

# Psychological flexibility & career thoughts as a first year student



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# Today's agenda

1. Basics of psychological flexibility
2. Building a meaningful life (& career): Why clarifying our values matters?
3. What motivates you?

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4. Career wishes & worries
  5. What type of mindset helps us to succeed?
  6. Updating your skill map
  7. Where to find help

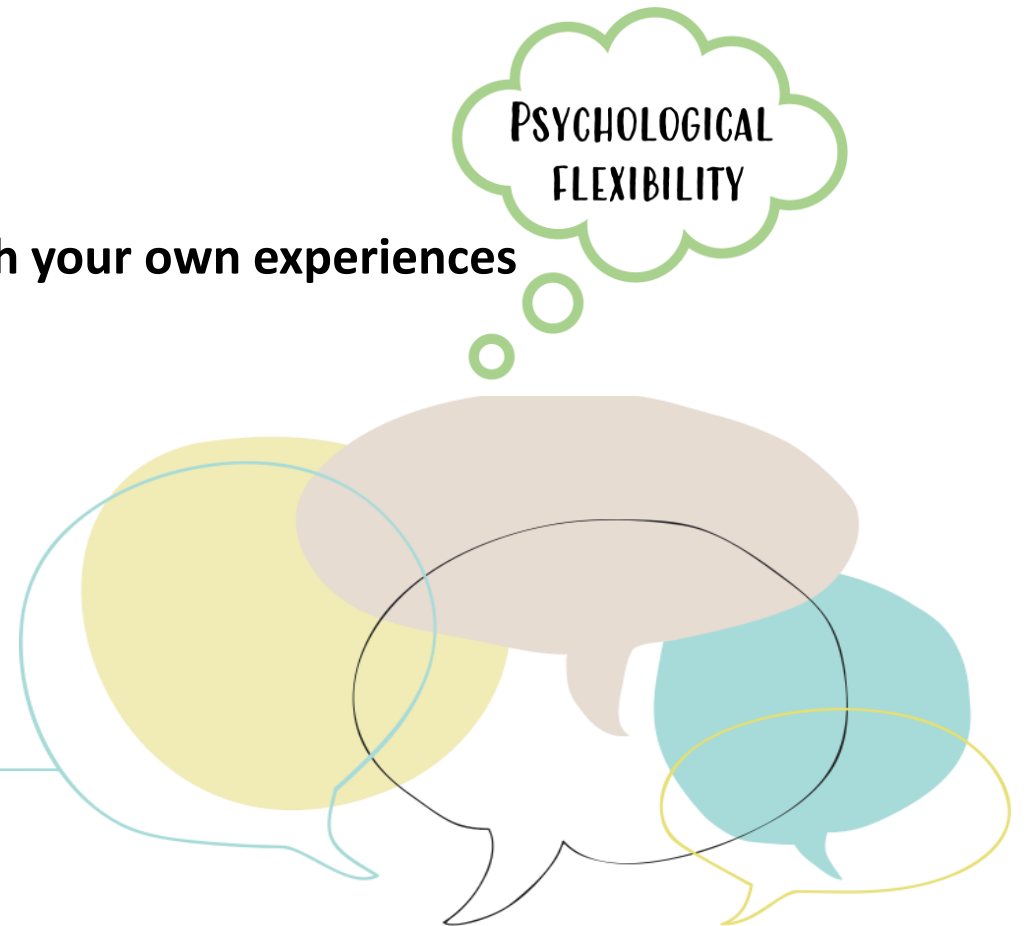


# Psychological flexibility: how to cope with life challenges

Let's watch a video:

