



# Career planning exercises final session

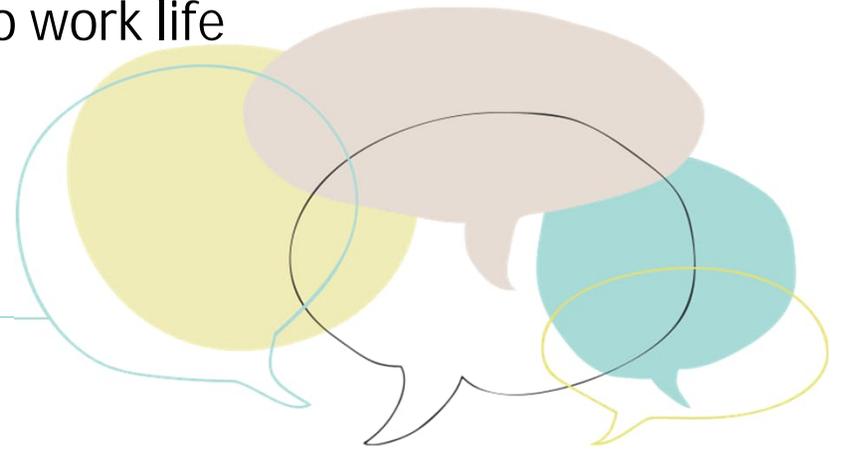
6.2.2023 8:30-10:00

Seija Leppänen

*psychologist, career counseling*

# The agenda for today:

1. Your observations and feedback from the career planning exercises
2. How to walk towards your valued life (A short individual task, have a pen and a piece of paper with you!)
3. Guidance how to continue preparing yourself to work life
4. Feedback discussion



# Intended learning outcomes

## After carrying out the exercises the students

- Are able to describe their skills, motivation, and strengths
- Can analyse and express characteristics of their skills profile
- Have practiced writing job search documents
- Understand the importance of self-efficacy (to rely on oneself to perform) and wellbeing (live by one's values) for shaping their future and make life meaningful

# “What motivates me”

## Learning and studies:

Getting things done.

Working with other people and trying to solve problems together helps me to come up with better ideas.

Sustainable changes.

Lab work.

Cooperation with Professor.

Graduating to be a scientist.

Master’s Thesis.

Nanotechnology.

## Family and friends

**Hobbies:** Arts, playing music, cooking and trying out new recipes

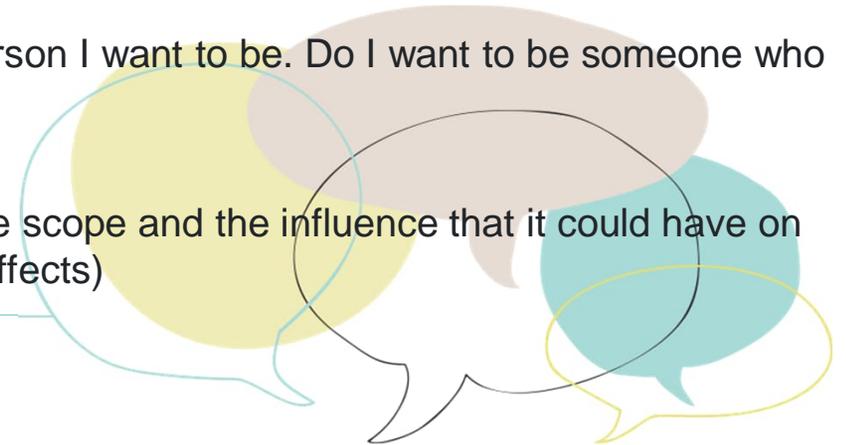
**Nature,** bird watching

**Sports** “teaches me to push my limits, to remain humble about my performances. It gives me so much dopamine and new challenges that I want to progress in this field.”



