



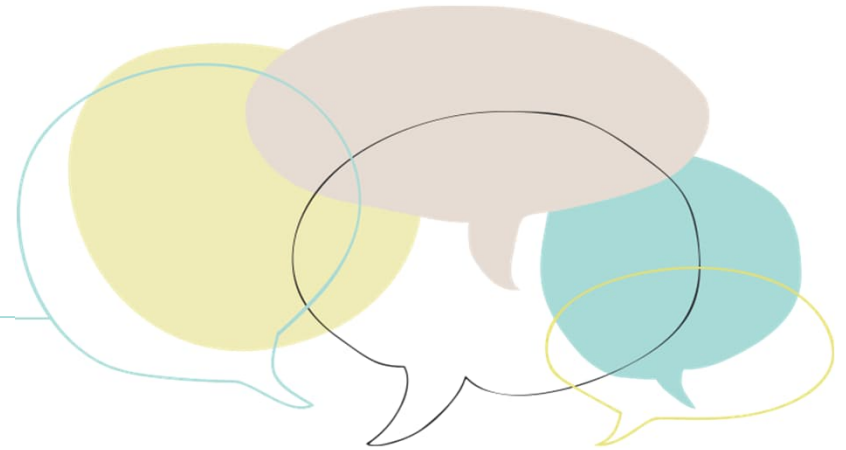
ALC Career planning exercises Mid-term meeting

20.11.2023 at 8:30-10

Seija Leppänen, career counseling psychologist

The agenda for today:

- Aila Saloranta, Aalto Career Design Lab:
 - **How to write a CV and cover letter: [Aalto.Jobteaser.com](https://aalto.fi/jobteaser) / Job Search Guide**
 - **& Introducing Career Design Lab for students**
- Seija Leppänen:
 - **Q&A about the exercises**
 - **About impostor experience**
 - **Growth mindset towards learning**
 - **“Time to choose” workbook**



Top 3 employability skills

ARTS

- Team working
- Problem solving
- Creativity

BIZ

- The ability to learn and adopt new things
- Co-operation skills
- Analytical and systematic thinking skills

CHEM

- Working independently
- Problem solving
- Information retrieval

ELEC

- Problem solving
- Information retrieval
- Working independently

ENG

- Problem solving
- Information retrieval
- Attitude towards developing your skills

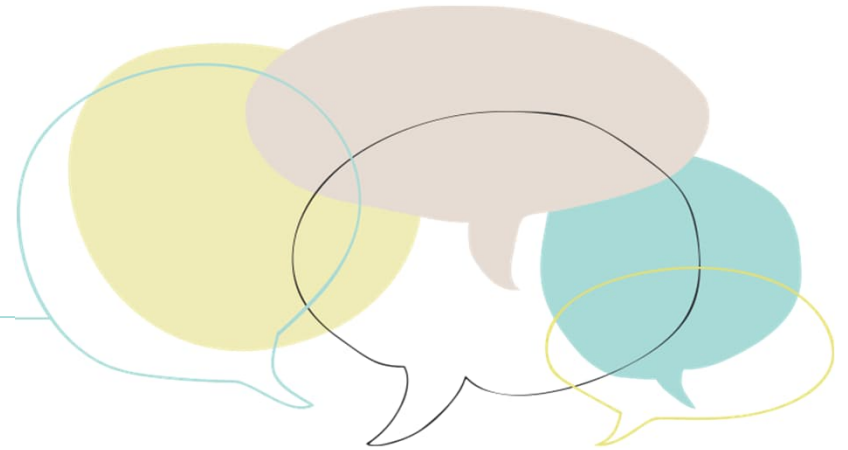
SCI

- Problem solving
- Information retrieval
- Working independently/ Analytical thinking

School of Chemical Engineering graduates in working life: Check alumni stories!

<https://www.aalto.fi/en/school-of-chemical-engineering/aalto-chem-graduates-in-working-life>

