



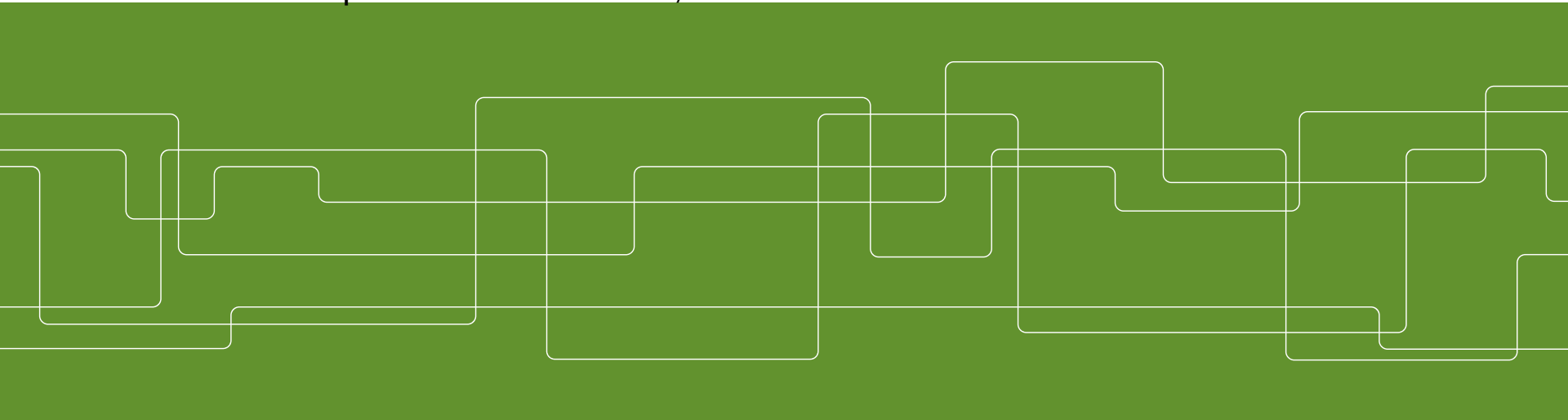
Career development

Master student

KTH Career

<https://www.kth.se/en/student/framtid/karriar/karriarstod-1.1957>

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Introduction

Purpose

Feel informed and confident with your career development and job search. Your "own" process, your responsibility. KTH provides guidelines.

Five steps/ seminars plus own work with some exercises in KTH Social



Content seminars fall 2015

Date	Content	Venue
3/11	Step 1: <i>Career development – Who am I? What are my strenghts? What do I want for my future?"</i>	KTH Gröten, THS student union house
5/11	Step 2: <i>Employers serach for suitable candidates</i>	Main library, lecture hall "Syd östra galleriet"
10/11	Step 3: <i>My professional identity and how to link to other professionals</i>	Main library, lecture hall "Syd östra galleriet"
12/11	Step 4: <i>The job application. What should I write in my CV and cover letter.</i>	Main library, lecture hall "Syd östra galleriet"
24/11	Step 5: <i>How to prepare and handle the job interview</i>	Main library, lecture hall "Syd östra galleriet"



Social

To access the exercises!

Join the career group: **Career development for master students** on KTH Social:

www.kth.se/social/group/career-development-f/

Log in with your KTH id.



Today

Career development for master students step I:

Career development – who am I, what do I want, what are my skills?

- The importance of being able to answer the questions above
- Introduction of an approach on how to work with my own career development



How to understand 'career'?

- Objective and subjective career (Arthur)
- The boundaryless career (Arthur)
- Protean careers (Hall)
- Planned happenstance (Krumboltz)



Background

In the mind of the employer:

- **90 percent** of managers think that **personal qualities** is the most important factor when recruiting.
- **Secondly** they look at **specific experience** from a field or industry plus **formal education**.

Employability skills, generic skills,

Career management skills

Source: Ledarna – Swedish union for managers

Employability skills

- Communication
- Teamwork
- Problem Solving
- Initiative & Enterprise
- Planning & Organising
- Learning
- Technology
- Self Management and career management skills



Career Management Skills – student perspective

- Collect, analyze, assemble and organize the self (self-awareness) and education and career information.
- Have the skills to make and implement decisions and managing transitions / vicissitudes of life.

INSIGHT

Who am I?

OUTLOOK

What's in the outside world.
/ career options

LOOK AHEAD

How do I proceed?
What do I need for my journey?



Career development while still a student

The importance of being able to know who you are, what you can contribute with and how to present yourself to the employer.

In order to be able to do this...

Prepare, investigate and ask yourself :

- Who am I? Which strengths, talents and skills do I have?
- Work values? What would I like my future working life to be like?
- What do I want to work with?
- How do I find a good balance between job and private life?
- How do I find a way to connect to professionals and employers?



Career development KTH student context

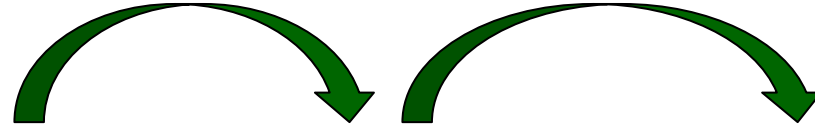
"What should I choose?"

"Where is the right job for me?"

"How do I find the right job for me?"

"How do I market myself?"

"Am I good enough?"

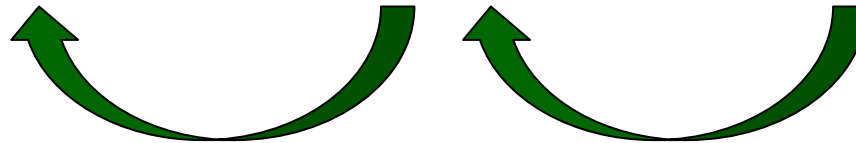


- Who am I?
- Which strengths do I have?
- What do I want?
- How do connect to professionals and employers?

Research companies, industries, professional areas, professional role

Networking

CV, cover letter, interview





Similar definitions

“The lifelong process of managing learning, work, leisure, and transitions in order to move toward a personally determined and evolving preferred future.”

Source: Canadian Standards and Guidelines for Career Development Practitioners.



Excercise

Work values



Excercises and reflection

Exercise 1: Work values

Exercise 2: Personal traits and qualittes

Exercise 3: Ask a friend...

Exercise 4: Interests

Reflection exercise

KTH Social group:

Career development for master students



Next seminar:

Career development for master students step II:
Employers search for suitable candidates

Thursday Nov 5, at 12:15-13:00

Location: Sydöstra galleriet, KTH Main Library