# “Why are you studying the least interesting areas? What is the underlying reason or further purpose?”

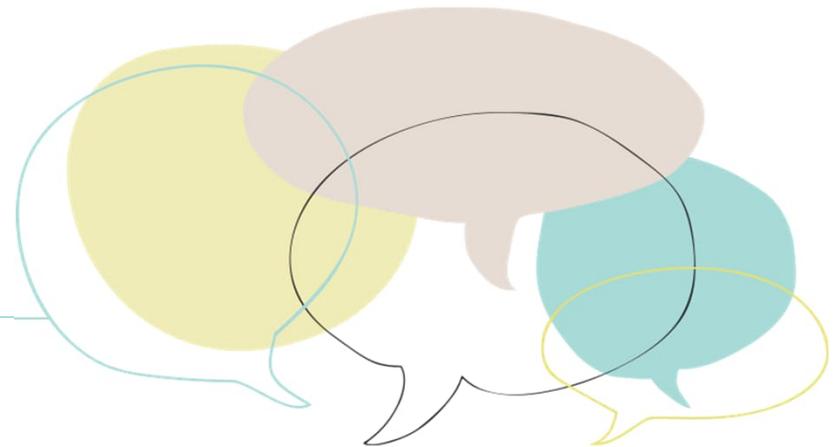
- These things are necessary to get out of the way so I can focus on the more important things.
- Because I need to have teamwork skills and stress management skills in work life.
- They are important and mandatory for my graduation. (utilitarian ethics)
  
- These areas don't really provide much short term enjoyment but I am convinced that these are probably good for me on a long run. (wellbeing determines the value of an outcome)
  
- I get the motivation to do them by thinking about the kind of person I want to be. Do I want to be someone who knows this in the future? (Acting towards one's own values)
  
- I know that I can learn a lot of things which I did not suspect the scope and the influence that it could have on me. We are not immune to a good surprise! (creative side effects)



# A skills map

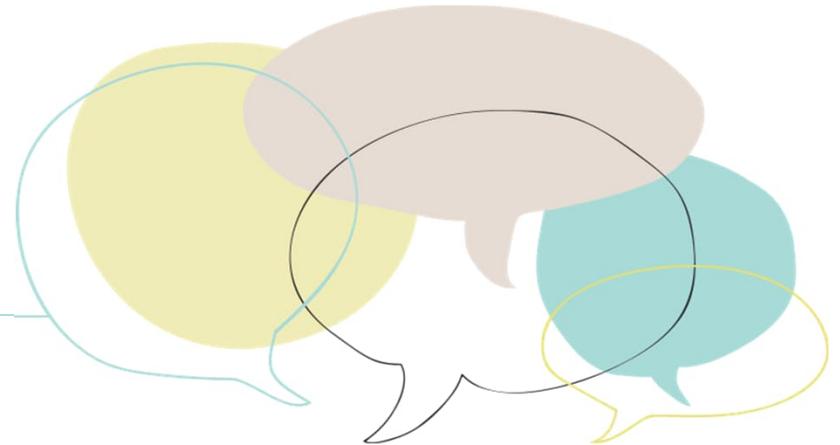


**Update your skills map annually and make the new skills visible in your CV**



# What helps you to find a good job

- Curiosity and courage
- Commitment and a sense of responsibility in seeking solutions
- Self-compassion skills
- Measuring yourself and your achievements realistically
- Learning from feedback



# The achievements demonstrate my strengths that are...

Many times were mentioned:

Genuine interest in learning

Not giving up

Overcoming fears, fighting back occasional anxiety

I quickly learn new things and can combine it with my previous skills

Knowing the power of positive attitudes and imagination

Adaptability, patience, perseverance, resilience, disciplined, persistence

Empathy, ability to work well with others, willingness to learn, creativity, problem-solving, project management

Time management, flexibility required to be able to balance work and school successfully, not being afraid to ask help if I need it.