Alumni news <https://www.aalto.fi/en/listing/151546>



Transition from University studies to a good start of a career



Searching information, imagining and experimenting

Figuring out what is meaningful and interesting and fun to learn for oneself

What do I want:
Finding concrete options for the beginning of your career path

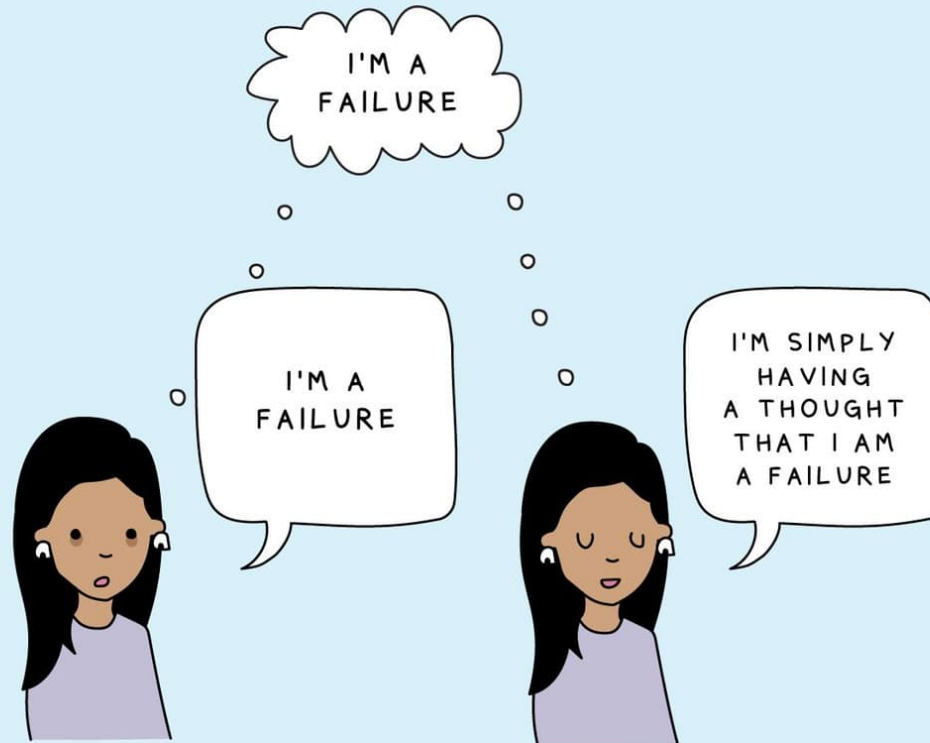
Committing to a choice

Career exercises to help the transition

1. Exercise: Motives
2. Exercise: Values
3. Exercise: Personal strengths
4. Exercise: Skills
5. Exercise: Achievements
6. Make a good CV
7. The best possible vision of your future
8. How to reach it
9. How to ensure your study wellbeing



Impostor experience

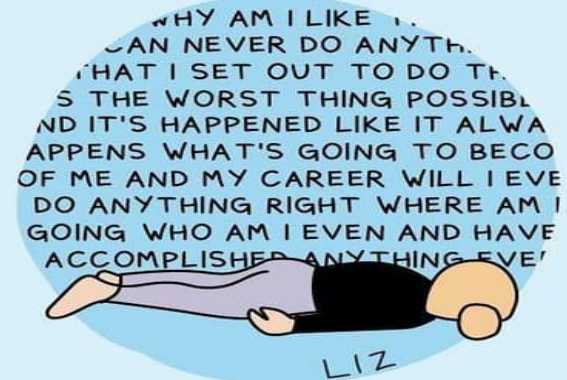


@LIZ AND MOLLIE

WHEN I DO SOMETHING WELL



WHEN I MAKE A MINOR MISTAKE



I am not my thoughts

I don't equal my thoughts, varying experiences and feelings.

I can observe that I have thoughts.

The observing me can notice the feeling of being a fraud.

“I understand that I have a belief that I'm a loser.”

“I notice that I am stressed now.”

“I see that I am stuck in this thought now...”

I sometimes fail, like everybody else, but I am not a failure.

My future is not the same as my thoughts of the future.




Self-Compassion Journal

Option:

Try keeping a daily self-compassion journal for one week (or longer if you like.) Journaling is an effective way to express emotions, and it has been found to enhance both mental and physical well-being. At some point during the evening when you have a few quiet moments, review the day's events.

<https://self-compassion.org/exercise-6-self-compassion-journal/>



An exercise by Dr. Kristin Neff

GROWTH MINDSET

Is Freedom



FIXED MINDSET

Is Limiting



@BigLifeJournal

- Are your abilities carved in stone or can your qualities be cultivated?
- The belief takes you down on very different roads.
- It is not “believe in yourself!” It is more “believe that you learn and act towards learning”.

