

Common Intensive Skills Activity Examples

<p>Student leadership and representation</p> <ul style="list-style-type: none"> • Course / JCR rep • Society / Sports / Enactus / Student Council committee member • Network chair role • Volunteering executive role • RAG executive role • Burst Radio position • UBTV position • Epigram position • Student Quality Reviewer • AIESEC Awards
<p>Mentoring and peer support</p> <ul style="list-style-type: none"> • Student Ambassador & Schools Tutors • Students in Schools Programme • Any mentoring position including peer mentoring • PASS leader • IntoUniversity volunteer role • Any Senior Resident role • Senior Resident training
<p>Work Internships or placements</p> <ul style="list-style-type: none"> • University Open Day Steward or Team Leader • Campus tour guide • Student tele-campaign advisor • Interdisciplinary research internship scheme • Any work or volunteering role (must be different to your work experience for the Award)
<p>Volunteering and outreach</p> <ul style="list-style-type: none"> • SU - Student-led volunteering committee member • Bristol Hub - volunteering role / Social Innovation Programme / International Development Conference / student support team member • Enactus - volunteering role • SEH – Sports Leadership Award / Game Changers • Bristol is Global competition team member • Sustainability - Green impact labs role • Sustainability - training and workplace audit report • Lloyds Scholars - Helping Britain Prosper charity challenge
<p>Training, courses, competitions and other professional development</p> <ul style="list-style-type: none"> • Training course / conference • NVQ qualifications • First Aid course / Language course (including sign-language) • Employer insight days / weeks / assessment centres • Employer challenge or competition • Enterprise conference / challenge / competition • PADI qualification • Swim teacher / Lifeguard qualification • Coaching award, qualification or certificate • MOOC • Careers Service Intensive Skills Day • Careers Service Bristol Mentors programme
<p>School or departmental extra-curricular activity</p> <ul style="list-style-type: none"> • UoB Law Clinic • Professional Skills Development Unit – SPAIS • Skillsets - Physics • PLN Mentoring Scheme - Faculty of SS&L

- Digimakers – Engineering

Postgraduate researcher opportunities

- Organise a conference / a session at a conference / seminar series
- Present your research at a conference / public event / poster session
- Starting to Teach / Brilliant club teaching programme
- Three minute thesis competition
- Submit a successful funding bid
- Participate in the Research without Borders event

What should I do if my activity isn't listed?

Please choose 'other' from the intensive skills activity drop down list and submit details.

REMEMBER! Any work or volunteering role can be used as long as it is different from your work experience role. – Please use the other category to provide a summary.

If you do not yet have an intensive skills activity, there are more ideas listed in your PLUS award account.