**In a job interview, use your achievements to justify your strengths!**

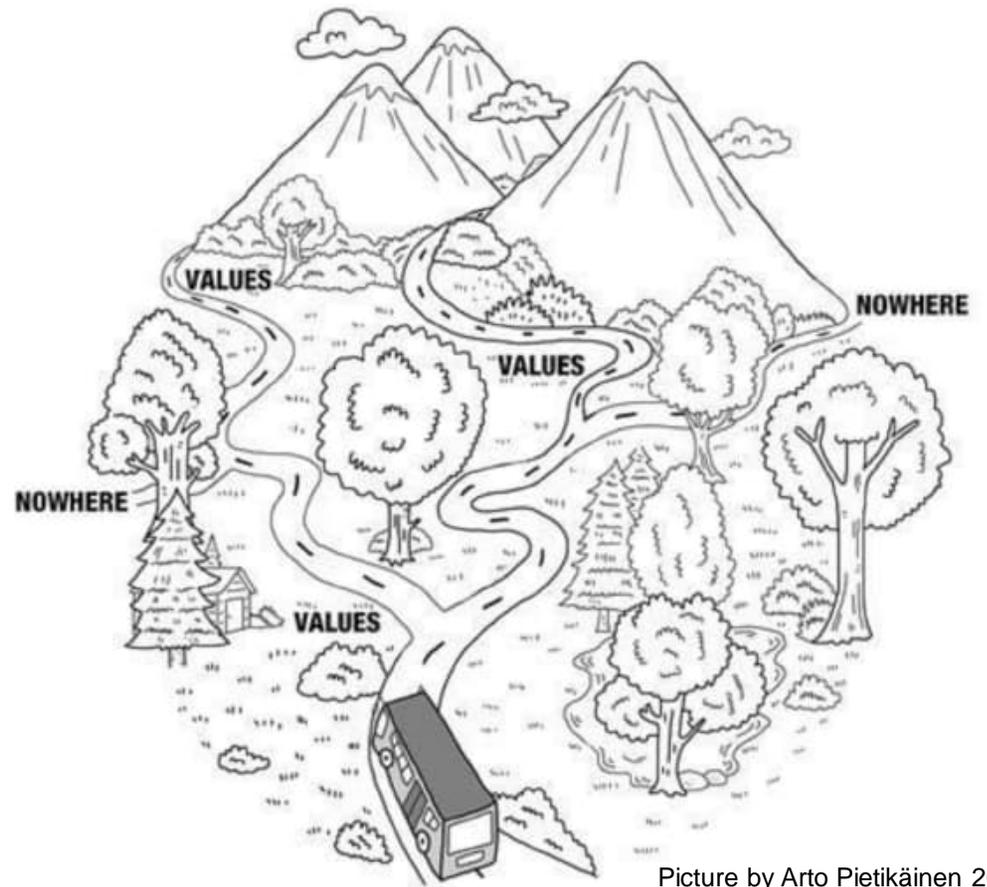


# How to walk towards your values

## A short exercise

Walking towards, not away from, values makes life valuable.

Take a pen and a piece of paper!



Picture by Arto Pietikäinen 2022

TOWARDS OR AWAY?

OUTSIDE WORLD AND SENSES



SUFFERING,  
AWAY FROM  
OWN  
VALUES

**AVOIDANCE**

- I don't ask for feedback
- I cancel the meeting
- I eat too much ice cream
- Procrastination
- Addictive behaviors

**ACTIONS**

- This is the way I want to act towards my values.
- The behavior I want to show is...
- Skills put into action in this situation mean for me that:...

← AWAY



→ TOWARDS

GOOD LIFE  
AND  
WELLBEING

**OBSTACLES**

- "Yes but":s
- Fear
- Nervousness
- Confusion
- Tiredness
- Shame
- Self-disgust
- Other harmful feelings and thoughts

**VALUES**

- What and who are important for me?
- If I had free choice, what kind of a person would I like to be?
- My goals in life and studies