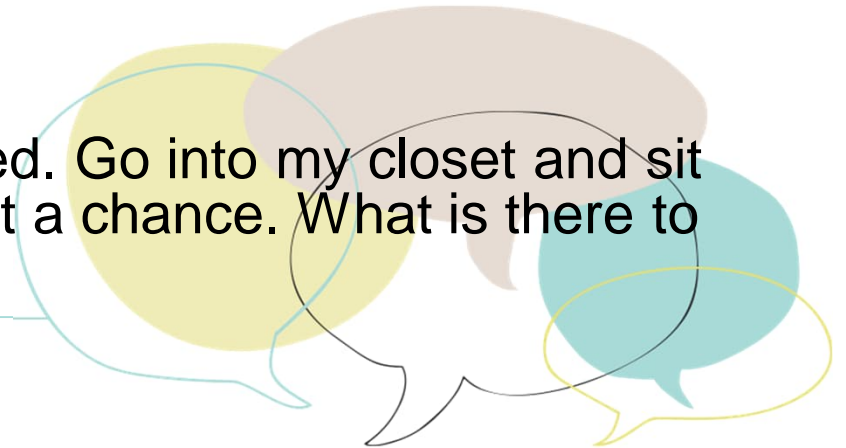
Fixed mindset

“If at first you don’t succeed, you probably don’t have the ability at all.”

People with fixed mindset don’t believe in getting help because risk and effort might reveal their inadequacies.

The bad day inner speech: “I’m a total failure. Everyone’s better than me. Nobody loves me, everybody hates me. Life is unfair and all efforts are useless. Life stinks. “

Coping to setbacks: “Do nothing. Stay in bed. Go into my closet and sit there. Eat chocolate. Yell at someone if I get a chance. What is there to do?”



Growth mindset is oriented towards learning

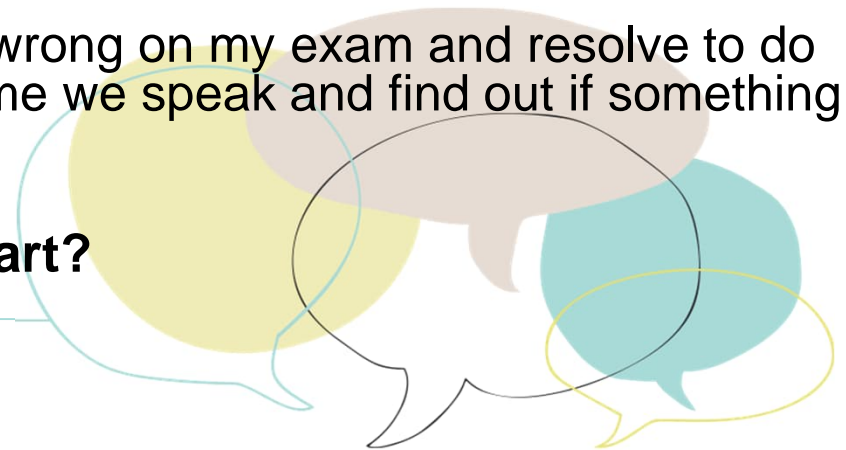
“I am here to learn.” Developing oneself is more important than being talented.

People with growth mindset are open to accurate information to their abilities in order to learn effectively.

The bad day inner speech: “I got a bad grade, so I have to try harder in class. I got a parking ticket, so I have to be more careful while parking the car. My best friend did not want to meet me, I wonder if they had a bad day.”

Coping to setbacks directly: “I will look what was wrong on my exam and resolve to do better. I will work things out with my friend next time we speak and find out if something is wrong.”

When do you feel smart?



Time to choose -workbook

Are you considering some kind of a choosing situation or figuring out your direction in your personal, academic or working life?

The workbook includes information about making choices as well as various exercises and concrete tools for making choices that feel right for you, and that help you move towards the direction where you'd like to go in life.

The workbook will be available at Career planning exercises site in MyCourses after this meeting. Save it for later!



Services for your study wellbeing at Aalto University

The **Starting Point of Wellbeing** offers students easy access to counselling and advice on matters of well-being and study ability and career transition.

➤ <https://www.aalto.fi/en/study-at-aalto/starting-point-of-wellbeing>

Start your studies with Pomodoro! <https://www.aalto.fi/en/events/start-your-studies-with-pomodoro>

Wellbeing route on Otaniemi campus – download a map!

Groups, workshops and online materials!

Meet a study psychologist or a career counseling psychologist!



**Career planning exercises
done by Wednesday,
January 31, 2024 at 23:59.**



Finishing session on Monday, February 5, 2024 at 8:30-10 via Zoom

- A summary of your observations and findings
- Guidance how to continue preparing yourself to work life