'Career Planning' course

FOM is offering trainee researchers who are in the last stage of their PhD research the opportunity to participate in the 'Career Planning' course.

If you would like to familiarize yourself with the opportunities for you on the Dutch labour market, or would like to get a better idea of the direction in which you would like to start looking, this course will offer you assistance. In addition, it will increase your chances of a good transition to the next stage of your career.

Intended for:
Trainee researchers during the last stage of their PhD research.

Objective
During the course participants will learn about:
• how to gain insight into their own ambitions and the possibilities of work outside the academic world (affinities, strengths/ weaknesses analysis);
• skills for labour market orientation and presentation;
• interview skills (CV, letter and interview).

Content/method of working
During the course we will (briefly) cover theory and exchange experiences. We will alternate this with exercises, assignments and simulations. The average amount of time that a participant will invest is, including course sessions, a maximum of four hours a week. Participants will be given homework assignments.

The schedule contains the following subject areas:
• listing key individual qualities and personal ambitions;
• networking and network planning;
• advertisement analysis;
• writing a curriculum vitae;
• application letter;
• interview techniques: practice interviews;
• presentation skills when applying for jobs;
• individual action plans.

Follow-up
Participants who express the need for extra support after completing the course can, during a period of six months after the course, make use of:
• telephone advice;
• written advice about the application letter and CV;
• an individual meeting with a coach.

Duration
Five days (ten half-day sessions) spread over five consecutive weeks.

Details
FOM has engaged an external training company to give the course, and it will be held at the office of FOM Foundation in Utrecht. A course group consists of a maximum of nine participants. The costs of the course will be met the central FOM fund, but a small investment is expected from the participant in the form of 40 leave hours.

Enrolment
Trainee researchers will receive a written invitation during the last stage of their PhD research.