I want to stay in science after my degree but I don’t know what is out there for me.
You need to start by doing two things: some reflection, and some research.

Reflection
First of all, think about what you mean when you say ‘stay in science’. Do you want to work in a lab, involved in the day-to-day running of experiments? Or are you more interested in the application of your scientific knowledge? Do you want to use your scientific research skills, or are you more interested in communicating science to others? Take some time to identify what you have enjoyed about studying science, and which aspects you would like to be in your future career. Also consider the environment in which you want to work.

You might also consider discussing your thoughts with a careers adviser, or using a personality profiling tool such as MBTI.

Research
Secondly, you need to research what is ‘out there’ and available to you. Bioscience is a growing sector in the UK and globally, and there are a wide range of roles available. There are many sources of information for scientists looking for career information and vacancies. The following are some of the most comprehensive and widely used, and act as a good starting point for focused research:

- [www.prospects.ac.uk](http://www.prospects.ac.uk)
- [www.biosciencejobs.com](http://www.biosciencejobs.com)
- [http://sciencecareers.sciencemag.org](http://sciencecareers.sciencemag.org)
- [www.srg.co.uk](http://www.srg.co.uk) (for lab staff)
- [www.nature.com](http://www.nature.com)

I would like to stay in science but not at the bench – what sort of roles could I consider?
What does ‘science without the bench’ mean to you? Your first step should be trying to pinpoint what aspects of science you have enjoyed and wish to pursue. If you are not aware of any of the opportunities for scientists then try the following as starting points for career ideas:


I was always interested in medicine, and am now looking for a career that could combine my scientific knowledge and skills with my interest in helping people.
A good starting point is to consider what you mean by ‘using your scientific knowledge’ and in what way you would like to help people. Do you want to work with people directly, in some sort of healthcare or related caring role? Are you more interested in helping people indirectly through the work that you do?

You might want to start by looking at career options within the NHS. There are a wide variety of roles which require varying degrees of scientific knowledge – for example:

**Clinical Scientists**

Biomedical Scientists

Management roles – the NHS offers graduate training schemes in Human Resources management,

Finance management and general management.

Allied Health Professions: Dietetics, Speech & Language Therapy, Occupational Therapy, Physiotherapy and Radiography.

There are also opportunities for graduates who want to get involved in policy work, either through work in governmental departments or external agencies. You might also want to consider opportunities within the voluntary or ‘third’ sector, including charities. Some starting points:

[https://www.healthcareers.nhs.uk/i-am/considering-or-university/not-studying-health-related-degree/nhs-scientist-training-programme](https://www.healthcareers.nhs.uk/i-am/considering-or-university/not-studying-health-related-degree/nhs-scientist-training-programme)

[www.civilservicejobs.service.gov.uk/csr/index.cgi](http://www.civilservicejobs.service.gov.uk/csr/index.cgi)


[www.charitypeople.co.uk](http://www.charitypeople.co.uk)
I have no idea what I want to do after I graduate. Where should I start?

This is quite common so you are not alone in being unsure of your plans. Rather than trying to solve this problem at once, it can be helpful to break it down into smaller tasks. Start by identifying what might be preventing you from planning your next steps. Is it:

- Lack of awareness of what kinds of jobs are available to you?
- Indecision regarding whether to get a job related to science or not?
- Confusion over which option you should choose?
- Not knowing what might suit you?

Once you have identified what you think you might need to work on in order to move forward, you can then start tackling the major issues in small stages.

If you simply don't know what is 'out there' then a good place to start is the Prospects website for graduates (www.prospects.ac.uk). This site provides information on a wide range of careers areas and specific roles, so that you can get an idea of what the job might entail and how you can get into that area.

If you are not sure whether you want to stay in science or explore other options, then start by thinking about what you have enjoyed about your degree and what you have not enjoyed or found challenging. This can lead to useful insights regarding your own preferences and interests, as well as what you are good at.

I want to explore careers outside of science but am worried that I won't have the right kind of experience

Every year, a large number of science graduates move into career areas unrelated to science. 40% of graduate level jobs advertised do not specify that any particular degree subject is required, so there is a wide range of options available to you. In addition, science graduates have a broad range of skills to offer to employers.

If you think that you want to get a job outside science, it is worth spending some time thinking about the skills that you have developed during your time at university, both during your course and outside of it, and how these might be relevant to different career areas.

For example, think about a specific skill that you have developed from your degree, and then try to think about it in more general terms applicable outside science, e.g.

- Experiment design and implementation ⇒ Project management skills
- Library projects ⇒ Research and critical analysis skills

It is also important to consider what is important to you in terms of your

Interests – what have you enjoyed/not enjoyed in your course and why?

Skills – what are you good at and how might you be able to apply these skills?