

Assignment 1.

Familiarise yourself with the course materials on the page 'Materials' and write an essay of about 2 pages on the skills and competencies you have developed in your dual career. When writing the essay, the following questions may be helpful:

- What skills and competencies has combining sports and studying required?
- What skills does your sport require?
- What skills does your area of study require?
- How could you use these existing skills in the world of work?
- What types of challenges or difficulties have you faced in your dual career? How have you got through them and what have you learnt from them?
- What things have driven you in your dual career? What is your passion and what gives you energy?
- How would your teammates, coaches or fellow students describe you?
- What have you achieved and what made the achievement possible?

Please note that an achievement may be something that:

- you did it although you were initially nervous or anxious about it
- you worked hard for and felt good about afterwards
- involved you taking the initiative and developing something new and useful
- you got good feedback for.

Assignment 2.

Familiarise yourself with the CareerWeb pages on writing a CV, portfolio and job application (see the link on the materials tab). Then prepare or update your CV, LinkedIn profile or a paper-format portfolio where you present your skills, competencies, education and work experience.

Do one version before assignment 3, in other words, before you meet with Sami Itani or a Career Services representative and update your document after the appointment. Submit the final version to the MyCourses submission inbox.

Assignment 3.

Choose alternative A or alternative B.

A) Meeting with a Career Services representative

Book a meeting with a Career Services representative. You can find the contact information of the career services staff of your school on [Aalto Career Web](#). When booking the meeting, remember to mention that you are an Urhea student attending the Urhea course number 2, which requires a meeting with a representative of Career Services. Before the meeting, do assignment 2 and send it to the Career Services representative. After your meeting, update your assignment and describe in at least 10 sentences the topics you covered at the meeting. The following questions may be helpful to you:

- What thoughts did the meeting provoke?
- Did it give rise to new perspectives/skills/competencies/accomplishments that you had never thought of before?
- Did you get new ideas for the future? If yes, please specify.
- Did you update your CV/LinkedIn profile/portfolio after the meeting? If yes, please specify.

B) Meeting with the teacher-in-charge Timo Saarinen

Book an appointment (approx. 30 minutes) with the course teacher-in-charge, Professor of Practice Sami Itani by emailing him to sami.itani(at)aalto.fi. When booking the appointment, remember to mention that you are an Urhea student and the name of the course. Do assignment 2 before the meeting and bring it with you to the appointment. You can use it as a starting point for your discussion. After your meeting, update your assignment and describe in at least 10 sentences the topics you covered at the meeting. The following questions may be helpful to you:

- What thoughts did the meeting provoke?
- Did it give rise to new perspectives/skills/competencies/accomplishments that you had never thought of before?
- Did you get new ideas for the future? If yes, please specify.
- Did you update your CV/LinkedIn profile/portfolio after the meeting? If yes, please specify.