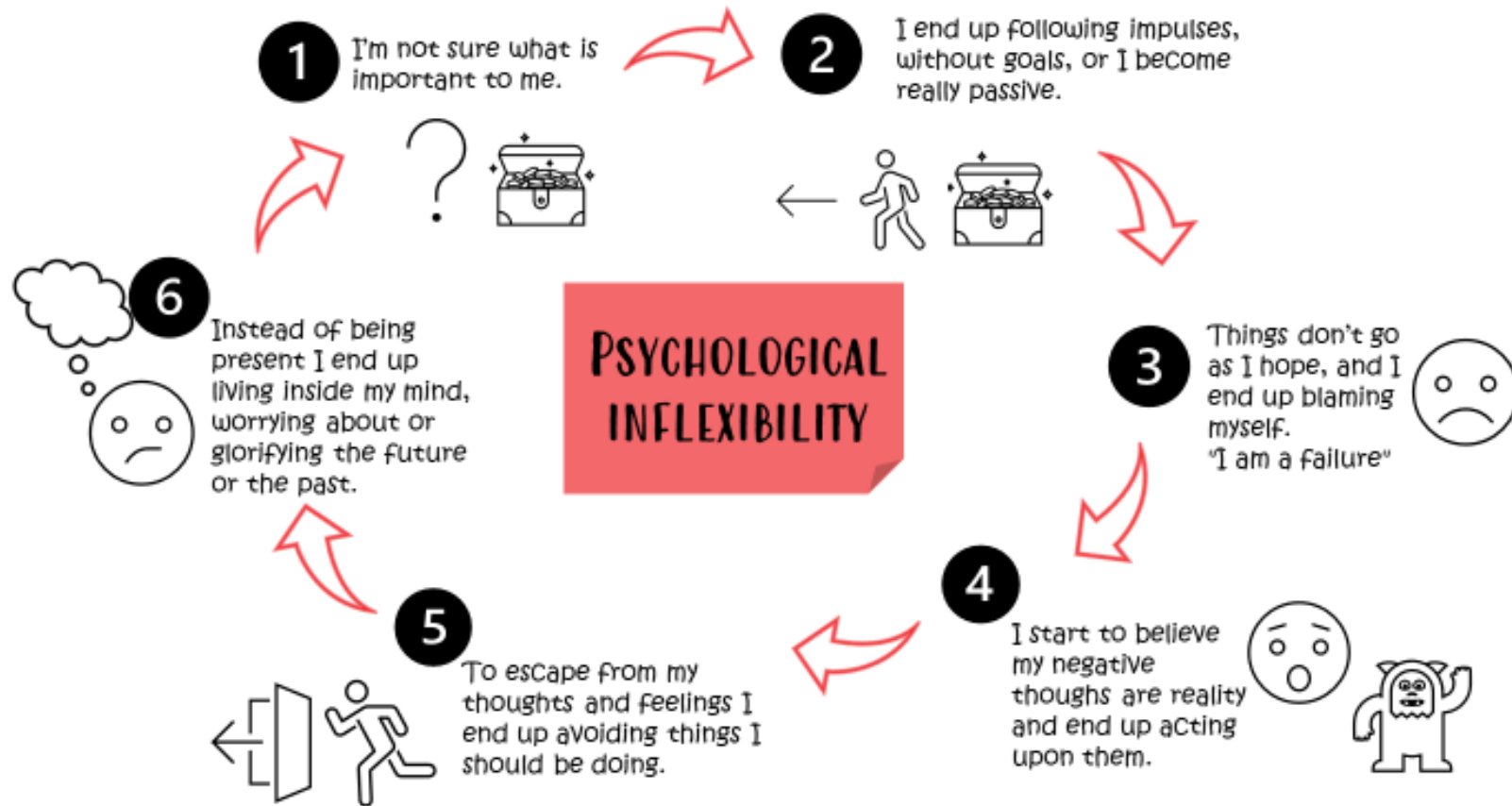
[Psychology flexibility - Introduction \(panopto.eu\)](https://panopto.eu)

