

# the edit

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# WELCOME BACK!

by Cathal McGlone

2020 is finally here and students everywhere are going back to the grind as the festive season comes to a close. Hopefully, your break from university has left you feeling refreshed and ready to jump back into your studies! In this issue, we've covered a range of different topics you'll find interesting, including an interview with someone that works at BBC Radio and insight into studying abroad. This edition is packed with useful information that could really benefit your degree and your future career prospects, so we urge you to keep reading!

This month is also special as it's not only the beginning of a new year but also a new decade; which means now is the perfect time to begin thinking about your future. So many opportunities at Queens are missed by students because they don't know what's available to them. Our job is to make these opportunities known to you- it's up to you whether you pursue them!

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# NEW YEAR'S RESOLUTIONS

## (AND HOW THEY MAY HELP WITH YOUR ACADEMICS!)

by Cathal McGlone

January marks the beginning of 2020 on the calendar and people everywhere are setting themselves goals to achieve for the upcoming year. Check out some common resolutions; you'll be surprised at how compatible they are with your degree...

### 1. Do more exercise

It's probably the most common resolution you'll find, but daily exercise is hailed by medical professionals across the globe as the key to a long, healthy life. Queen's Sport offer a wide range of sports projects and events throughout the year, with particular focus on performance, community and recreation. Not only can participation lead to DegreePlus via Route A, but it's also a good way to get a head start on your resolution! Further information can be found on the QUB website.

### 2. Learn a language! (Sign language)

Learning and communicating in a language that differs from your native tongue is a great way to stimulate your brain and broaden your world view. Although it's not a spoken language, learning a sign language is an extremely rewarding experience that will stand out on your CV. In addition, the courses offered by the Language Centre for British sign language can lead to DegreePlus. Queen's Language Centre also offers a variety of courses on over 20 languages. If you're interested, visit <https://www.qub.ac.uk/directorates/InformationServices/LanguageCentre/> for more information. Alternatively, you can contact the Language Centre directly instead at [langcent@qub.ac.uk](mailto:langcent@qub.ac.uk)

### 3. Become more environmentally aware

The desire to lower our collective carbon footprint should be something we all strive to achieve. If you're a conscientious spirit that wants to contribute to the betterment of the environment, then the Environmental Leadership Programme may be of interest to you. This programme is an excellent opportunity to improve your teamwork and project management skills while also enriching the environment. Visit <https://www.qub.ac.uk/directorates/EstatesDirectorate/Services/EnergyandCarbonManagement/> or email [carbonmanagement@qub.ac.uk](mailto:carbonmanagement@qub.ac.uk) for more details.

### 4. Be more confident

Having low confidence is extremely common and can often be a very debilitating force. The beginning of a new decade should inspire you to leave that negativity behind and focus on improving your leadership and skills of socialisation! The iLIVE Leadership course is a brilliant service that helps students invest in themselves and develop a leadership lifestyle. Participation also leads to DegreePlus which means this is a great way to ensure you have the edge over your future career competitors. If you're ready to take the leap, then email Kim Becker at [info@iliveleadership.org](mailto:info@iliveleadership.org) or visit <https://www.qub.ac.uk/directorates/degreeplus/ProviderVerifiedActivityListFormerlyRouteA/iLIVELeadershipCourse/> for more details.

### 5. Take up a new hobby

QU Players is a drama society that seek student actors, actresses, production assistants and stage managers, in addition to a vast number of other roles. Not only is this DegreePlus accredited, but it's also a great opportunity to explore the world of theatre if it's something completely new to you. If acting's not your thing, then check out the societies! There's so much to get involved with at Queen's, and everyone is bound to find something they love. A high level of participation in extracurricular activities is also a great way to enhance your CV. Visit <https://www.qub.ac.uk/Study/student-life/Clubs-and-societies/> for more information.



# BBC RADIO 1 INTERVIEW WITH MAIREAD CAMPBELL

by Laurie Reavy



## **So, what university did you go to and what did you study?**

I went to UUJ (Ulster University) and studied CAM, Communication, Advertising and Marketing.

## **What was your first big break?**

I presented on Citybeat (now Q radio) before presenting on Cool FM. That was a big jump, but when I then presented on BBC Radio Ulster I felt like that really put a stamp on my career and it felt quite special.

## **You work at Radio one now, was that always a dream or have you got plans for world domination?**

My dream was always to end up at Radio 1, although I didn't quite expect to get there just 2 years after working in BBC NI. I love London and I love the BBC, so for now I think I'm pretty settled but never say never to new dreams and embracing new opportunities. Who knows what the future holds?

## **Have you got any advice for students at Queens who want to pursue a career in the world of media?**

My advice is the earlier you start, the better! There's opportunities in media outlets for people of all ages, so go get them! And never give up!

## **Lastly, what's your favourite song?**

I have loads of favourite songs, but if I had to choose one to listen to on repeat forever it would



# 5 WAYS TO BOOST YOUR CV OVER THE SUMMER HOLIDAYS

by Isabel Gomez Garrido

We AHSS students have a long summer break. Even though it is a good time to relax after a long semester and binge-watch some Netflix shows with your friends, it is also a great opportunity to boost your CV.

## **Rewrite your CV**

Your CV is probably not up to date with all the new things that you've been up to this year. Not to worry, summer is the perfect time to polish your CV and include all the achievements you've accomplished these past two semesters. You should also set up a new LinkedIn account if you don't have one already. It is an excellent platform to find jobs, network and keep up with the employers you are interested in.

