

Meet Guide #5:



Opportunities & Applications

This week we're helping our mentees look for opportunities they can apply for based on the career and courses you discussed in your previous meeting (Meet Guide 4).

If you have any questions, please get in touch with us in Microsoft Teams.



Finding Opportunities

Working together, discuss and look for opportunities that will help further your mentee's development and skillset to help them achieve their goals.

This could be:

- Volunteering opportunities
- Work experience or jobs
- Courses - Look at free and paid (LinkedIn/Open University ect)



Let's Apply!

Encourage your mentee to apply for opportunities, even if they don't fit all of the criteria! The process of applying will be good practice and will help them improve. There might be opportunities for feedback, even if the applications themselves don't work out.



Useful Articles

- [The daunting world of job applications](#)

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Interviews- What to Expect?

At an interview you'll discover if you want to work at that organisation as much as they are going to find out if you could work with them.

- Arrive early - you can usually chill there beforehand and grab a drink before you go in.
- Be yourself - stay calm (it's not a battle!), smile and make eye-contact.

Type of Interviews

Face to Face

- Before your interview, find out more about the job role and company
- Prepare some good stories relating to your CV.
- Print some copies of your CV to take in with you.
- Remember to dress for success, make eye contact and smile.

Phone

- You can have a cheat sheet in front of you throughout!
- Treat it like a face-to-face interview -- prepare your answers and practice saying them. Speak slowly and clearly.

Virtual

- Loungewear is a no-no!
- Find a quiet room with minimal noise and distractions.
- Sit up properly in a chair and (like any good selfie) you'll need good lighting!



Before you Finish...

You know the drill! Schedule your next session and remember to tag us in any social media posts.

