

Career & Counselling Services

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February 2017

Photo Credit : Aman Jindal

TRAINING & WORKSHOPS

We offer activities to Dutch and International students, BSc, MSc, PdEng, PhDs and recent alumni. Please check the descriptions in our organisation 'Career & Counselling Services' on Blackboard for more detailed information.

1



Constructive Thinking

Gain insights into the mechanism of fear of failing and perfectionism, learn to think more constructively.

9



Mindful stress relief

Learn about stress theory, fill in a questionnaire and practise with several mindful meditation techniques.

9



Kiezen tijdens je studie

Kiezen voor een minor of master? Hoe doe je dat? Inzicht in jezelf en je opties is belangrijk.

13



Constructief denken bij faalangst/perfectionisme

Zit faalangst en/of perfectionisme je in de weg bij het studeren? Dan is deze cursus wellicht iets voor jou.

13



Assertion

For students who find it difficult to set boundaries and standing up for themselves.

13



XL Workshop studie(her)keuze met capaciteiten onderzoek

Hoe maak je een goede studiekeuze? Ga eruitgebreed mee aan de slag.

14



Multidisciplinaire training voor studenten met (on)verklaarbare vermoeidheid en/of lichamelijke klachten

Studeren met (onbegrepen) lichamelijke klachten; hoe doe je dat?

14



Studie(her)keuze

Voor (BSc) studenten die willen nadenken over hun studiekeuze. Stoppen of doorgaan. Zit je hier goed?

14



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- 14 
- 15 
- 15 
- 15 
- 16 
- 16 
- 20 
- 21 
- 23 
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- 28 

Constructief denken bij faalangst/perfectionisme

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Autonomy

Gain insights in autonomy, learn to use self-awareness to develop resilience & show your professional skills.

DDB Workshop: Authentic Networking

If you're planning to go to the DDB and would like help engaging and pitching your core message to potential employers in an authentic way, this interactive workshop may just be right for you.

DDB Workshop: Preparing to stand out at the fair

During this workshop you will prepare a short personal elevator pitch so that the employers have a clear picture of your qualities and skills to be curious to learn more about you.

Looking for a job in the Netherlands

The aim of this workshop is to help international students to be successful in their quest for a career by providing them up-to-date information on how to succeed on the Dutch labour market.

Company Monday: CV checks by recruitment agency Lefit

Recruitment agency Lefit shares all there is to know about job applications and working after your studies.

To Phd or not to Phd

Thinking of continuing your Academic career with a PhD? Join our interactive workshop to discuss this choice and be informed about the pro's and con's with our career counsellors.

Self analysis from a career perspective

Do you struggle with recognising your strengths, join our workshop to find your strengths and how they play a role in your next career move.

Rouwverwerking – omgaan met verlies?

Onlangs iemand in jouw omgeving verloren aan de dood? Wil je je rouw een plekje geven? Meld je aan voor de bijeenkomsten over rouwverwerking.

Mindful stress relief

Learn about stress theory, fill in a questionnaire and practise with mindful meditation techniques.

Tuesday Workshop - Intercultural Communication

Practical exercises and examples to know what is coming in an intercultural work environment.

Location
Aula (central hall)

	Walk-in Hours	Mon	Tue	Wed	Thu	Fri
TU Delft Career Centre	12:30 - 13:30	X	✓	✓	✓	✓
TU Delft Psychologists	12:30 - 13:30	✓	✓	✓	✓	✓
TU Delft Student Counsellors	12:30 - 13:30	✓	✓	✓	✓	X



For more information on our workshops and event, check our Blackboard organisation. Search for **Career & Counselling Services**