You can undertake thousands of activities to get experience (formal internships are actually usually the third or fourth rung on the ladder). You could volunteer; join student-societies, find part-time roles, help out at a summer-camp or get involved in any number of other activities. You can find a wide range of suggestions in *The Graduate Career Guidebook*.

In the table below, identify seven specific opportunities that suit your particular personal situation (see chapter nine).

|  |
| --- |
| **Self-assessment: What experience are you after?**List a range of specific activities you could undertake.. |

|  |
| --- |
| **Reflecting on your answers:** Look over your activities and see if they are realistic, varied and exciting. |