

# Career & Counselling Services

TU Delft / Jaffalaan 9a (Building 30A) 2628BX Delft Tel: 015 27 88004 [careerandcounsellingservices.tudelft.nl](http://careerandcounsellingservices.tudelft.nl)

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## 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



### Workshop: Self-Management

How to manage your study/work life? Enhance your responsiveness to changes, new circumstances, inevitable delays, challenges, and pressure!

1



### Inzicht in jezelf en je zelfvertrouwen vergroten

Krijg meer inzicht in je zelfbeeld, je zelfvertrouwen en leer te accepteren wie je bent.

2



### Honours Network Day

Three short workshops: CV, LinkedIn and How to network?

More info and sign up via: Facebook Event - Honours Network Day 2017

7+14



### Workshop studie(her)keuze

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

9



### Prepare for networking & practice your pitch

Get confident in presenting yourself by building your pitch and dare to network.

9



### Workshop: Mindful stress relief

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

14



### Intercultural workspace & getting most out of it

You will (have) experience(d) an intercultural communication challenge in today's increasingly global world. Join this workshop to learn how to use this experience to your advantage.

- 15  **Kiezen tijdens je studie**  
Kiezen voor een minor of master? Hoe doe je dat?
- 16  **Improve your interview skills & prepare by practice**  
In preparation for a job or internship interview we'll discuss all major questions. You'll notice that small things make a big difference when you'll practise and explore answers.
- 20  **Company Monday: CV checks by recruitment agency Leftit**  
Recruitment agency Leftit shares all there is to know about job applications and working after your studies in a presentation.
- 20+30  **Workshop studie(her)keuze**  
Voor (BSc) studenten die willen nadenken over hun studiekeuze. Stoppen of doorgaan? Zit je hier goed?
- 21+28  **Help, ik heb een bsa te behalen!**  
Krijg inzicht in waarom studeren niet lukt en waar je onrust vandaan komt.
- 23  **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.
- 23  **Workshop: Mindful stress relief**  
Learn about stress theory, fill in a questionnaire and practise with mindful meditation techniques.
- 23  **LinkedIn Workshop**  
How to create an effective profile and use it to promote your strenghts and give you advantage when planning your next career step.
- 29  **Workshop: Constructive Thinking**  
Gain insights into the underlying mechanism of fear of failing and perfectionism and learn to think more constructively.
- 29  **Kiezen tijdens je studie**  
Kiezen voor een minor of master? Hoe doe je dat?
- 30  **Prepare for networking & practice your pitch**  
Get confident in presenting yourself by building your pitch and dare to network.

		Walk-in Hours	Mon	Tue	Wed	Thu	Fri
Location Aula (central hall)	<b>TU Delft Career Centre</b>	12:30 - 13:30	X	✓	✓	✓	✓
	<b>TU Delft Psychologists</b>	12:30 - 13:30	✓	✓	✓	✓	✓
	<b>TU Delft Student Counsellors</b>	12:30 - 13:30	✓	✓	✓	✓	X



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