While watching, try to reflect, if the model matches with your own experiences



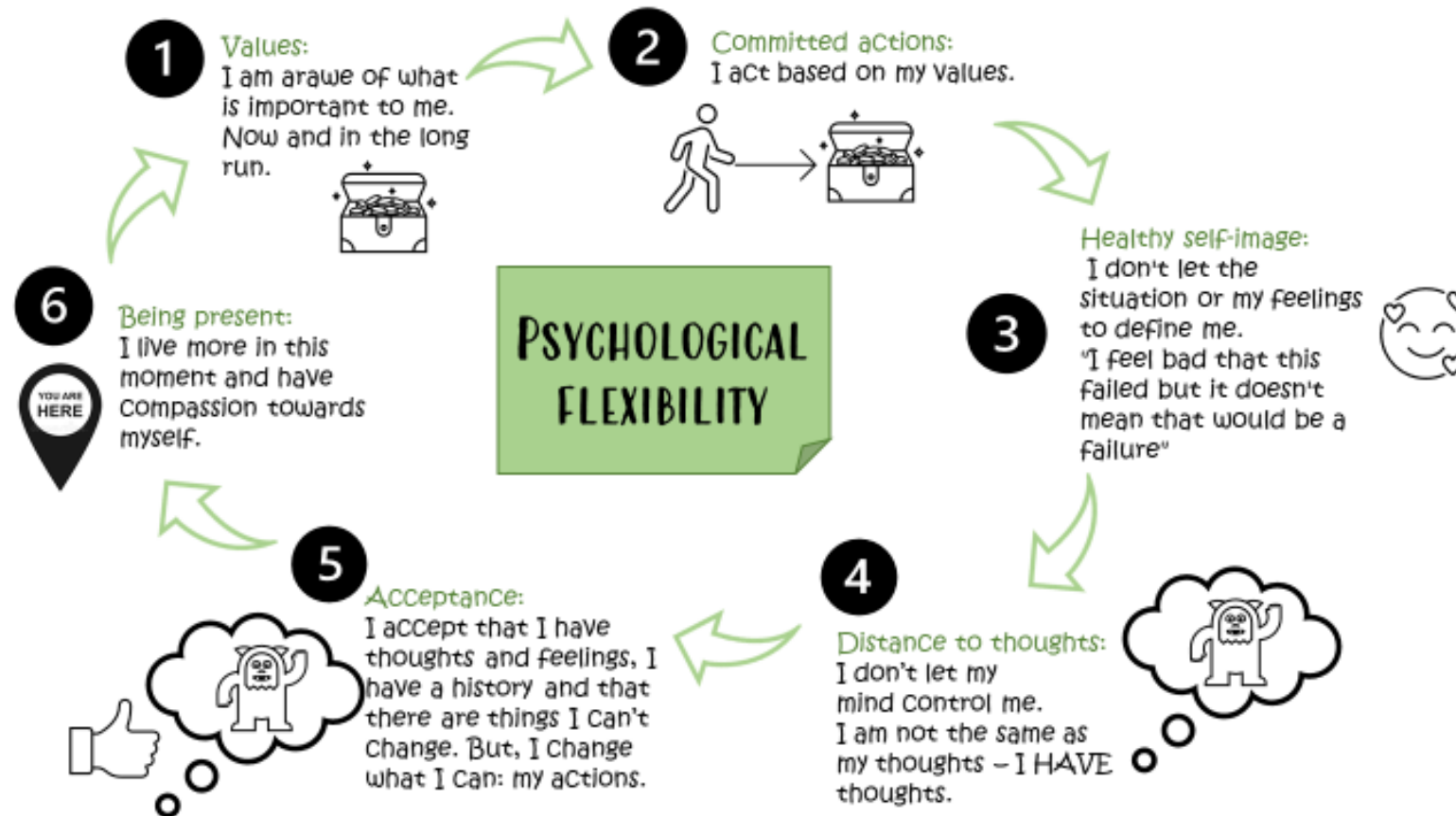
# Discuss with a group:

1. Which parts of psychological inflexibility sound familiar when you think about your studies?



# Discuss with a group:

2. How are the elements of psychological flexibility connected to wellbeing in your studies?



Source: see e.g., Leppäläinen & al, Hyväksymis- ja omistautumisterapia käytännön terapioissa, 2009.

