

Career planning exercises

[Suomeksi](#) | [På svenska](#)

Career Planning Exercises

<https://mycourses.aalto.fi/course/view.php?id=19069>

Objective

This self-help material is designed to help you to process the key elements of career planning individually.

Instructions

The sequence of exercises is numbered. You can do them in the same order or you can choose only the ones that appeal to you most and seem to help you. Having completed an exercise, reflect the results. What do the results of that reflection add to your self-awareness, your current thinking and goals of a good future as an individual and as a member of a society? How can you use the results? What will you do next?

How to get started

1. [Log in](#) to MyCourses with your Aalto user account
2. Enroll for the workspace by following [these instructions](#).

How to recognize your skills and productize them: [How to construct a career.pdf](#)

[Decision making in career planning](#)

[Psychological assessment and tests in career counseling and recruitment](#)

My Career Story - An Autobiographical Workbook for Life-Career Success

[My Career Story.pdf](#)

Student Career Construction Inventory

Indicate how much thinking or planning you have done about each one using the following scale:

[Student Career Construction Inventory.pdf](#)

[The Career Resources Questionnaire](#) (for students who already have several experiences of working life and are looking for a change)