

# Career Planning Exercises 22-23

## — Feedback

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# Intended learning outcomes, instructions

**After carrying out the exercises in this self-help material, the students**

- are able to describe their skills, motivation, and strengths
- can analyse and express characteristics of their skills profile based on studies and work experience
- have practiced writing job search documents (e.g. a CV)
- can describe the importance of self-efficacy beliefs and self-compassion for shaping their future

**Having completed an exercise, reflect the results. What do the results of that reflection add to your self-awareness, your current thinking and goals of a good future as an individual and as a member of a society? How can you use the results? What will you do next?**

# Please give your feedback!

The AMIS programme students should have received a link to a Webropol survey

- Was sent to you already (hopefully!)

**ALC course students**

- Please go to MyCourses:

<https://mycourses.aalto.fi/course/view.php?id=36534&section=19>

*Thank you all for active participation!*

