What course did you take?

BSc in Sports Science and Biology
MSc in Exercise and Nutrition Science

What attracted you to study at the University of Chester?

Location, reputation, river (because of my rowing background)

Apart from academic knowledge, what other transferable skills did you gain?

Communication skills, critical analysis, being SMART and having SMART objectives, prioritising, researching, coping with pressures of work/life, confidence, organisation

Did you do Work Based Learning or volunteering? If so how did this contribute to your plans?
Yes, I coached at Kings School Chester Rowing Club as that was the career path I wished to take. I spent six weeks coaching a crew to the National Schools Regatta where they won a bronze medal. I worked alongside the other coaches, shadowing them and learning new skills and ways to approach coaching a crew. I developed a new philosophy on coaching during my time at the school and this enabled me to go on to bigger and better things. After finishing my degree, I became assistant coach at another rowing school in the South of England before returning to Chester to become a development coach for British rowing in the North West, whilst studying an MSc in Exercise and Nutrition Science. Once I finished my MSc I became Director of Rowing at a private school in Bath where I stayed for 7 ½ years. The Work Based Learning module was an essential stepping stone to my future career prospects.

_Did you use Careers & Employability? If so, how did this help you?_

Yes I did often. They helped me put a professional and robust CV together which showcased my skills and experience in all sorts of areas that I would never have thought about. I still use the same template that they showed me many years ago.

_What are you doing now?_

I have just taken up the post of Students’ Sports Development, Performance and Coaching manager at the University of Chester. I have come full circle and I am delighted to be back in a place that has given me so much.

_What are your top tips for other students & graduates_

- Volunteer, it really does look good on your CV
- Go to Careers and Employability early to assess your options
- Get a good CV ready for when you leave University
- Listen to the advice that is been given to you by your lecturers, Careers and Employability and your parents. As much as you may hate it, they do know the market place better than you
- Do Work Based Learning as it will help your employability in an area that you feel you would like to go into
- Don’t think you will walk into a top job straight out of University. It takes time to move up the ladder and everyone has to do the ground work first
- Stick to your goals and believe in yourself.