

# Sam

(They/Them)

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## Map

As an undergraduate student, I find career planning a bit daunting and something too far in the future. I don't know what I want to do after I finish University and as I'm Dyslexic, I find organising my thoughts and planning to be a bit messy and then I procrastinate! So, I have used Man Met's Attributes to help me instead. I have picked three competencies to work on and now I'm exploring how to action these. This approach feels more manageable for me, and I'm actually feeling quite excited at the thought of trying something new and meeting new people too.



## Experience

Turning my goal setting into actions felt overwhelming at first, but once I had applied via Jobs4Students to be [event ambassador](#), it started to feel more realistic to get things moving. I also attended some useful [study skills workshops](#) to work on some feedback I had on my last lot of assessments. To act on my goal to contribute positively to my community, I turned to the [Students' Union](#) and I got a placement in a local community centre, working with teenagers in an after-school club. I've loved supporting their LGBTQ+ club as well as their environment group. I have kept up my Jobs4Students applications, but as I love the volunteering I'm doing it longer term, so I prefer applying for the J4S roles that are only one or two days when it suits me – this stops it all feeling too much, especially when I have deadlines approaching. I'm learning to manage my time, and recognise I need to slow things down when I have assessments due, which helps my mental health.



## Reflect

Initially, I wasn't sure how to reflect but I used the resources on the Future me plan page to pull apart my thinking a bit more logically. At first, I didn't think I had necessarily achieved much, but when I looked again at the competencies I had chosen as my goals, I realised that I had improved in both confidence and skills. I also realised that I had progressed in other areas too. For example, we did some work in the youth club on sustainability, exploring the topic with the teenagers there - this really helped my knowledge and interest, so now I have signed up to the [carbon literacy training](#). I have realised through this process that it's not about knowing exactly what I want to do after university, but about developing my personal and professional skills a step at a time.



## Share

I have really enjoyed pushing myself to think of multiple ways of sharing my experiences over this academic year. I have chatted to friends and encouraged people to get involved in activities throughout my time working as an event ambassador. But I also wanted to see how I could share how setting those aspirations at the start of this process kept me focused, gave me energy and drive! So, I have submitted a piece about community and belonging to the [aAh! magazine](#) – even if it doesn't make the cut, I'm proud of my reflective writing, something I wouldn't have dreamed of saying a year ago! I have made friends and championed groups and opportunities that I'm passionate about, such as LGBTQ+ and sustainability. I know how it feels not to fit in, and that's how I felt at first coming to university, but Future me plan gave me the excuse I needed to get involved in other areas of University life, meet new people, and try new things.

