



RGU Alumni Bulletin

Welcome to the Alumni Bulletin, a catch up on alumni news, opportunities and events

Develop

There has never been a better time to develop your professional skills. eHub, our dedicated platform for alumni, has a range of tools and resources to help support your development. Whatever stage of your career you are at and whatever your profession, eHub can support you in the next step of your journey.

eHub - career management

Career management has become an important skill to have, but why it is so vital to our professional development? In this bulletin we take a closer look at what career management is and the steps you need to take to manage your professional journey effectively, including advice on why and how to invest in your career and tips on development techniques.

Planning your career journey

Discover the real art of setting effective goals and objectives and learn how to create a plan that is aspirational, but achievable and something you can really stick to.

Find out how to truly manage your career against your plan and build your own career marketing plan.

[Read More](#)



Developing self-awareness

In order to succeed it's vital that you understand yourself: the way you work, your strengths, weaknesses, tendencies and preferences.

The Developing Self-Awareness resource helps you do just that with advice on assessing your skills, determining your strengths and identifying yourself in the parade of personality types and team roles.

[Read More](#)



Elevator Pitch Builder video tutorial

Elevator pitches are introductory summaries about you and your goals, and remains one of the most effective methods to promote your personal brand and get listeners wanting to know more.

Will Ritchie, Careers Team Leader, gives us a closer look at the eHub Elevator Pitch Builder - a valuable tool when either creating your pitch for the first time, or supporting the development of your current elevator pitch. Click the button below to begin building your pitch.

[Read More](#)



Engaging in career conversations

For many of us talking about our careers can be difficult, and the thought of discussing our career with a manager may be bordering on awkward, but career conversations are vital if you want to develop your career.

This section offers advice on the right time to have a career conversation, how to choose and approach the best person to talk to about your career, how to structure the conversation and how to get the results you're looking for.

[Read More](#)

Aiming for promotion

For anyone targeting promotion in their current role this learning path offers you advice at every stage of the process.

Find out if you have the right attributes to be worthy of a promotion or raise, learn how to plan for your promotion, deal with rejection, show you are ready, deal with the competition and get that promotion.

[Read More](#)



In Conversation With

Our 'In Conversation With' series is an online discussion for our alumni that brings academics and industry experts together to discuss their interests, research and hot topics. Below are some of the recent online discussions that we have hosted.

In Conversation With Paul Arnell and Uche Iloka - Assange, Ponsati and Meng, an extradition update

In the latest Law School webinar Dr Paul Arnell and Uche Iloka gave an update on the cases of Julian Assange, Clara Ponsati and Wanzhou Meng. Covid-19, the European Parliament and double criminality have all recently featured in these controversial cases, which have seen allegations of hacking, sedition and US. In the webinar Paul discusses current developments in the cases and examines what lies ahead.



[Watch the Webinar](#)



In Conversation With Dr Flora Douglas and Professor Catriona Kennedy - Ill Health and Food Poverty

The number of people living in food poverty is on the increase in the UK, but how will this impact on the role nurses and other health care professionals play in relation to this contemporary and urgent public health challenge.

Dr Flora Douglas and Professor Catriona Kennedy discussed the recent findings of research conducted with people living in north east Scotland who are affected by one or more health condition, and who are also living with food insecurity or food poverty.

[Watch the Webinar](#)

The In Conversation With online discussion series features academic and professional experts from all industries and disciplines. If you would like to get involved and share a topic with the RGU community, please contact Heather Wardrope, Alumni Engagement Officer, h.wardrope1@rgu.ac.uk

Social



Student Hardship Appeal

Thank you to all alumni who have given back to the RGU Student Hardship Appeal. The appeal has been set up to support RGU students facing extreme hardship as a result of COVID-19. All funds received will go directly to support RGU students who are facing barriers to their education.

We are sincerely grateful to have received support from our alumni across the globe. Your generosity will help to ensure that no student will be disadvantaged as a result of the pandemic.

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Alumni Cook Off Challenge

Julia Clark, Lecturer in Dietetics takes part in our alumni cook off where we challenged her to film herself cooking a meal, using between 4-7 ingredients and making up to 3 dishes. Find out how she got on!

Want to take part in the alumni cook off challenge? Click below to message us and get involved.

[Contact Us](#)



RGU News

Gray's School of Art Degree Show goes virtual

In response to the COVID-19 pandemic, a partnership between Gray's School of Art, Look Again and independent design agency Design and Code, have worked collaboratively with the graduating students of 2020 to create a Virtual Degree Show.

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RGU to host virtual exhibition with Aberdeen Art Gallery and Pier Arts Centre

The culmination of three years' work by talented Architecture students to reimagine waterfront areas in Aberdeen and Orkney will be virtually exhibited in a collaboration with Aberdeen Art Gallery and Museums (AAGM) and Pier Arts Centre in Orkney.

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Jump starting tourism is going to be a huge challenge

Dr Andrew Martin, senior lecturer and Director of the Scottish Centre of Tourism at RGU, writes about how jump starting tourism in Scotland and Aberdeen will be a huge challenge for the industry.

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RGU Startup Accelerator programme Our Storical Story

Storical won the Best Pitch Award during Startup Sunday Live 2020. Rachael Ironside speaks of her experience while working the RGU Startup Accelerator programme.

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Innovative music app has got the talent to democratise the industry

A new music app with potential the entrepreneurial ecosystem at RGU is set to democratise the way we find new musical talent with the launch of its first UK-wide competition.

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RGU to collaborate on Victoria Road School community regeneration project

A collaboration between RGU and the Torry Development Trust will bring together expertise in health and social care, architecture and the creative arts, to inform and design the regeneration of the former Victoria Road School in Torry.

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AFC Chairman donates £100k to help widen access to education at RGU

RGU has received a donation of £100,000 from The Cormack Family Foundation, established by AFC Chairman Dave Cormack, which will allow students from underrepresented backgrounds to study at the university.

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Keep in touch

To help us keep you informed about all the latest news from the University as well as ways to continue your involvement, please remember to let us know when you move home, change jobs or change your email address. You can easily update your details online [here](#).

You can also find out about the range of benefits and services that are available to you [here](#).

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