

Sarah Danestone

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EDUCATION

University of Aberdeen | MA Archaeology and History 2021 – 2025

- Courses include: Making History, Birth of Modernity, Europe in the Twentieth Century, Vikings: An Introduction, and various Archaeology courses including Archaeology in Action

Oldhills School 2015 – 2021

- SQA Advanced Higher: History (B) and a National Progression Award in Sports Development
- SQA Highers: English (A), Modern Studies (A), History (A), PE (B), Geography (B)
- SQA National 5: 6 including Maths, English and History

WORK EXPERIENCE

Bar Staff, All Bar One, Aberdeen August 2022 – present

- Provide excellent customer service when greeting, serving, and looking after guests which requires enthusiasm, a high level of attention to detail and stamina when working in a fast-paced environment.
- Maintain the highest standards of cleanliness, adhering to health and safety regulations.
- Collaborate with 30 colleagues to create a friendly atmosphere and a relaxed environment for customers. I also know the menus inside out and make recommendations to customers as and when appropriate.

VOLUNTEERING

Active Schools Volunteer, Sport Aberdeen April 2022 – present

As part of Aberdeen University Netball Club, I volunteer with Active Schools to help more children and young people access the sport.

- Organise, deliver and promote opportunities for pupils from P1 to S6 to help them develop their confidence and behaviour through playing sport and taking part in physical activity sessions.
- Consistently volunteer approximately 8 times a month, running morning and lunchtime sessions with up to 15 pupils.
- Before taking on this role I received training in health and safety, first aid, child protection, GDPR guidelines, communication, problem solving, motivation and attitudes.

POSITIONS OF RESPONSIBILITY

Social Secretary, Aberdeen University Netball Club (AUNC) Sept 2023 – May 2024

- Created and shared content across the team's social media platforms (Facebook, Instagram and TikTok). Increased follower numbers by 30% across all three platforms which required reviewing existing engagement data and running targeted campaigns accordingly.
- Organised a social calendar of events which required contacting venues across Aberdeen City and liaising with other societies to host joint events. During the academic year we ran 7 social events and attended the AUSA Sports Ball in March 2024 which required arranging tickets and communicating dietary requirements for approximately 40 members of the club.

This is a sample CV of a fictional student, created by the University of Aberdeen Careers and Employability Service.

VIRTUAL WORK EXPERIENCE

Internship Experience UK

June 2024

Bright Network

- Took part in the UK's #1 virtual internship experience completing the *Public Sector, Policy and Charity* stream lead by GCHQ, the Department for Education, Civil Service Fast Stream and TeachFirst.
- Over 3 days I engaged with leading organisations in the public and charity sectors and completed a mock policy briefing document as part of the work sample task.

Digital Marketing: Storytelling in the New Communication Landscape

November 2021

Certified by Ravensbourne University London | FutureLearn

- During the COVID-19 pandemic I decided to learn more about social media marketing.
- Upskilled in creative strategy design, social media content creation, critical and contextual theory and emerging creative practice in relation to communication design.
- I plan to use my learning to design a social media strategy for the AUNC that will see us achieve our 30% increase in follower numbers.

SKILLS

Communication

I am developing written communication skills as part of my degree writing long-form essays and short copy for social media in my role as social secretary. I have experience communicating with a range of different people, from children as young as 4 in my volunteer role with Sport Aberdeen to adults of all ages in my bar job.

Time management

I am meticulous in planning my work to ensure I meet all deadlines, both for academic coursework and when designing activities for the children in my Sport Aberdeen role. As I work on a zero-hours contract with All Bar One I am required to communicate my availability a week in advance, managing my shift pattern in accordance with pressure points across the semester.

Flexibility

Working in a busy restaurant in the heart of Aberdeen requires me to be adaptable and react to unforeseen circumstances such as staff illness. When working with children I am always open to changing my activity plans depending on the mood of the children and the number of attendees at each session.

Resilience

Finishing school and starting university during the COVID-19 pandemic required resilience in completing studies online (watching pre-recorded lectures) and building a new community of friends in a socially distanced environment. Although it was tough to stay motivated, I overcame the challenge by designing a schedule and making an effort to meet fellow students through organised events and university societies.

INTERESTS

History Society

2021 – present

I have explored new places in Aberdeen as part of the History society, most recently the newly-reopened Provost Skene House which tells the story of Aberdeen city, its industry and people. I hope to get an article published in the Aberdeen Historical Review before I graduate.

Netball

2016 – present

I have been playing netball since I was at school. I am currently part of the 4th team for Aberdeen University Netball Club and train twice a week as well as competing in British Universities and Colleges Sport league (BUCS).