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# Building a meaningful life (& career)

## Why clarifying our values matters?



**If it is clear for us, where we want to go, we are more willing to continue a journey even when it gets difficult.**

## Why clarifying our values matters?



**If it is clear for us, where we want to go, we are more willing to face also the uncomfortable thoughts and emotions that belong to the path towards our valued life**

# Marketplace for values

- **Everybody gets a few values to start with**
  - **Go around in the room and try to trade the values that you have in your hand to match better with your actual values**
- > Share your experiences of the exercise with a small group**
- > Share some of the small group's discoveries with the whole group**





# What is valuable and motivates me in my studies?

Writing reflection: “Why do I study?”

Possible questions to reflect:

- Is there something important that my studies will enable in my life?
- What are the benefits of my studies now and in the long run?
- What would I like to bring into this world with my knowledge and personality?

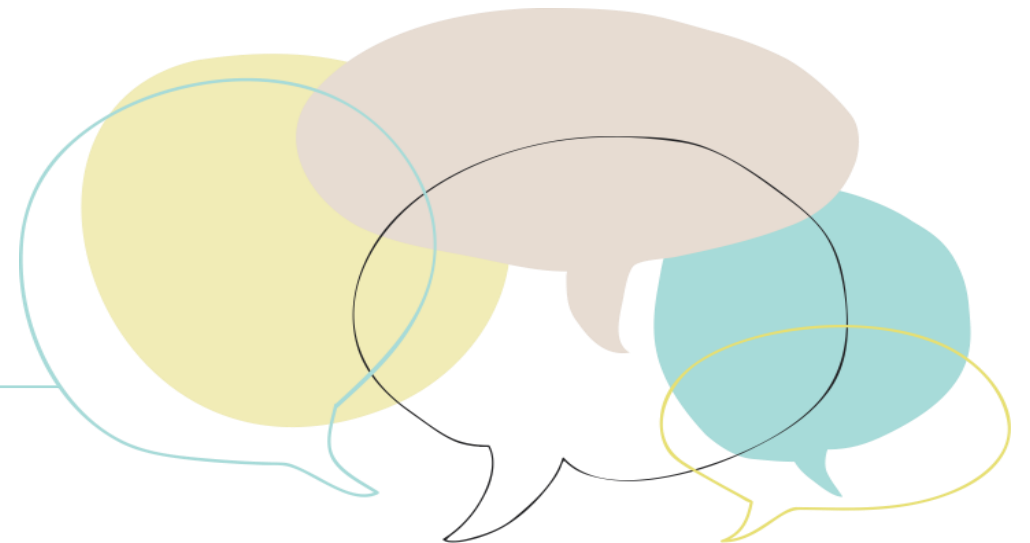




**BREAK**

# What type of worries & wishes do you have concerning your career?

Answer to Padlet



The way how people think it looks like



The way how it really looks like



# Mindset can help us to succeed

## Fixed mindset =

"Intelligence, abilities, and talents are inherently stable and unchangeable over time"

