 - 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 present at a conference / submit a successful funding bid / Research without Borders 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 understand how to use the Award to support their future ambitions.

The benefits

PGRs report increased confidence and self-awareness, better knowledge for their options after their PhD and improved ability for success in recruitment processes. 100% of PGRs who completed the Award would recommend it to their peers.

- “The Bristol PLUS Award activities furnished me with highly useful experiences relevant to my PhD but which I am certain will also make me more effective in other work environments.”
- “The Award has given me the opportunity to build additional value from activities I was already engaging with.”
- “The Award helped me reflect on the skills I’d learnt to be able to apply more confidently for jobs with an added level of professional credibility.”
- “If it hadn't been for the Award, I would have never stepped out my office. I'm so grateful I committed to this, I met loads of interesting people and performed satisfying tasks that have greatly enriched my PhD student experience.”

bristol.ac.uk/careers

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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 0117 33 17870. Contact email for students is careers-plusaward@bristol.ac.uk