



Cyflawni drwy
Brofiad Gwaith
Achieve through
Work Experience



CASE STUDY

Film Editing Work Experience

Host Employer: Tape Community Music and Film

What is GO Wales?

The 'GO Wales' project based at Bangor University helps students to develop their employability skills and increase their chances of obtaining graduate level employment upon leaving university.

About the student

The student approached GO Wales in his final year of study. He was keen to explore work experience in an area that was not related to his study subject. He asked if we could find a placement involving film editing experience. He had no previous work experience or the contacts to explore this further.

Please describe what your motivation was for finding work experience and why was it important?

It was important for me to be able to identify an area of work that I felt I enjoyed, to open up ideas for what kind of career I wish to pursue. I was studying a course at university that I really wasn't enjoying, and I wanted to be able to gain valuable experience elsewhere.

Why do you feel you needed the support of GO Wales?

I've struggled with anxiety disorders and depression, and I felt that I needed assistance in contacting workplaces in order to get a foothold in an area of work. Being on a career path I wasn't enjoying was difficult for me. It was hard to see a clear way out to explore other career paths and I needed guidance on how to go about exploring them.

How did you find the process of being placed with your Host Employer?

I was very happy with how quickly an interesting and suitable placement was found. The important thing was trying out a new experience and with the support of GO Wales I was able to feel like I belonged there.

Are you happy with the type of work placement that was found for you?

I was very happy with the type of work placement that was found for me, it exceeded all of my expectations. I've been made to feel very welcome and they all show awareness of my social barriers, which I have even been able to implement into the film work that I'm carrying out there.

Whilst on the placement I gained film making experience, and discovered it is definitely an area I wish to explore further. I have also been able to gain experience of a general working environment, which have helped me understand work routines, communication skills in workplaces and the type of work tasks tackled in a typical day.

I also feel that my verbal communication skills have improved, which is a big achievement for me. I have been able to approach other members of the TAPE team, talk to them openly about my and their ideas and overall improve the amount and quality of social interactions. Finally, I also feel an important achievement has been building my self confidence in trying new types of work. I feel more confident in my ability to contact workplaces and organisations, as well as feeling more socially confident with the team at my placement.



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Can you describe any new skills which you have learnt which you did not expect?

I wasn't expecting to improve my social confidence so much in a short space of time. A lot of this is down to the people I've been surrounded by, who have all been very friendly, understanding and approachable.

I also feel like my decision-making skills have improved, through not being as afraid of committing to new ideas and projects. For example, I've been able to get involved with film projects that I wasn't too sure about at first, but quickly realised how useful and exciting an opportunity they are to me.

What has helped you the most during this process?

Being surrounded by friendly and approachable people. They have instilled confidence in me and made a relaxed, low-pressure atmosphere throughout the process both within the GO Wales team and within my placement.

What have been the highlights about your placement?

Being able to work on my own personal projects during my placement and having the team take a real interest and help me achieve my dreams over the long term. I've been able to create video content involved with raising awareness towards mental health, and I'm hoping to continue down this path and improve my creative ability.

Do you feel this work opportunity has helped you overcome some of the barriers you described before starting with the project?

Definitely. I feel so much more positive about what my future could hold, and although I'm sad that support from the project has come to an end for me pretty quickly, I feel a lot more comfortable in exploring different work environments. The social confidence and communication achievements I've made have helped me a lot in managing my social anxiety. I've been able to push myself bit by bit to improve on myself. I now feel a sense of belonging, and that helps me feel a lot less anxious overall.

Is there anything else you would like to add about your experience of GO Wales?

I feel like I've come a really long way in a short space of time. Without the GO Wales project I feel like I'd still be lost and I definitely would never have had the wonderful opportunity to work with the amazing people at Tape.

What advice would you give to students who are thinking about applying to GO Wales?

Decide how you want the GO Wales team to help you and go for it. No matter what you need help with. I know that they'll give it their absolute best and almost certainly provide you with what you're looking for. They're amazing people, they listen to what you want and help you develop as a person at the same time. You can't go wrong with the project.

The GO Wales Advisor said "We are really pleased to work with supportive organisations such as Tape Community Music and Film who share our passion to develop individual's employability skills and personal development. It was great to be able to offer the student exactly the type of work experience he was looking for. The student progressed really well in so many areas which is a great outcome. Since completing his placement the student has continued to be involved with Tape and their projects and is currently looking for paid employment".

