

**The Psychology Employability Programme is a joint initiative created by the Psychology Department, the Science and Technology Business Partnerships and Enterprise team, and Careers. We have developed partnerships with local and national organisations to provide current Psychology undergraduate students exclusively with volunteering opportunities to help you develop your skills for a career in Psychology. Last year we placed over 105 students with over 30 hosts for a variety of roles including research assistant, peer mentor, and volunteer befriender.**

**Why volunteer?**

**Why the British Psychological Society thinks you should volunteer**

*“If you are a psychology undergraduate finding work experience through volunteering is an excellent way to gain practical insight into a career in psychology and can give you the opportunity to find out whether you enjoy this type of work.”* British Psychological Society.

1. Make a difference to the lives of others
2. Learn about the sector you want to work in after you graduate
3. Help others less fortunate or without a voice
4. Try something new which may lead you to change or confirm your career plans
5. Get to know your local community and expand your network of careers contacts
6. Gain new skills, knowledge and experience and develop existing skills and knowledge

**Partners include:**

* Age UK
* The National Autistic Society
* Making Space
* Shelter
* Lancaster University Researchers

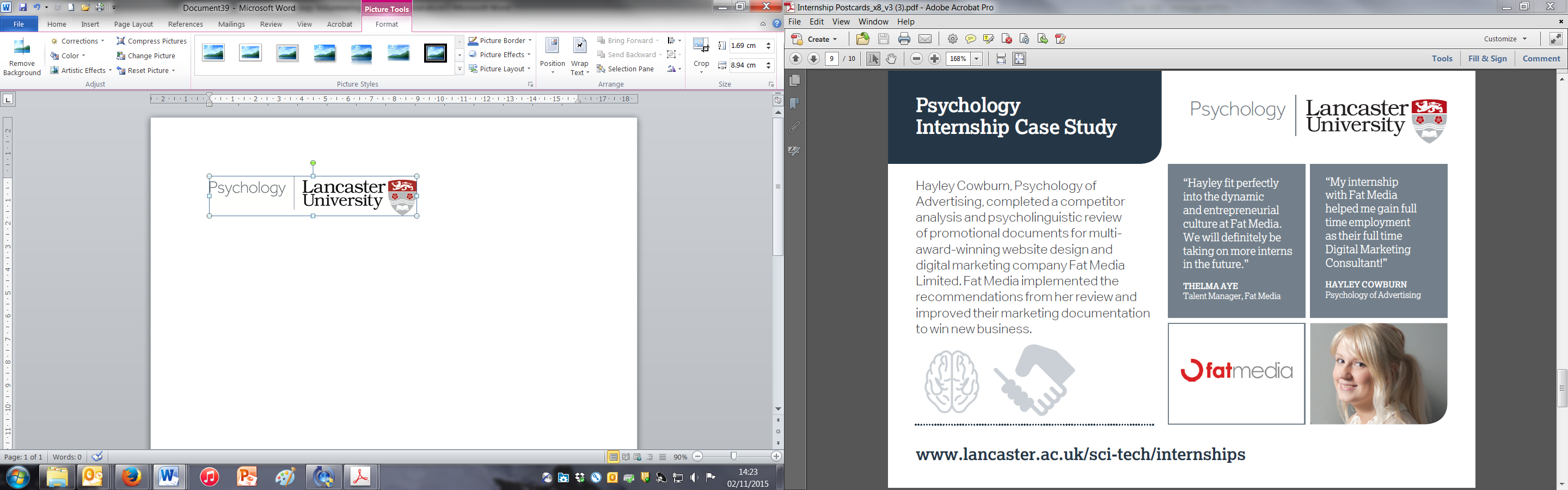
1. Meet new people, make new friends, and become part of a team
2. Gain confidence and self-esteem
3. Give something back to your community and organisations that may have helped you or someone you know

**Why the British Psychological Society thinks you should volunteer**

***“****Volunteering is an excellent opportunity to learn, develop, increase knowledge and gain some real world experience. It can enhance your CV and help increase your confidence. If you are a psychology undergraduate finding work experience through volunteering is an excellent way to gain practical insight into a career in psychology and can give you the opportunity to find out whether you enjoy this type of work. Many postgraduate training programmes will require you to demonstrate significant relevant work experience in order to gain a place on their course.”* ***British Psychological Society***

1. Enhance your CV and improve your employment prospects

**All of our volunteering opportunities can contribute to the Lancaster Award and involve minimal travel.**

**How do I find out more and apply?**

* Create an online CV using our online CV template, with tips to help you
* View opportunities and apply quickly and easily online through our website
* Shortlisted applicants will be interviewed by university staff and the host organisation