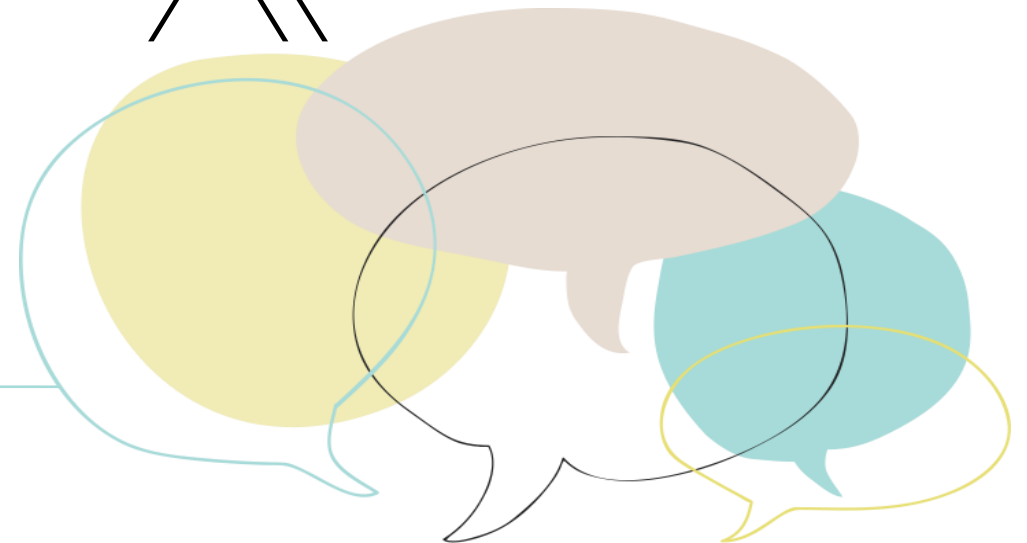


## Growth mindset =

"Intelligence, abilities, and talents are learnable and capable of improvement through effort."



(Dweck, 2006)





I'm either good at something or I'm not.



I can improve my skills with effort and practice.



When people give me feedback, it feels like criticism.



I appreciate when people give me feedback. It helps me learn and grow.

I'm just not good at math.



Math is challenging for me, but I know I can improve.

I'm too shy to speak in front of the class.



With practice, I can become more confident and improve my public speaking skills.

I'm already a really good writer. I don't need to get any better.



There's always room for improvement.



It's embarrassing when I make a mistake.



Everyone makes mistakes and mistakes are opportunities to learn.

If I don't try new or difficult things, then I won't fail.



I have to try new and difficult things in order to grow, even if I fail at first.

When I fail, I get frustrated and give up.



When I fail or get frustrated, I try again using the lessons I've learned.

Failure means it is time to give up.



I only truly fail when I stop trying.

I can't do that!



I can't do that yet. I'm going to keep going, try new strategies, and/or ask for help until I understand it.

If I don't improve right away, I get frustrated. I start to criticize myself.



I know improvement takes time and I celebrate the small steps. Even a little progress makes a difference!

# Benefits of growth mindset:

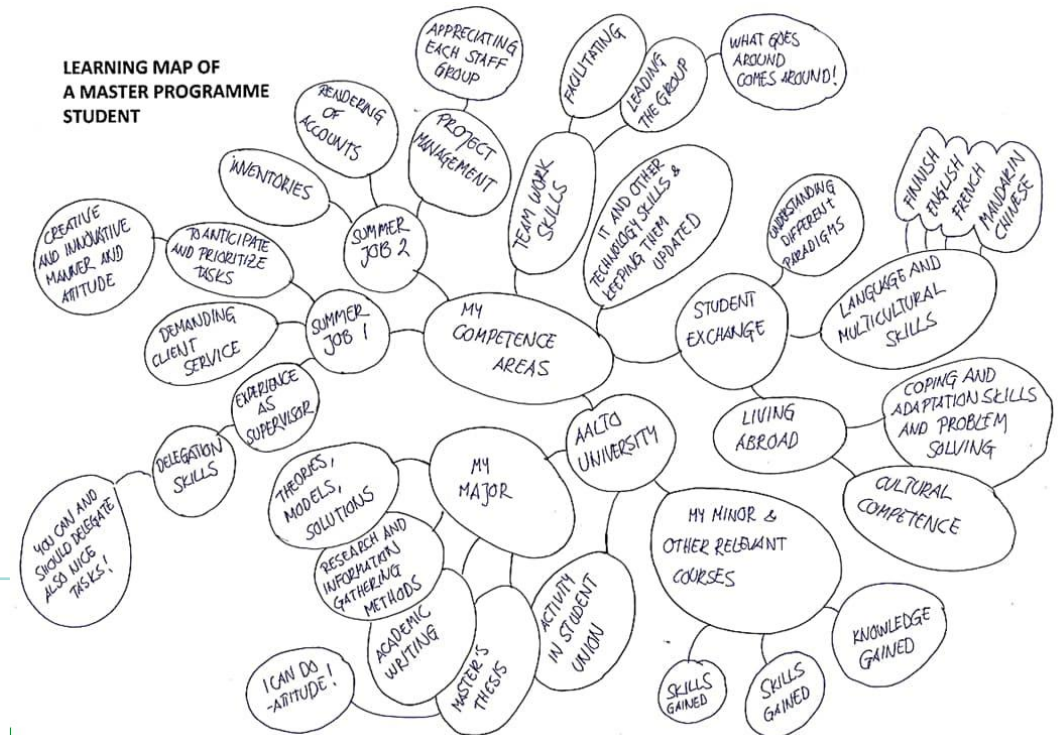
- **Move into new fields**  
Your past doesn't define your future.
- **Fosters resilience**  
Every challenge becomes a learning opportunity
- **Utilize feedback as a fuel for our development.**  
A fixed mindset can result in avoiding feedback
- **Get inspired by other people's success.**  
Instead of feeling like an inferior you aim to improve your skills
- **Stay humble**  
It reminds you that there's always more to learn.