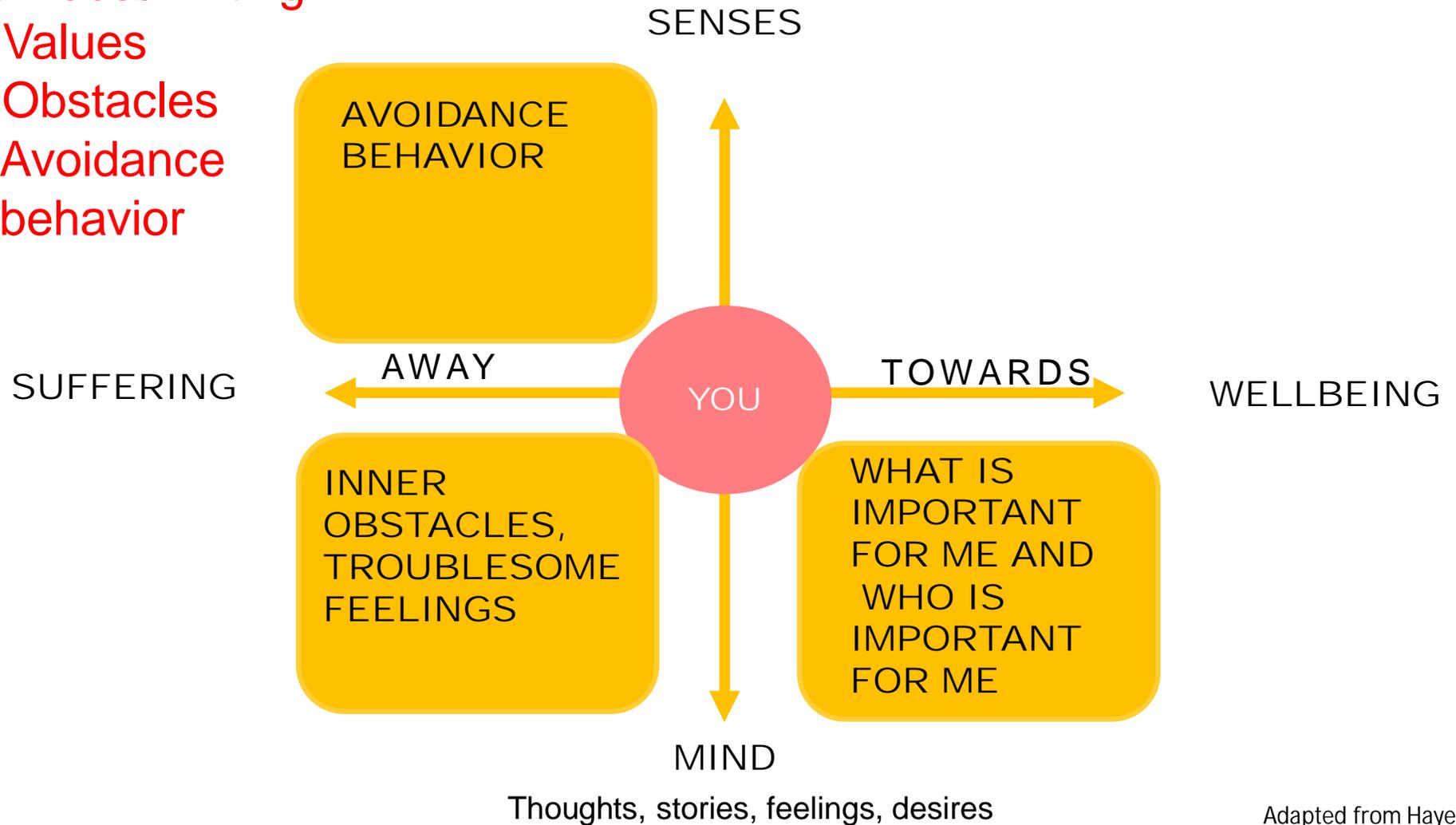
INNER EXPERIENCE



Adapted from Hayes (2019) & Pietikäinen (2014)

