WORLD YOUTH SKILLS DAY

BACKGROUND AND INSTRUCTIONS
BACKGROUND

World Youth Skills day is on the 15th of July. It’s a chance to celebrate the value of developing new skills as the key to success in an ever-evolving workplace environment. As an experimental biologist, you are constantly acquiring and developing all kinds of useful transferable skills that make you a fantastic candidate for any position - in or out of academia. Knowing what your skills are increases your value as a candidate, and I want to shout out about how great you are!

Transferable skills are a versatile set of skills that you can apply to more than one job. These are the skills that add to your marketability as a candidate and help you quickly adapt from one job to another.

Some examples of these skills include:

- Exceptional Research Skills
- Analytical Skills
- Presentation Skills
- Adaptability
- Verbal Communication
- Resilience
- Non-Verbal Communication
- Project Management
- Budget Management
- Public Speaking
- Critical Thinking
- Problem Solving
- Relationship Building
- Interpersonal Skills
- Independent Working
- Intercultural/International Experience
- Organisation
- Strong Work Ethic
- Teamwork/Collaboration

INSTRUCTIONS FOR THE WRITTEN QUOTES

Write one or two sentences about a transferable skill that you have developed through undertaking a research project in experimental biology. You can use your own or select an example from my list.

You could also include an example of when you use this skill. For instance, you might say that you have developed great public speaking skills from presenting your research at international conferences, or that collaborating with another research group requires networking and relationship building skills.

If you are happy for the following information to be published, also include your name, institution, and the topic area of your research. If you would like to attach a photo of yourself that will accompany the quote that would be great! (Although it’s not essential if you don’t want to do this). If you would prefer to remain anonymous, please make this known in your email.

Example quotations:

“Through undertaking a PhD studying the Regulation of the tissue degradation in osteoarthritis, I have developed invaluable project management skills. I must carefully design, plan and perform individual experiments with my projects end goal, budget and time restrictions in mind.”
Joanne Smith, University of X, Cell Biology

“The hardest part of experimental science is learning to cope with failure. Perseverance and resilience are probably the most important traits that I have learnt in experimental biology.”
Balvinder Singh, Institute of Plant Research, University, Plant Physiology

Send any quotes and accompanying information to me at r.ellerington@sebiology.org.
INSTRUCTIONS FOR THE VIDEO CLIPS

INSTRUCTIONS FOR FILMING
Film yourself listing 3 transferable skills you have developed over your academic career (you can choose your own or use some from my list).

Say each skill loudly and clearly, leaving a short gap of 1-3 seconds between each skill you list.

Pause for 3-5 seconds before ending the video (this is for editing purposes).

TIPS FOR SETTING UP
You can shoot your clip anywhere you like (if you aren’t in full lockdown) - at home, in the lab, in the field, or at your computer. Just make sure to choose a quiet location and that the camera is close enough that you can be clearly heard on the clip.

You can use your phone for filming. Ask someone to hold the camera for you or find something to rest your phone on like a bookshelf.

For the best shots, keep the camera around eye level, and look into the camera as you speak.

Film in landscape not portrait mode.

Close-up’s of just your shoulders and head are best.

WHERE TO SEND THE CLIPS
Send the video clip via email, to r.ellerington@sebiology.org

The file can be sent in the format that your phone automatically saves it as, this will probably be an MP4 file.

If you are happy for the following information to be published, include in the email your name, the institute you work at, and your research area or title of your project. Also include in writing the 3 transferable skills you mention in your clip as I will be adding subtitles to the video. If you would prefer your details weren’t credited, please make this known in your email.