

## GRADUATE PROFILE FORM

<b>Name</b>	
<b>Student number (if available)</b>	
<b>Email address (personal)</b>	
<b>Contact number</b>	
<b>Full Programme/course title</b>	e.g. (MA in Child, Youth & Family studies)
<b>Graduation year</b>	
<b>How many years have you studied at IT Carlow?</b>	
<b>Please tick applicable status:</b>	Employed _____ Self-employed /entrepreneur _____ Job-hunting _____ Other (please specify) _____
<b>What is your current job title if applicable?</b>	
<b>Name of company or employer?</b>	
<b>Have you attached a profile photo? (Refer to guidelines for photos on page 3)</b>	(Yes/No)
<b>Would you be happy to participate in a video profile?</b>	(Yes/No )
<b>Do you use LinkedIn?</b>	(Yes/No)

Please provide answers to the questions below:

1. Tell us about your professional career to date.
2. How has the programme you studied (or are currently studying) at Institute of Technology Carlow prepared you for your career?
3. Would you recommend this programme? Please provide further details.
4. What advice would you give to anyone considering undertaking this programme?
5. What are your most memorable moments from your time at IT Carlow?

## PHOTO GUIDELINES

All photos provided for Institute of Technology Carlow graduate profiles may be used in a variety of print and online media and should follow the below specifications:

- Should be **professionally appropriate** and a **clear head and shoulders shot**
- Should be in a **high resolution, jpeg** format and at least 1 megapixel in size

Tips for taking a good photo for your graduate or professional profile on social media and networking platforms such as LinkedIn:

- Do dress appropriately
- Do be aware of your surroundings and keep it simple –your photo should be about YOU and not the scenery behind you
- Do use natural light and avoid direct sunlight/shadows/dark areas
- Do use a good quality camera and get someone to help if possible
- Do think about the angle of the photo
- Do keep it current, relaxed and confident but not selfie style

Don't forget to follow our *Institute of Technology Carlow* page on **LinkedIn** and connect with your alumni community on [www.linkedin.com](http://www.linkedin.com) or alternatively, please feel free to contact our alumni officer Patricia Kearns e: [patricia.kearns@itcarlow.ie](mailto:patricia.kearns@itcarlow.ie) or call 059 9175088.

Please note that graduate profiles may be used in a variety of publications for both print and online media. Should you wish to opt out of your profile being used by our office at any point, please contact our alumni officer as detailed above.

***Thank you for taking the time to complete this form. We wish you the best of luck in your chosen career!***

### How we use your data

*Your data (your name, contact details and any other information that you provide to us, including information about your engagement with IT Carlow) is held securely and confidentially by the Development – Alumni liaison office at Institute of Technology Carlow. The Development and Alumni Liaison Office may use this data to notify you of Institute of Technology Carlow alumni activities and developments, benefits and services.*