



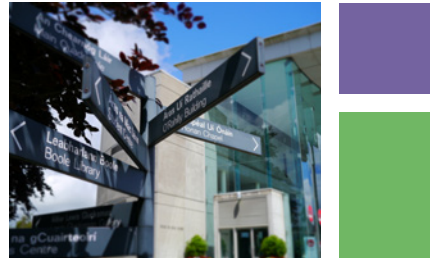
College of Arts, Celtic Studies
and Social Sciences

PROFESSIONAL WORK EXPERIENCE



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh





PX3001

Professional Work Experience

What is PX3001?

PX3001 is an accredited professional work experience module that allows CACSSS students to explore and develop their career interests. This optional module can be taken in any year of your undergraduate degree. Preparatory training is provided, including advice and guidance on CV writing and interview skills workshops.

What's involved in PX3001?

Students will register their interest in this module and participate in compulsory workshops that will prepare them for the workplace experience.

Students will arrange a professional work experience or an internship with a minimum of 70 hours of workplace engagement. This work experience can be paid or unpaid and can occur in a variety of professional work areas, within or outside of Ireland.

You will have the support of an Academic Mentor from your own area of studies and you will also require a mentor within the workplace. This module is assessed by an academic mentor through an e-portfolio that records and reflects on your work experience.

UCC Career Services will help students produce a professional CV and prepare for the job interview.



Why should you do PX3001?

Students that successfully complete PX3001 will have an **extra 5 credits awarded** to them as a diploma supplement outside of your degree.

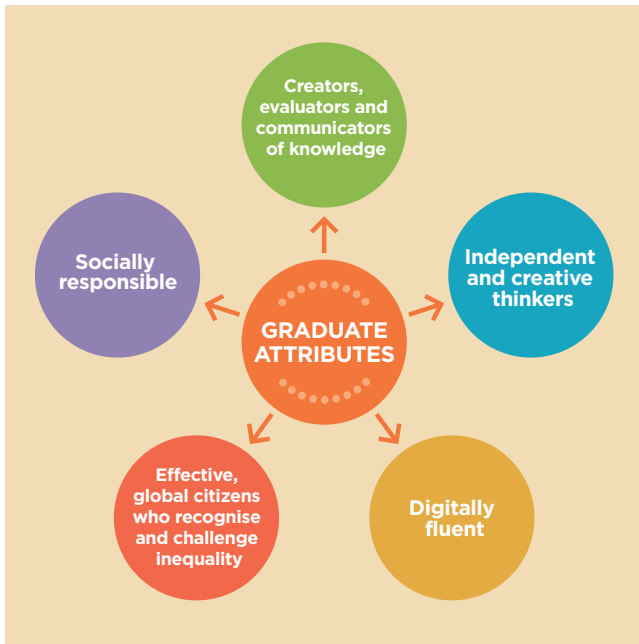
Participating in and completing PX3001 will mean that you will be better prepared for the transition to the workplace when you graduate from your degree.

Employers are now seeking graduates with high levels of literacy and digital competence, who are adaptable to different workplace environments. As a CACSSS graduate you will be well placed to meet many key attributes required by employers, such as:

- **Resilience**
- **Critical and creative thinking**
- **Problem solving**
- **Analytical and data management skills**
- **Communications skills**
- **Teamwork and leadership**
- **Literacy, language skills and digital competence.**

By participating in PX3001 you will be supported in identifying these skills and developing the language to express them on a CV and in an interview.

PX3001 will give you the chance to explore areas of professional interest and to gain invaluable, lifelong employability skills.



Who can participate in PX3001?

All students in CK101 Arts, and other CACSSS degrees that do not have formal work placements can participate in PX3001. You can participate in PX3001 in any year of your degree programme, prior to the second semester of your final year.



FIVE STEPS TO YOUR PROFESSIONAL WORK EXPERIENCE





Professional Work Experience

PX3001 provided a superb opportunity to increase my skills in a field which required considerable practical expertise outside the traditional academic sphere. It opened the door, in terms of employability, in an area which may otherwise have remained difficult to break into.

Conor Shearman

This module reassured me that I was taking the correct path in my future career plans. It gave me opportunities that I wouldn't have had without it. I would definitely recommend this module in the future and it is one of the best and most memorable modules that I took throughout my degree.

Nicole Breen

A mature student at 30, I took the program having already had several years in the workforce and still found it very useful. I approached a local sound engineer through the program, worked voluntarily with him for an extended period and gained some paid employment as a result. The seminars were very good, as were the one-on-one appointments and CV and interview focus. I'd encourage students to embrace the program, be proactive and think creatively about what they can achieve through it.

Cathal Nally

It was a rewarding experience which improved my confidence within the work environment and helped to show me where my skills are. It gave me the tools to understand the dynamics of a workplace and to explain the language used in interviews which helped me to excel in both stages. It is an innovative programme which shows employers just what Arts students have to offer!

Nicole Ryan

Arts as a degree is so broad I actually felt like I had too many options. The PX3001 Work Placement Module helped me realise that I really wanted to work in the Insurance industry. I was extremely lucky as the company where I did my placement offered me a full time job in a matter of days after I finished my final exams and that wouldn't have come about without the PX3001 module.

Elizabeth Jennings BA

I jumped at the chance to do the PX3001 placement module as my course does not have required work placement. I am studying a BA in Film and Screen Media and I have an interest in production. I was fortunate enough to be offered placement with Aperture Media, a media production company based just outside the city. The PX3001 module was a fantastic way for me to get invaluable industry experience to further my career while also gaining extra college credit. I would highly recommend other students take the module.

Oran Treacy, BA Film and Screen Media



Information sessions and registration for PX3001 will take place in Semester 1 and 2 of each academic year.

For further information, please contact the PX3001 manager, Amy McMullan. Email: amy.mcmullan@ucc.ie

ucc.ie/careers/currentstudent/workplacement/CACSSS/PX3001