



# IMPRESS: Reflections on a Student-led Employability Network



UNIVERSITY OF  
LINCOLN

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## What is IMPress?

A student-led network within the School of Sport and Exercise Science at the University of Lincoln. The aims of IMPress include facilitating and encouraging sports students to undertake relevant volunteering and extra-curricular activities, enhancing employability prospects. The group provides information on relevant careers and opportunities for students, in order to progress onto their desired career path or post-graduate study, based on student need and demand.

## What is the rationale for IMPress?

Pursuing a career in the sports industry has become increasingly difficult for graduates, with only a small proportion being successful in obtaining degree-relevant positions (Minten, 2010). Extra-curricular activities are of great importance in improving the employability prospects of graduates, and specifically *subject-relevant* extra-curricular activities are recommended (Kandiko and Mawer, 2013).

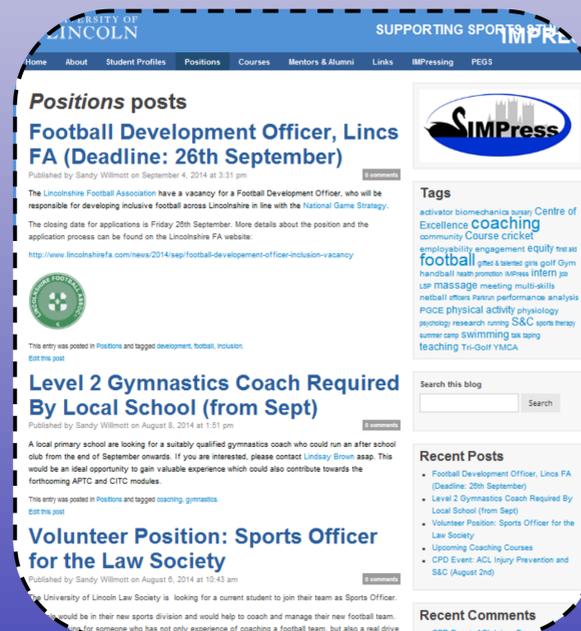
## How is IMPress successful?

IMPRESS communicates with students via social media platforms such as a private Facebook group, Twitter, email and a blog ([impress.blogs.lincoln.ac.uk/about](http://impress.blogs.lincoln.ac.uk/about)). These platforms regularly update students with useful information, and advertise relevant extracurricular opportunities within the sport industry such as coaching/shadowing positions, placements, and openings to assist in research projects and gain additional qualifications.

## Reflections

The IMPress initiative has been of benefit to students, the IMPress officers and local employers as all have come together to discuss what is expected of all parties when it comes to volunteering.

There has been the opportunity to interact with many industry professionals and gain insight into what they require in regards to their volunteers and potential graduate employees. This insight is invaluable in the current graduate job market, and combined with the opportunities that IMPress provides to Lincoln



## IMPRESSing: Steph Brennan– Multi-Sports & Hockey Coach



*“These opportunities have allowed me to gain experience in working with a variety of different groups in both a school and competitive setting. The variety in the coaching roles I am currently undertaking requires me to use transferable skills gained from my degree in overcoming the different problems and situations that I may come across... I would thoroughly recommend getting involved with a community group or gaining leadership experience whilst at university as it involves and develops so many skills that are used in a variety of jobs.”*



# PEGS

Producing Employable  
Sports Graduates

## References

- Kandiko, C.B and Mawer, M. (2013) Student expectations and perceptions of Higher Education. Commissioned by the Quality Assurance Agency. London: King's College.
- Minten, S. (2010) Use them or lose them: a study of the employability of sport graduates through their transition into the sport workplace. *Managing Leisure*, 15 (1-2) 67-82.