Welcome to Career Services – Your Bridge to the Future

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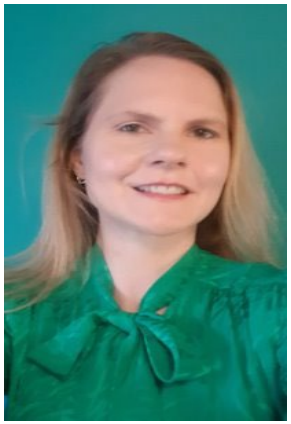
The Team



Lena, Sirkka & Niklas

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The value of international experience

- Studies abroad can lead to experiences that are transferable. You are likely to gain and/or increase skills and abilities such as…
  - *Initiative*
  - *Problem solving*
  - *Cultural awareness*
  - *Self-awareness*
  - *Independence*
  - *Adaptability*
  - *Networking*
  - *Language/communication*

  …that can give you a career advantage!

- Skills are not limited to one academic discipline or field, but transferable across many occupations

- Most employers search for these skills and value them

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How we can assist you in your career development by:

- Career course in Canvas
- Presentations
- Workshops
- Individual career guidance (1-to-1)
- Career portal Future Finder
- Event(s) with employers

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Career Course Presentations Workshops

- Map your competence
- CV & cover letter
- Networking
- Job interviews

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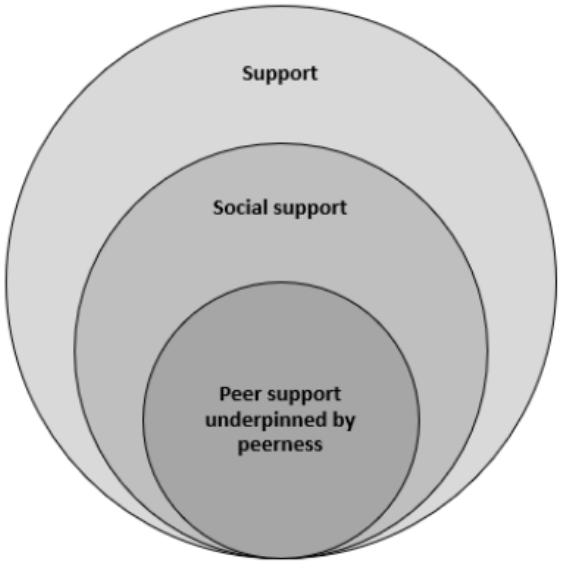
Career-related Peer Support (PS) network 2022 - 2023

- **What is social support**
  "30 definitions of social support from the literature…notions of time (short or long term) and timing (when); relationships and social ties (structure, strength, type, nature); supportive resources (emotional, material, skill or labor, time, cognitive, information, feedback); intentionality of support; impact of support (positive or negative); recognition of support need; perception of support; actual support; satisfaction with support; characteristics of recipient; and characteristics of provider" (Williams et al., 2004, p. 947)

- **What is peerness?**
  "Peers share with the target group key personal characteristics, circumstances, or experiences (i.e., "peerness"). One's identity can derive from a variety of sources, including belonging to a group category (e.g., based on gender, race/ethnicity, sexual orientation); occupying a role (e.g., being a new mother); or having a specific experience (e.g., a history of abuse; Shiner, 1999)" (Simoni et al., 2011, p. 353)

- **What is peer support?**
  "It occurs when people share common concerns and draw on their own experiences to offer emotional and practical support to help each other move forwards" (Repper et al., 2013, p. 4)



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Career-related Peer Support (PS) network 2022 - 2023

Apply to join the first ever career-related Peer Support (PS) network at Malmö University!

This is an initiative to encourage career-related mental wellbeing of Master's degree students at Malmö University by helping Master's degree students getting in touch with other Master's degree students (i.e., Master's degree peers) to discuss and support own and Master's degree peers' career-related challenges and mental wellbeing. As such, participation and contribution is *voluntary* but its success relies on *"sharing is caring"*. Master's degree students admitted to the career-related PS network are therefore encouraged to take part in all pre-planned activates and sessions. This can be difficult when trying to navigate through a hectic lifestyle. To help you navigate and find time to build social ties with peers, which has shown to affect mental wellbeing positively (Simoni, 2011; Jarlvik, 2022), a description of the career-related PS network 2022-2023 has been provided below:

In short, the career-related PS network *IS*…

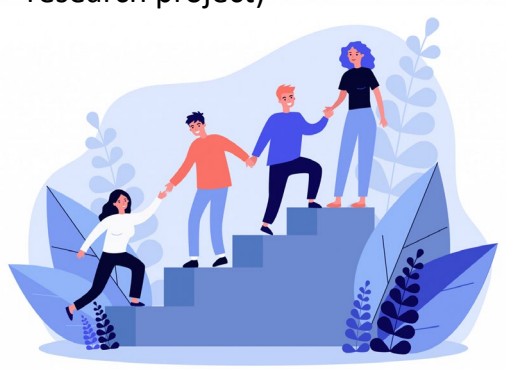
…an initiative to prompt discussions on the meaning of self-awareness, self-confidence and ability to take ownership on career-related transition and or progression

…a place wherein you and your Master's degree peers are given the chance to work on career-related challenges and support own and Master's degree peers' career-related transition and or progression

and *NOT*…

…a course with coursework

…a place to discuss field or study specific details (e.g., how SPSS works or what research method to use for my specific research project)



For information on how to apply and more details on the career-related PS network, keep an eye on the Malmö University website!

https://student.mau.se/en/jobs-and-internships/your-future-career/

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Homepage

https://student.mau.se/jobb-praktik/hitta-din-karriar/

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Career course in Canvas

https://mau.se/canvas/

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Career portal

https://futurefinder.mau.se/

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Facebook

https://www.facebook.com/MalmoCareer/

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….and see you around!

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References

Repper, J., Aldridge, B., Gilfoyle, S., Gillard, S., Perkins, R., & Rennison, J. (2013, June). *Peer support workers: Theory and practice* [Briefing report]. Centre for Mental Health and Mental Health Network, NHS confederation. http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.688.7633&rep=rep1&type=pdf

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Jarlvik, S. (2022). An exploration of peer support and its relationship with employee mental wellbeing: A qualitative study on commercial aviation pilots. *PhD dissertation*.

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