

## Course 'Career Orientation'



NWO-I is offering trainee researchers who are in the last stage of their PhD research the opportunity to participate in the 'Career Orientation' course.

If you would like to familiarise 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 for a job, this course will offer you assistance. And so, 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**

- Key personal ambitions.
- Key individual skills and qualities.
- Desired working environment.
- Networking and practicing parts of a networking interview.
- Writing a CV and motivation letter for a vacancy.
- Interview techniques and practicing parts of a job interview.