

# Sayo

(He/Him)

Foundation Year student

Faculty of Business & Law



## Map

I had some family issues while completing my BTEC, so I didn't get the results I was hoping for. I am doing a Foundation Year and would like to work in digital technology when I finish University. Everyone I mention this to says how incredibly hard and competitive this is and this makes me really worried, and I feel that it is unachievable for someone like me. I don't get to know many people on my course, I live at home and take care of my Dad. I'm also the first person in my family to go to university and so this makes me feel completely out of my depth. I turned to Future me plan for support, to make sure I knew where to start, and how to make the most of this year so I can get into my course next year. I have a lot riding on my time at university, and I feel the pressure to get it right. I chose competencies from the Man Met Attributes that focused on digital, financial literacy and problem-solving.



## Experience

I focused initially on experiences that I could do from home, so I could keep my costs down and not commute onto campus. I absolutely loved completing the [Adobe and Microsoft accreditations](#) and this led me to achieving my [digital bronze badge](#) with Rise. I'd never set up a LinkedIn profile before, but these badges and awards made me feel I actually had something to put on there, even if I hadn't finished my course yet. My personal tutor encouraged me to step out of my comfort zone further though and try to develop more interpersonal skills by trying some in-person experiences or events. I have to say this did make me very nervous but I started small, attending one-hour sessions with Rise and [Careers](#), until I felt confident enough to do something longer. I then went along to the [Comic and Zine taster](#) session and everyone was so relaxed and friendly, it made it easier to go back and get involved.



## Reflect

Although I'm ambitious, I've struggled to know how to get there. I'm not sure what the journey looks like or the kind of experiences and skills I need to have by the time I finish university. Future me plan helped structure that and now I'm pleased to report that not only have I finished my Foundation year, but I have been accepted onto a [Degree Apprenticeship](#)! I still feel out of place at times, but already I'm feeling more confident and can see how getting involved in different experiences outside my course will help me improve my professional skills in particular. I have also realised that getting a balance is important, I think at times I put too much pressure on myself. Luckily it worked out ok this year, but I have realised going at that intense pace any longer would have just led to burn out. This reflection process has been helpful, and I can see how I want to take things forward next year.



## Share

As so many of the companies I'd like to work for have a strong presence on LinkedIn, I decided this was the best place to share my experiences and collate my achievements. I joined some of the digital, technology and apprenticeship groups on LinkedIn too, and got involved in conversations and attended some talks and webinars. When I saw an advert come up, I applied to be on the student panel at one of these events. I was so nervous speaking on this panel, but luckily it was online so it felt less intimidating. One of the organisers has invited me to attend a conference in a few months' time and speak on the student panel there too, the difference is that will be live – I'm building my confidence up for that one!

