

Quarter Life Reboot

A careers support programme from St Anne's College, Oxford and the Oxford University Careers Service

Programme

Monday pm: Understanding what brings you here (St Anne's)

- a) Welcome from Helen King, Principal of St Anne's College and Jonathan Black, Director of the University Careers Service
- b) Introductions from each participant
- c) Reflection and goal setting – workshop from Dr. Chris Jeffs (CA)
- d) Taking the big picture: Wheel of life – workshop from Dr. Mike Moss (CA)

Tuesday am: Strategies for confident career planning (St Anne's)

- e) Workshop to reflect on current role and identify positive aspects – Dr. Chris Jeffs
- f) MBTI introductory lecture and individual feedback – Dr. Mike Moss

Tuesday pm: Facing the barriers (St Anne's)

- g) Short session to discuss the barriers that people are facing – Dr Abby Evans
- h) Walk in groups round Oxford, peer discussion on barriers
- i) Plenary to reflect on peer discussions – Jonathan Black
- j) Panel of Alumni to give case studies – St Anne's with Careers Adviser to compere
- k) Twilight drinks and networking with alumni

Wednesday am: Practicalities of job search (56 Banbury Rd)

- l) Individual CV reviews –delivered by the careers adviser team led by Dr Abby Evans
- m) Networking, information interviewing, uncovering hidden opportunities – Jonathan Black, Dr Chris Jeffs
- n) Using LinkedIn effectively - Dr Mike Moss
- o) Using AI – Damilola Odimayo
- p) Assessment and presentation skills – the theory – Dr Chris Jeffs, Fleur Houghton

Wednesday pm: Group exercise (56 Banbury Rd)

- q) Assessment centre in action – teams of 6, observed – careers adviser team
- r) Feedback on the assessment centre - careers adviser team
- s) Presentation task set for Friday morning – Workshop lead

Thursday am: individual coaching (St Anne's)

- t) 1:1 for each participant, 30 mins, 4 parallel strands – four Careers Advisers
- u) Free time to work on CV and presentation

Thursday pm: Business basics (St Anne's)

- v) Basics of business eg finance, organisation, marketing – Dr Mike Moss, Jonathan Black
- w) Etiquette – Dr Abby Evans
- x) Ask an alum/recruiter – a panel of alumni who will talk about what they look for when recruiting – St Anne's + Careers Adviser compere
- y) Formal dinner in college

Friday am: St Anne's

- z) Presentations – 5 mins each, observed by rest of group, in two parallel paths (eg, 9-1030)
- aa) Plenary feedback on presentations, tips for improvement, Q&A
- bb) Action planning & journaling
- cc) Inspirational end of course address – Helen King