

Career Design Lab

Towards life after studies

Aila Saloranta
19.9.2022

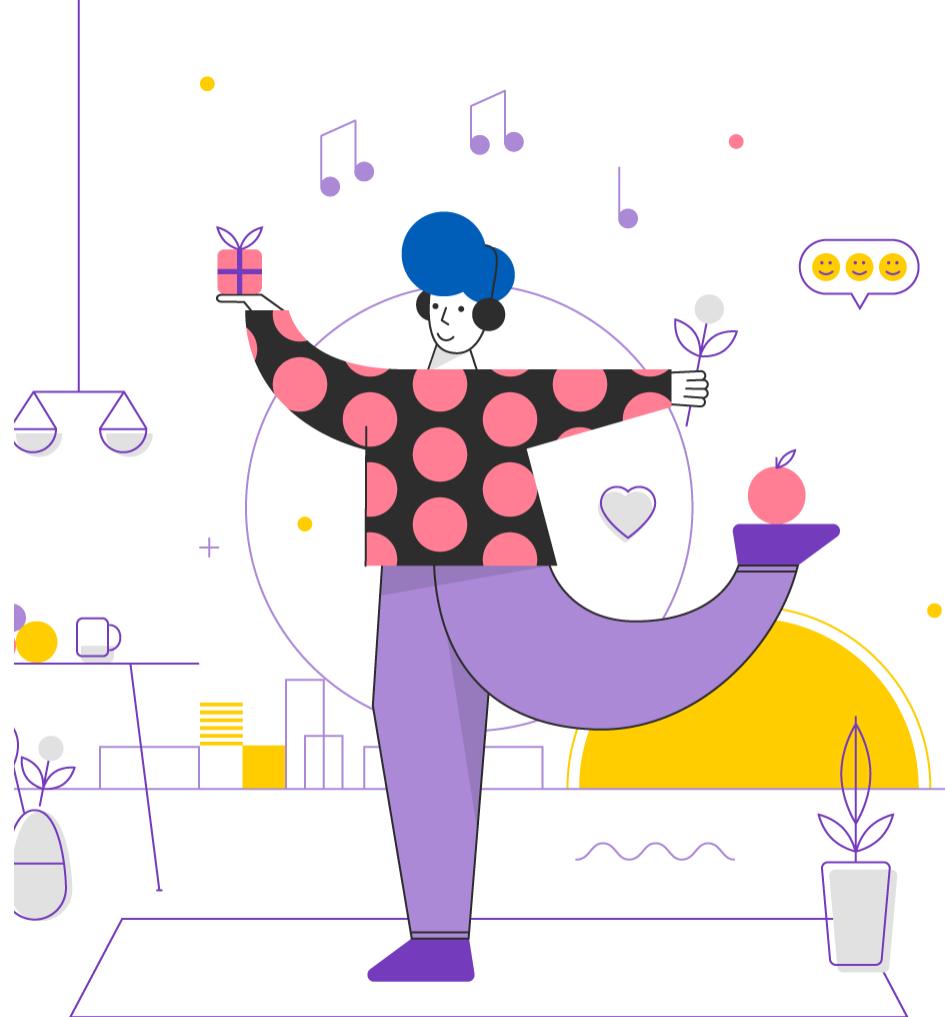


Aalto-yliopisto
Aalto-universitetet
Aalto University



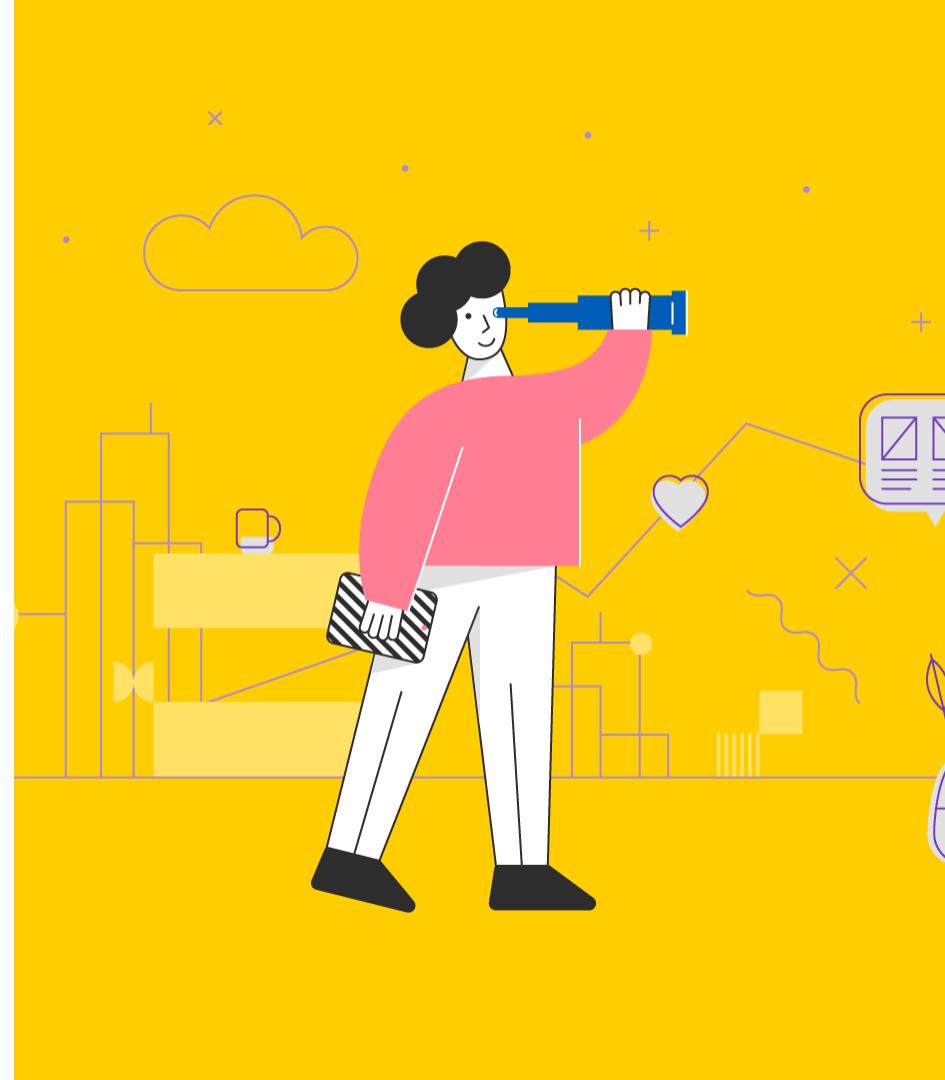
CAREER DESIGN LAB

- Meaningful work
- Holistic wellbeing
- Life-wide learning



CAREER DESIGN

- Experimental
- Purpose-driven
- In-progress
- Collaborative



How can you prepare for your career?



Tell the person next to you

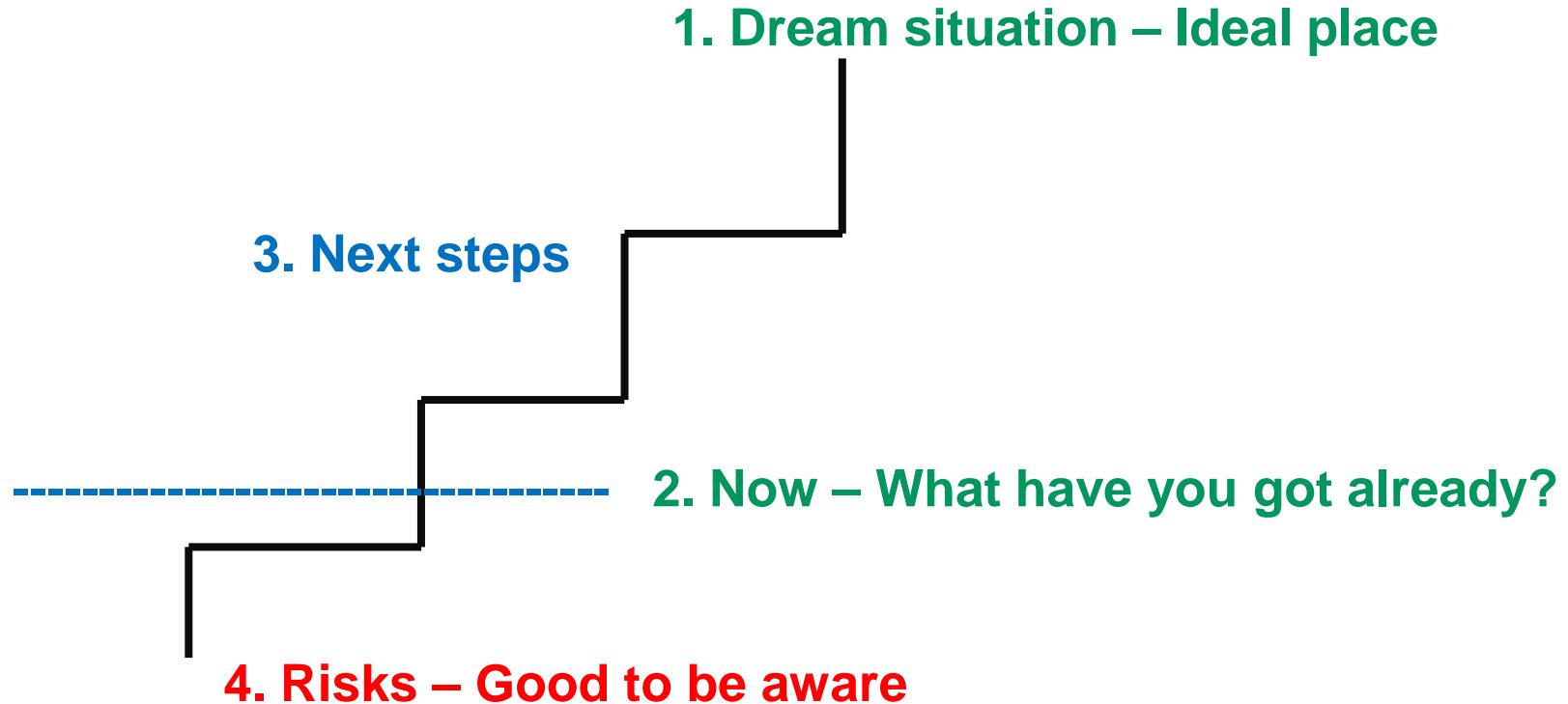
- what are you studying and why



WHAT ENERGIZES YOU?

- Pay attention to your motivation
- Which activities and topics energize you and feel meaningful?
- Clarify your interests, values and goals
- Every course and project is an opportunity to learn more about your strengths and passions and shape your path
- Meaningful work is one of the best predictors of career success and wellbeing

PLANNING YOUR STEPS



WHAT ARE YOUR NEXT STEPS?



COURSES & EVENTS

Courses online

Design a meaningful career
Finland works
Future of Work

Career events

Aalto Talent Expo 10 Nov
Summer Job Day in Jan



JobTeaser



PERSONAL GUIDANCE



Job search guidance

Career coaching



Career counselling
psychologist



Alumni agents

Mentoring Programme

BEGIN DESIGNING A MEANINGFUL CAREER



<http://careerdesignlab.aalto.fi>

<https://aalto.jobteaser.com/en/dashboard>

careerservices@aalto.fi