

ELEC-E0110 Academic Skills in Master' studies

Support exercise for self-assessment – beginning of the course

### **Urasuunnittelu - kohti mielekästä työtä / Career planning - towards meaningful work-life**

The Aalto University career psychologist and the career services have designed self-help material to help you to process the key elements of career planning individually.

By completing the assignments in the material you may:

1. Stop to think about your experiences and put your past, present and future into a perspective
2. Find your motivation factors and inner drivers
3. Understand your basic values
4. Find words for your personal strengths
5. Analyse your skills
6. Find accomplishments and achievements that promote your personality

The reflection so far should help you to make good job search documents that you can save here

7. Combine your reflection so far to a large story of life portrait which has a deeper meaning and which fosters decision making
8. Make a step-by step action plan to make the story of your future a reality
9. Ensure that your wellbeing supports achieving the desired future

**Urasuunnittelu - kohti mielekästä työtä -materiaalia suomeksi:**

<https://mycourses.aalto.fi/course/view.php?id=19783>

**Career Planning – towards meaningful work-life materials in English:**

<https://mycourses.aalto.fi/course/view.php?id=19069>