In order to make the most of your University experience and stand out to prospective employers you may wish to ask yourself the following questions to help populate your HEAR.

**Stand out from the crowd with HEAR**

SEMESTER 1 CONTACT POINT 1

What sports or activities have you previously undertaken? Do you wish to continue these at University? If yes, you could view the range of sports available on the [Northumbria Sport webpages](http://nusportcentral.com/sports).

**BENCHMARK**



What are your personal strengths and weaknesses? You may perhaps consider these [work experience and volunteering](https://www.northumbria.ac.uk/study-at-northumbria/planning-your-career/careers-and-employment/work-experience-and-volunteering/) opportunities to help build on your existing strengths and develop your areas of weakness.

**DEVELOPMENT**

If you have undertaken additional activities, what skills have you developed from your participation? It is important that you can articulate your experiences to potential employers.

**APPRAISAL**

If you haven’t yet engaged with any activities outside of the course curriculum, do you intend to?

What are your plans over the summer? You may wish to look at [JobsOnline](http://northumbria.prospects.ac.uk/index.html) or [volunteering opportunities](https://www.northumbria.ac.uk/sd/central/acserv/careers/ces_dvlpskills/ces_vol/).

**DIRECT**

Have you got involved in any extra-curricular activities in your first semester?

**REVIEW**

Do you have any clear career ambitions at this stage? If so, you may wish to look at the following [webpage](https://www.northumbria.ac.uk/sd/central/acserv/careers/CES_getinto/?view=Standard) for further details. If not, you could consider looking at the more general resources on the [Careers and Employment webpages](https://www.northumbria.ac.uk/study-at-northumbria/planning-your-career/careers-and-employment/).

**ASPIRATION**

SEMESTER 2 CONTACT POINT 3

SEMESTER 1 CONTACT POINT 2

**ENCOURAGE**

What skills would you like to further develop? Have you considered opportunities such as [Student and Graduate Enterprise](https://www.northumbria.ac.uk/study-at-northumbria/student-graduate-enterprise/)?

You can find out further information about HEARable activities at: <https://www.northumbria.ac.uk/hear>.

**DISCOVER**

Moving forward how do you intend to stand out from the crowd in terms of graduate employability?

**STAND OUT**

What will your interim HEAR look like?

What does this say about you to prospective employers?

**EVALUATE**

If you have carried out extra-curricular activities, what have you learnt from your experiences?

**PROGRESS**

**SEMESTER 1 MEETING 2**

**SEMESTER 2 MEETING 3**