

# TRANSITIONS TO CIT PROJECT

# CASE STUDY NUTRITION AND HEALTH SCIENCE



## PROJECT TITLE

INFORMATION BOOKLETS ON CIT GRADUATE ROLE MODELS

## DEPARTMENT/PROGRAMME

NUTRITION AND HEALTH SCIENCE (NHS) IN THE BIOLOGICAL SCIENCE DEPARTMENT

## PROJECT TEAM

DR FIONA O'HALLORAN AND DR AOIFE MCCARTHY - BIOLOGICAL SCIENCE DEPARTMENT, MERVYN O'MAHONY - MARKETING, OUTSOURCED DESIGN.

## PROFILE

### SHORT DESCRIPTION

This project provided information on potential career opportunities for students studying Nutrition and Health Science (NHS) in the Biological Science department. The published booklet contained a 'snapshot' of the NHS programme, from year one to year four, identified potential future employers and included testimonials from a number of graduates from the NHS programme. Importantly, it highlighted the range of careers that are potentially available to them when they graduate and introduced the concept of professional growth. The booklet also highlighted the importance of career planning and encouraged engagement with the CIT careers services to support this.

### OBJECTIVE OF PROJECT

1. Produce a booklet that contains profiles of CIT graduates to highlight potential career opportunities.
2. Use the booklet to encourage undergraduates to start 'career planning' from first year.

### BENEFITS

#### STUDENTS

For some students it can be difficult to identify what type of career opportunities are available to them when they graduate. This information booklet provided them with testimonials from graduates of their own programme and explained their college experiences and their career paths. It gave students information on a range of careers that are potentially available to them when they graduate and encouraged them to start thinking about their careers sooner, rather than later!

#### STAFF

From a staff point of view making contact with some of our past graduates was a rewarding exercise. The feedback from the graduates was very positive and inspiring. It has also identified some new contacts for placement of 3rd year NHS students.

## RESULTS

See booklet in link.



## IMPACT & OUTCOMES

### IMPACT ON STUDENTS

The booklet was made available to all first year students on the following programmes:

- Nutrition and Health Science (65 students)
- Applied Biosciences (27 students)
- Common Entry (57 students)

It was also decided to distribute the booklet to second year Nutrition and health Science (60 students) students to help them plan for their placement module. There is a lot of information in the booklet on the employers that engage with our department and take our students for their work placement module in third year.

### FEEDBACK FROM STUDENTS

The students were invited to an information session where the booklets were distributed and discussed. They were asked to complete two questionnaires, one at the start of the information session and the second at the end of the session. The purpose of was to determine if the information session and the booklet gave them a better understanding of the type of career opportunities that are available to NHS graduates.

- 100% of the students that provided feedback confirmed that the session and the booklet gave them a better understanding of where NHS graduates gain employment.
- 90% of the students indicated that career planning should begin in first year.
- Based on the graduate testimonial 96% of the students identified a career that they would be potentially interested in pursuing.
- The booklets were distributed near the end of the second semester. It is now thought that it would be better to distribute them at the end of the first semester
- More graduates should be included in the booklet, highlighting additional types of career opportunities
- A booklet for each programme in the department would be beneficial.
- Would be a good idea to include some information/quotes from potential employers, companies that have hired our graduates.

### STUDENT COMMENTS

'I would like more stories and insights from graduate students to help me make a more informed decision. I like to hear about other peoples experiences'

'Would like more information on specific companies and the advantages of going to these companies'