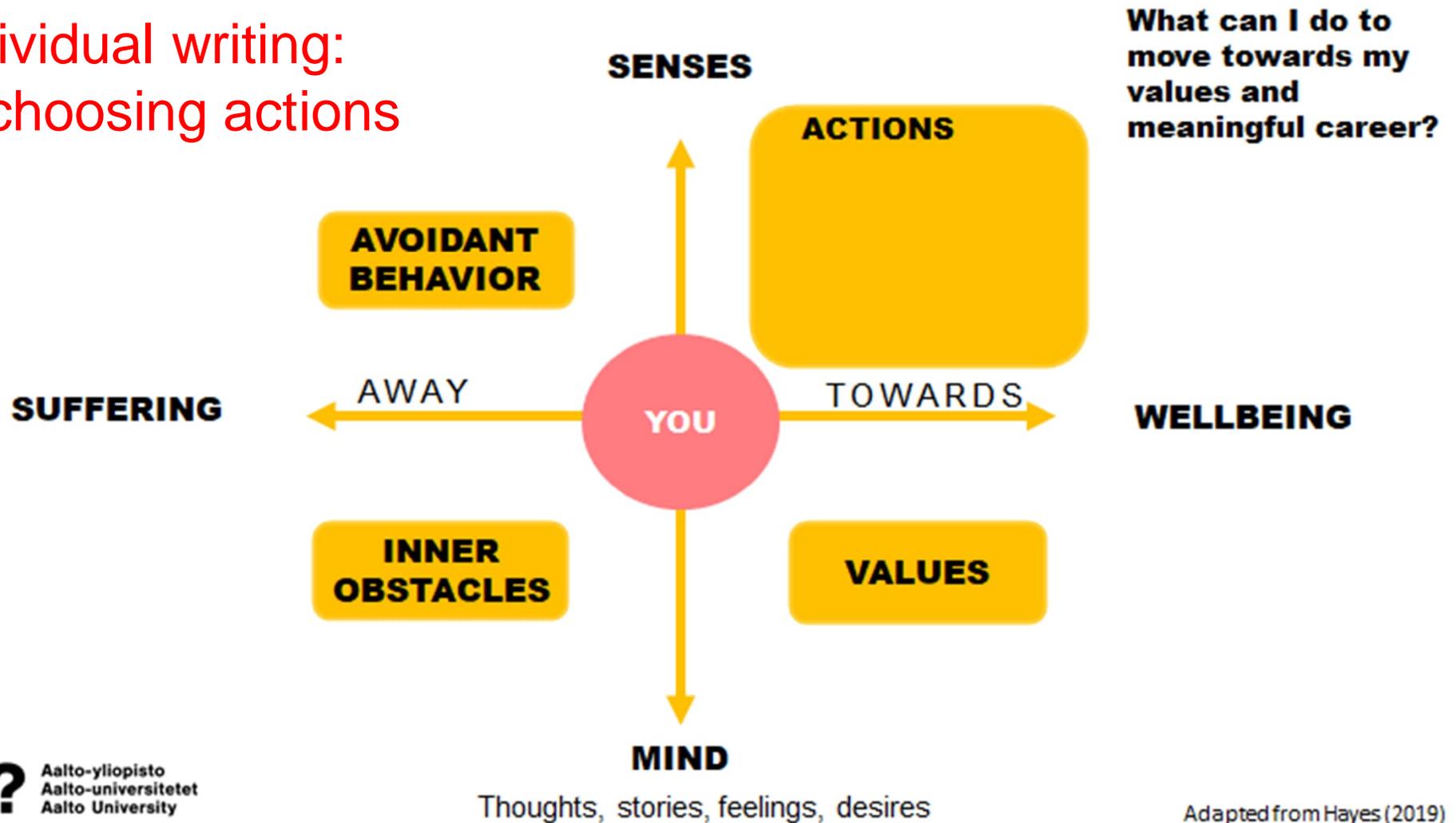
## Individual writing

- 1) Values
- 2) Obstacles
- 3) Avoidance behavior



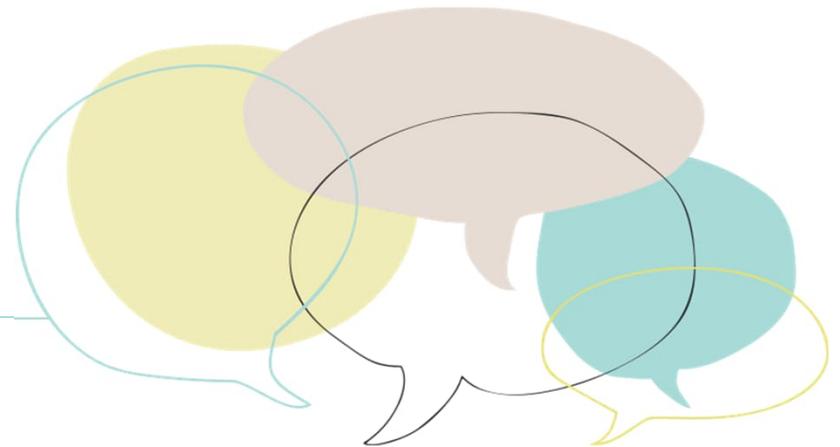
Adapted from Hayes (2019)  
& Pietikäinen (2014)