(Cote, 2022)



# Update your skill map

- Your competences and skills consist of everything you have learned in your studies, work, internships, projects, voluntary work, hobbies etc.
- Draw a skills map based on your life experiences
- Remember also general working life skills such as teamwork, communication, problem solving and time management skills.
- Choose 5-7 skills from the map *that you would like to develop*





# Valuable skills and competences after graduation according to economics alumni



**Analytical and systemic thinking skills**



**Ability to learn and adopt new things**



**Communications in English**



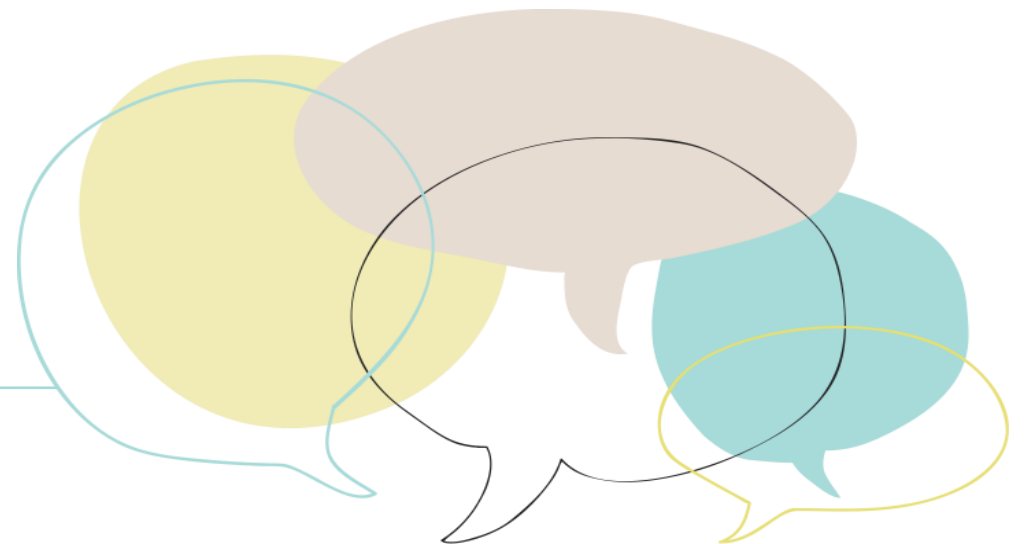
**Self-direction and initiative**

Some other listed skills: problem solving, information retrieval, stress tolerance and co-operation

Source: Five-year career monitoring survey for 2015 graduates

[Economics graduates in working life | Aalto University](#)

***“University studies is a unique stage of life that has its own goals, emotional challenges and experiences of overcoming them. There's no rush, and you don't have to know what you want to do yet.”***



# Where to find help

- [Starting Point of Wellbeing | Aalto University](#)
- [Individual counselling by study and career counselling psychologists | Aalto University](#)
- [Career Services for School of Business students | Aalto University](#)
- **Tips for job interview:** [Job Search Guide \(jobteaser.com\)](#)





**Thank you!**