## **Get a summer internship**

Internships, especially those that match your preferences, offer countless benefits. Not only is it a valuable experience worthy of being included in your CV, but it is also the perfect opportunity to network and prove your worth and abilities to your new employer. You can explore some of your options in MyFuture or by attending one of the Careers Fairs that Queen's offers throughout the semester. Visit <https://qub-csm.symplicity.com/students/> and <https://www.qub.ac.uk/directorates/sgc/careers/Fairs/> for more information

## **Get a summer job**

Getting a job can be a great way to earn some money and get your bank account ready for another year at university. Furthermore, getting a summer job, even if it's not related to your degree, allows you to build up many transferable skills that will appeal to prospective employers.

## **Volunteer**

Volunteering in your local community or abroad is a great opportunity to meet new people and boost your graduate employability. There is something for everyone, and apart from building some new skills up, you get to help people – it's a win-win!

## **Learn a new skill**

Summer is as good a time as ever to learn something new that you are interested in. You could learn a new language or how to code a website, the possibilities are endless and, apart from boosting new skills, it shows dedication, motivation and the ability to keep on learning to future employers.



# BRUSSELS STUDY TOUR

by James Hall



The Brussels Workplace Study Tour is an opportunity offered to AHSS students allowing them to travel to the home of the E.U. and visit various respected employers with the chance to learn from and network with industry professionals. International Politics and Conflicts Studies student Daniel Stewart seized the opportunity and jetted off to Brussels earlier this year...

## **How did you find out about the tour?**

I went to a meeting with my careers consultant and told her that I was unsure of just what I wanted to do next. She told me about a couple of opportunities but flagged the Brussels tour as particularly useful for me as a politics student.

## **What made you decide to go?**

As my careers consultant pointed out, it's a great opportunity for politics students. Not only did it allow me to visit the E.U. Commission and meet lots of great people, but the trip is also Degree Plus accredited meaning it will look even more attractive on my CV. On top of that, Brussels is an amazing city; I love to visit new places and the price of this trip was just too good to turn down.

## **What were some of the highlights of the trip?**

There was so much happening on the trip it's

hard to narrow it down! The obvious choice is the tour of the European Union headquarters, made all the more interesting by our current predicament. We also visited the Northern Ireland Executive offices one evening where we took part in a networking event accompanied by some very fine wine. We also had a chance to visit the offices of the prestigious Baker McKenzie law firm, where we were given invaluable advice. All of the employers we visited during the trip were great with advice, some of them taking some hopeful candidates through their usual interview processes. It's also worth noting our hotel was fantastic and really helped us feel comfortable and at home.

## **Did your experiences on the trip motivate you with your approach to your career?**

The trip has made me aware of a number of career paths that I hadn't even realized were open to me. It has also reinforced the appeal of 'going international' in terms of jobs. I also feel I have a greater understanding of what employers are looking for. Above all, however, I learnt the importance of hard work – if you're going to do something, do it well!

## **Was it a good opportunity to meet people?**

This was a great opportunity to meet people from my course that I otherwise may not have spoken to. While the trip may seem busy with wall-to-wall meetings, there is ample opportunity for going out. In addition to our tours of Parliament and the E.U. commission, we also visited the Royal Palace and Kitty O'Shea's, where we tried out the local beverage Hoegaarden.

## **Thank you very much Daniel, how do you say "cheers" in Brussels?**

Santé!

The Programme is planned to run again in 2021. Meanwhile, check out other Global Opportunities at <http://www.qub.ac.uk/directorates/sgc/careers/GlobalOpportunities/>





# HOW FINDING OTHER PASSIONS CAN IMPROVE YOUR WRITING

**From:** Una Jackson

**To:** The Edit Readers

To my fellow Writers,

We need to find some other passions...

Some of you readers out there may be unlike me before I came to university. You may be what is referred to as a 'well-rounded person' with hobbies and interests. If so, thank you for setting an example. I would encourage you to continue on this path because what I have discovered this year is that writers need other passions to write about. And yes, I know that like me, all you have ever wanted to do is write since you crawled out of the womb reciting Hamlet and clutching at a Quill. But there are only so many times a writer can be excused for writing about writing simply because there was nothing else to well... write about!

So here's what I am going to suggest, for both of us. And for those of you with a little more work/ life balance in your life, you may find yourself inspired to add something else to your (frankly, impressive) list of achievements.

## **1) Consider study abroad or an international internship**

Learning about a different culture is an incredible way to boost your creative flow! How would your favourite characters respond to being in an environment like this? If you love the culture enough-make it a niche that you explore in your writing and get hired to write ads for products from those cultures.

## **2) Do Camp USA or Camp Canada**

My time as a camp counsellor over this summer made me aware of many of my strengths besides writing. I learnt that I was great with people, a strong leader and diligently focused on my priorities. And if you are looking for a fantastic story to tell- look no further than the crazy, endearing kids you will meet at these camps!

## **3) Take up a society that is also a skill/ fuel for something to write about.**

For example, be inspired by your love for justice and write about your experience with Enactus. You can write to raise awareness for the causes that really matter to you, whilst improving your writing and developing a niche. Or join a sports society and use it as fuel to practise your sports journalism.



# KEY DATES

JAN  
22

**Applications for the MEDIA Programme open**  
Applications close on March 2<sup>nd</sup> 2020

JAN  
22

**The Work Experience and Placement Fair**  
11am-3pm The Whitla Hall and South Dining Hall

JAN  
28

**Study China Programme**  
1-2pm Student Guidance Centre Hub

JAN  
29

**Refreshers' Fair**  
10am-4pm Elmwood Hall

FEB  
12

**Work in the USA**  
5-6pm Student Guidance Centre Hub

MAR  
25

**Global Opportunities - Focus on Summer**  
1-2pm Student Centre Guidance Hub

# THE EDITORS



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