Individual writing:  
4) choosing actions



**You can share some of your goals or actions  
towards values in Flinga:**

**<https://edu.flinga.fi/s/EPKXQTA>**



# Taking action

**Summer job: define and write for yourself what you are looking for.**

**Stay active and make contacts: you only need one good summer job offer**

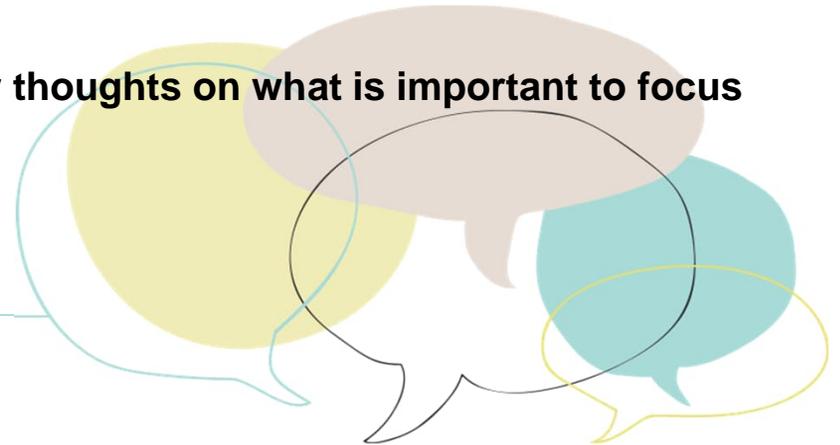
**Speak out and reflect on your own results of these assignments with a friend or psychologist or career services.**

**Book CV check and job search sessions with Career services via Jobteaser if needed**

**<https://aalto.jobteaser.com/en/v2/appointments>**

**Return to your career planning reflections and update your thoughts on what is important to focus on**

**Social network has a lot of power in job search**



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

## Starting Point of Wellbeing drop-in advising and events

You can drop in to the Starting Point of Wellbeing without booking an appointment in advance if you need advice and guidance on matters related to your wellbeing and study ability.

### Schedule 16.1.2023 onwards

Mon	Tue	Wed	Thu	Fri
<b>10-11 Study and career counselling psychologists</b> <u>(chat/video)</u> (23.1 cancelled)	<b>10-11 Study and career counselling psychologists</b> <u>(chat/video)</u>	<b>10-11 Study and career counselling psychologists</b> <u>(chat/video)</u>	<b>10-11 Study and career counselling psychologists</b> <u>(chat/video)</u> (not 14.4.23)	<b>10-11 Study and career counselling psychologists</b> <u>(chat/video)</u>
<b>13-15 Study and career counselling psychologists</b> (SPW-room, Y199c)	<b>12-13 Open Doors</b> (SPW-room, Y199c)	<b>13-15 Aalto-chaplains</b> (SPW-room, Y199c) (not 18.1.23)	<b>13-15 Guidance counsellors</b> (SPW-room, Y199c)	<b>24.2, 31.3 and 28.4. at 13-15 Fridays with SPW-events</b> (SPW-room, Y199c)
		Wed 15.2 and Wed 12.4 <b>at 16-18 Beat the Blues</b> -events	Thu <b>16.3 at 16-18 Beat the Blues</b> -event	

# Services for your study wellbeing at Aalto University

- Support for studying <https://www.aalto.fi/en/support-for-studying>
- Self-Study Material: ABCs of getting things done  
<https://www.aalto.fi/en/services/groups-workshops-and-online-materials-for-supporting-wellbeing-and-study-ability>
- Keys to your wellbeing
- [https://www.aalto.fi/en/oasis-of-radical-wellbeing/keys-to-your-wellbeing-ii-self-compassion-with-a-fierce-twist?check\\_logged\\_in=1](https://www.aalto.fi/en/oasis-of-radical-wellbeing/keys-to-your-wellbeing-ii-self-compassion-with-a-fierce-twist?check_logged_in=1)



**A!**

Aalto-yliopisto

**Thank you!**

