



How can you develop your CV during university?

Lancaster University offers opportunities to get involved in a variety of activities where you can meet new people and develop new skills; these activities will add valuable experience to your CV.

Extracurricular Activities

University Societies

- There are over [200 societies](#) at Lancaster University.
- Use societies to demonstrate your interest in a particular sector e.g. the Marketing Society.
- Societies such as [Bright Futures](#) provide opportunities to meet employers/industry experts.
- In addition to being an active society member you could run for an Exec position such as President, Vice President, Treasurer or Social Secretary.
- You could also decide to set-up a new society which will look great on your CV.

University and College Sports Teams

- There are over 30 different [sports clubs](#) on campus including basketball, football and hockey. These teams compete regularly against other universities.
- Lancaster University also has college leagues for many types of sport.

College JCR Reps

- Each undergraduate college has a [JCR Executive](#). Roles generally include a President; a Vice President; Welfare Officers; Social Secretaries; Communications Officers; and Sports Reps.
- Elections for student officers run in Michaelmas term.

Freshers' Reps

- Students are needed to support and guide new first year students at the start of each term.
- Contact your College Administrators for more information.

Departmental Representatives

- As a Departmental Representative for your degree programme; you will gather feedback from other students and discuss any issues or successes at departmental meetings.
- Reps are chosen early in the academic year – contact your department for more details.

Open Day Tour Guides

- You will promote the University and your department by guiding prospective students and their guests around campus whilst answering questions based on your own experiences.
- These opportunities are advertised on the [Employment and Recruitment Service](#) website and by individual departments.

LUSU Cross Campus Officers

- These [Officers](#) are elected to represent students on a variety of issues such as: Welfare; Media & Communications; Education; Socials; International; LGBTQ; and Activities.
- Officers are elected across the University every Summer term.



Volunteering

Volunteering looks great on your CV especially if you commit to it regularly e.g. for a few hours each week or if you complete a longer piece of voluntary work over summer.

Local Charities

- Contact local charities/organisations to offer support. As well as working in their charity shop, you could offer to help organise charity events or update their website.
- Search the [Do-It](#) website where charities across the UK advertise voluntary opportunities.

Nightline

- [Nightline](#) offers a confidential listening service for students.
- They look for volunteers to work night shifts two times per week.

Green Lancaster

- Delivers [environmental projects](#) across campus such as Edible Campus and Exodus Project.

Enactus Lancaster

- [Enactus](#) is committed to using entrepreneurial action to transform local lives.
- They run local projects such as 'Revive Enterprise' which works with Lancaster's Homeless Action Centre and 'Difference-Enabled' which supports people on the autistic spectrum.

Work Experience

Part-time Jobs

- Register with the [Employment and Recruitment Service](#) to apply for jobs on campus.
- Search on [TARGETconnect](#) for local part-time/temporary work.
- Apply speculatively by taking your CV into local employers.

Internships and Insights

- Search for summer internships, insight days and work shadowing opportunities on [TARGETconnect](#).
- Find out about companies and opportunities by attending employer presentations and Careers Fairs.

Careers Networking Club

- The [Careers Networking Club](#) provides opportunities to meet with local businesses, graduate employers and university staff as well as offering advice sessions on 'how to network' effectively.

Enterprise Centre

- If you have your own business idea that you want to put into action then you can discuss it with the [Enterprise Team](#).
- They run drop-in sessions every Wednesday 2-4pm during term-time in The Base.