

## Graduates of 2022

Congratulations to all our 2022 graduates. The past few years have been out of the ordinary, challenging, and required a huge amount of adaptability. Successfully completing your studies in this environment is an achievement to feel proud of.

Whether you have a job offer or are looking for your first graduate job you are now entering a period of transition, from student to job seeker or new employee and change (whether good or bad) can bring with it a sense of discomfort.

We have put together a few resources in a pick and mix format to help you navigate the next steps.

### **Building Resilience**

TED Talk | Curated Playlist | How to Shape your Future with Confidence |

[https://www.ted.com/playlists/808/how\\_to\\_shape\\_your\\_future\\_with\\_confidence](https://www.ted.com/playlists/808/how_to_shape_your_future_with_confidence) a mix of talks to choose from

TED Talk | Clinical psychologist Raphael Rose discovered that failure is key to creating resilience

[https://www.ted.com/talks/raphael\\_rose\\_how\\_failure\\_cultivates\\_resilience](https://www.ted.com/talks/raphael_rose_how_failure_cultivates_resilience)

### **Self-Care**

**TED Talk Curated Playlist | Self Care |**

[https://www.ted.com/playlists/299/the\\_importance\\_of\\_self\\_care](https://www.ted.com/playlists/299/the_importance_of_self_care) a mix of talks to choose from

### **Practical Resources for Effective Job Search**

St Mary's Graduate club <https://mymodules.stmarys.ac.uk/course/view.php?id=24752>

The Great Graduate Job Hunt <https://www.youtube.com/c/TheGreatGradJobHunt/videos>

A series of new graduate career specific videos for new graduates developed by The Careers Group (St Mary's is a member organisation) tackling topics such as Job Search, preparing for Interviews and How to Make the Most of Your First Graduate Job. Developed a few years ago but still relevant and useful.

Insider Tip: Click on Channels to see related Career Service You Tube Channels – usually free access. Some have substantial useful content.

Book: The 2-Hour Job Search, Second Edition: Using Technology to Get the Right Job Faster by [Steve Dalton](#) Useful for developing a structured Job search strategy.

### **Big Picture Resources**

Book: What Colour Is Your Parachute? 2021: Your Guide to a Lifetime of Meaningful Work and Career Success (What Color Is Your Parachute?) by [Richard N. Bolles](#) , [Katharine Brooks](#)

A reliable classic on careers and job search.

Book: The Nowhere Office: Reinventing Work and the Workplace of the Future

by [Julia Hobsbawm](#) An insightful perspective on the changing patterns of work. Useful context to thinking about career development.

TED Talk | Managing Your Career - The Best Career isn't Always a Straight Line

[https://www.ted.com/talks/sarah\\_ellis\\_and\\_helen\\_tupper\\_the\\_best\\_career\\_path\\_isn\\_t\\_always\\_a\\_straight\\_line](https://www.ted.com/talks/sarah_ellis_and_helen_tupper_the_best_career_path_isn_t_always_a_straight_line)

### **Just for Fun**

Book: Assume the Worst: The Graduation Speech You'll Never Hear Hardcover – Illustrated, 2018 by [Carl Hiaasen](#) (Author), [Roz Chast](#) (Illustrator) ... a humorous guide to life after graduation by a favourite “non careers” author. **Read the reviews before deciding if it is for you.**

### **And finally**

Leaving university and starting embarking on your graduate career will take you on a lifelong journey. It will most probably include working for a range of different firms, meeting lots of new colleagues with brilliantly diverse backgrounds - some of whom will become firm friends. The journey will include gaining experience – sometimes good sometimes not so good– but will also include lots of learning and the chance to grow and develop.

Above all your career has the potential to be interesting and meaningful. Make a decision to enjoy the journey, even the obligatory job search. Adopt a spirit of adventure, be patient and persistent and trust the process.

St Mary's career service is here to support you completely free of charge up to **two years or is it three** from graduation whether you are experiencing any bumps in your career development plans or simply want to discuss options with trusted/experienced careers consultants.

Good Luck and Best Wishes for your graduate career!