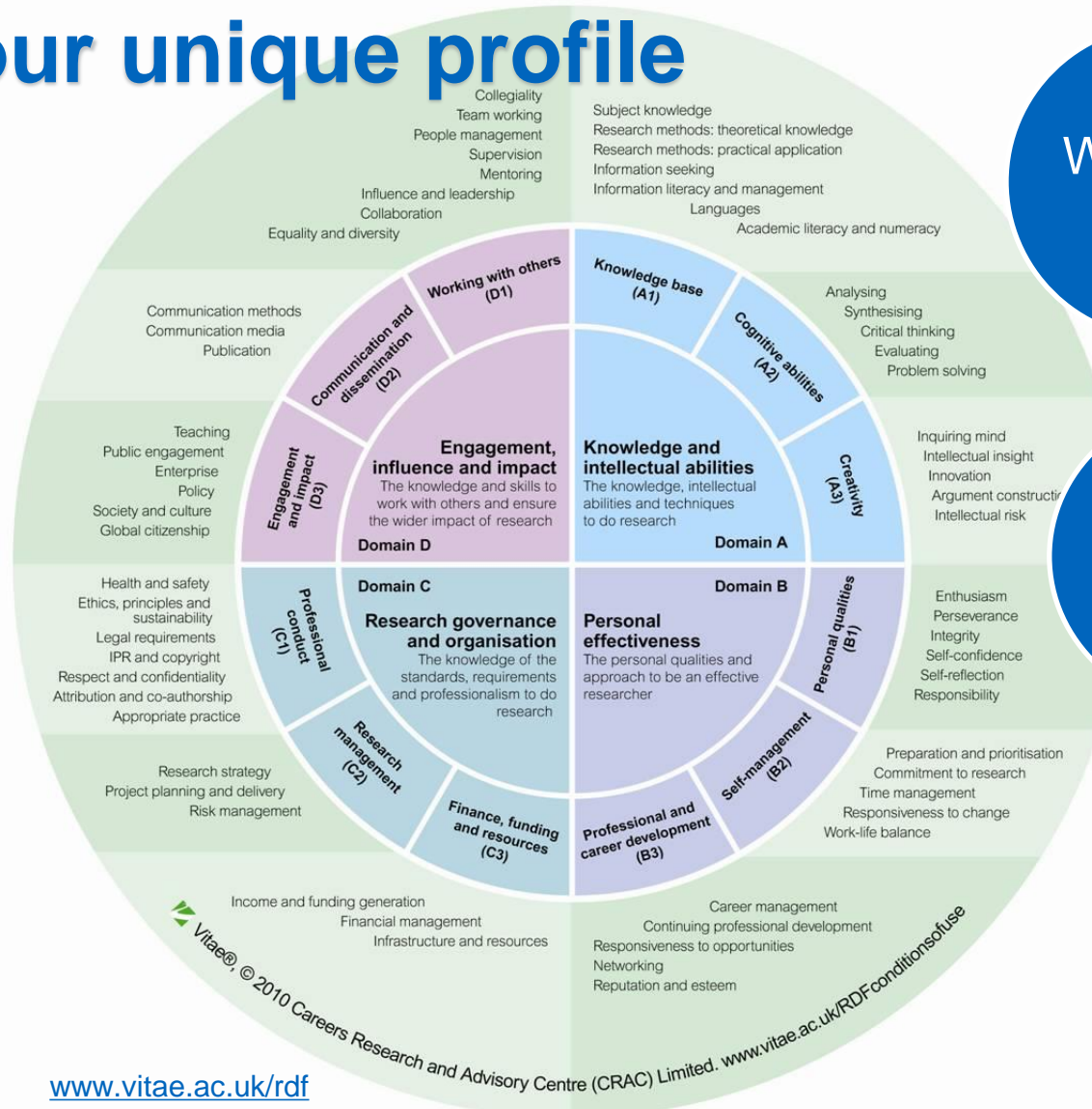


Your unique profile



Who are you?

What can you do?

What is meaningful and valuable for you?

Who do you know?



MyCourses / Career Planning Exercises

A self help material consists of 9 exercises. It is designed to help you to process the key elements of career planning individually.

It's easy!

1. Log in to MyCourses with your Aalto user account
2. Find Career Planning Exercises and enroll for the workspace.

You can take full advantage and do them in the same order. You can also do the ones that appeal to you and seem to help you most. 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?

Career Planning Exercises

Grades

- Welcome to build your future in the world of work!
- Exercise 1 Life line
- Exercise 2 What motivates me?
- Exercise 3 Values
- Exercise 4 My personal strengths
- Exercise 5 Skills
- Exercise 6 Achievements and accomplishments
- Job search documents
- Exercise 7 The story of my future
- Exercise 8 Action plan
- Exercise 9 Action plan for wellbeing
- Plans for the near future
- Suomenkielistä urasuunnitteluun liittyvää sisältöä

[Dashboard](#)

[Site home](#)

Career Planning Exercises

[Dashboard](#) / [My own courses](#) / [career planni...](#)

[Assignments](#)
[Forums](#)
[Questionnaires](#)
[Resources](#)

[Course overview](#)

Welcome to build your future in the world of work!

Objective

This self-help material is designed to help you to process the key elements of career planning individually.

Instructions

The sequence of exercises is numbered. You can do them in the same order or you can choose only the ones that appeal to you most and seem to help you. 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?

How to get started

1. Log in to MyCourses with your Aalto user account
2. Enroll for the workspace by following [these instructions](#).

Career Planning Exercises by

Seija Leppänen, Career Counselling Psychologist, Learning services
 Tanja Makkonen, Senior Manager, Career Services
 Aalto University

COMPLETION PROGRESS

▮ NOW




Mouse over or touch bar for info.

LATEST ANNOUNCEMENTS

(No announcements have been posted yet.)

UPCOMING EVENTS


MyCourses maintenance break
 Monday, 18 June, 09:00 » 16:30

[Go to calendar...](#)

The purpose of the 9 exercises

1. 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. Analyze 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