



# Boost your career!

## Career planning and working life skills

### ZZ00BP80-3001, 9.3.-31.5.2022

Welcome to join a new online course for all JAMK students! The enrolment period is open until 28 Feb and the course will happen between 9 March and 31 May 2022. All the activities take place in a Moodle learning environment.

### Objectives

The aim of the course is to develop your career planning and working life skills. You will receive tools to build your career and competence identity based on your choice. You aim to find ways to move smoothly into working life according to your own goals. You will learn to identify and demonstrate your skills and strengths. Your professional self-awareness will be strengthened. You will learn to make more determined career planning decisions and choices both during your studies and later in your life.

You will prepare to collect and process information related to your profession. You will learn to understand the competence needs of your field as well as postgraduate study and job opportunities.

You will develop your job-seeking skills. You will learn to identify elements related to the employment and recruitment process. You will get to know the rights and obligations of a jobseeker in your field and the general rules in working life. You will see the importance of networking in the job search and working as an expert. You will be able to connect with professionals working in different fields as you complete the course assignments. If you want, you will also get the skills to integrate into Finnish society.

During the course, you will receive tools of your choice for job search skills, networking, and career planning skills. You will get to know the experts and career stories in your field. You will have the opportunity to receive (peer) mentoring from other students and representatives of working life. You will also get guidance from teachers.

## Course practices

The course is conducted in English. All materials and assignments are in English, but you can also return assignments in Finnish if you wish. The course is completed as online studies in Moodle. All assignments are individual assignments that may include peer learning and assessment. Personal guidance meetings are arranged individually with the trainer. The course has both compulsory and alternative materials and learning assignments.

The course doesn't have any requirements for prior knowledge. You'll get more out of the course if you have done the practical training either partially or fully, or if you have other experience from the work life.



**Register now! Enrolment period is open until 28 February, 2022.**

**Degree/open path students:** Enroll in Peppi

**Open students:** <https://tinyurl.com/boostcourse>

## Further information

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This course has been implemented with the support of an ESR funded project Equal Career Paths for Women – NOW! <https://tasaarvoisestiuralle.fi/in-english/>

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