



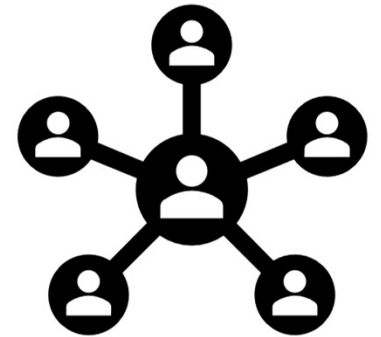
UNIVERSITY OF HELSINKI

# UNITALENT

A programme for international master's students and international doctoral researchers at UH

**CAREER WORKSHOP 25.1.24, 16:15**

- ✓ The aim of UNITalent is helping international Master's students and doctoral researchers **to** learn about working in Finland directly from companies and organizations.
- ✓ UNITalent is a platform for information sharing and networking
- ✓ UNITalent does not offer traineeships
- ✓ Many hosts are first timers
- ✓ You are our ambassadors, paving the way for future UNITalent groups
- ✓ We've set the scene for you – now it's over to you!
- ✓ This workshop is designed to support you in making the most from UNITalent.





## Managing your career and building networks

- What do you want from UNITalent? Already defined in motivation letter- still up-to-date? Can you be more specific?
- Do in - depth research on your host organisation, prepare questions and comments
- Build and/or tailor your profile with your goal in mind
- Profile: CV, LinkedIn, elevator pitch, motivation letter..
- Share your goals in your network, make yourself visible
- Information about possible leads will not automatically come to you. Proactively share or ask for advice/ help
- Managing one's career is taking concrete actions, seeking answers to questions and making decisions

<https://www.helpguide.org/articles/relationships-communication/job-networking-tips.htm>





# Basically- what is your story?

- ❖ People are interested in hearing your story
- ❖ Have different versions of your story ready in your head
- ❖ Try to customize your story to your target audience (What job does the other person do?)
- ❖ Polish your online profile
- ❖ Your motivation, interests, future plans in **connection to the organization**
- ❖ **Communication skill #1= Listening**

# HOW TO RECOGNIZE YOUR COMPETENCES - MAKE MIND MAPS

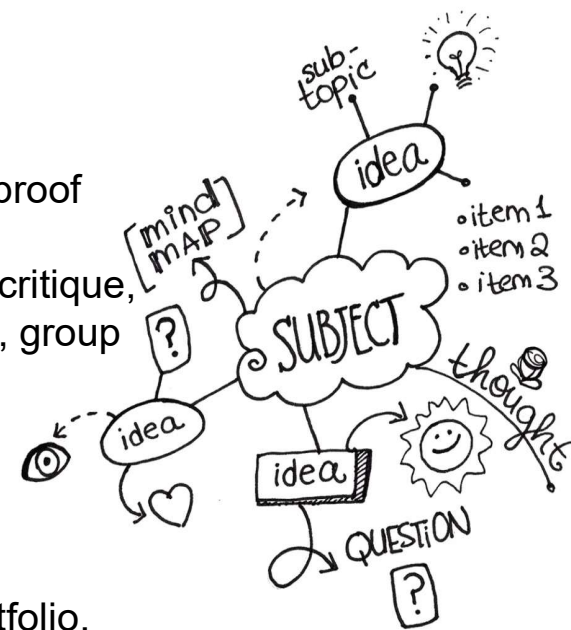
What kind of **substance knowledge or expertise** have you gained through all your studies?  
(study transcripts)

- What were the learning outcomes?
- Which topics interest you? Why?
- Lessons learned from work experience, hobbies, voluntary work etc.

What kind of **transferrable skills** have you gained in various life spheres? (Future proof skills)

- Methodological/ research skills, critical multidisciplinary analysis, reference critique, project management and reference handling, prioritizing, time management, group work, communication..
- Resilience, adaptation, problem-solving?
- What differentiates you from others?

You can use different platforms for documenting and communicating: LinkedIn, portfolio, web page, blog...



**CONNECT YOUR SKILLS TO THE ORGANISATION YOU ARE INTERESTED IN**

Verbalize soft skills using the STAR(R) method

It's also a way of responding to interview questions.

Skills gained from education, traineeships, work, voluntary work, hobbies, living abroad etc

"I was doing a traineeship at Unicef. My responsibilities included developing their social media presence. I established an instagram account and made a communication plan. The account got 200 followers the first week, and there are more followers every day. I learnt how important it is to have a strategy as a tool to accomplish targets"



+ Relate (what did you learn?)

The SkillMill  
project:  
Increasing soft  
skills recognition  
with game  
design

Find your hidden skills.





Try the app

## SkillMill for Android

Download the Erasmus+ SkillMill app for Android free of charge at the Google Play store.

### SKILLMILL GUIDE FOR USERS AND PRACTITIONERS



#### IDENTIFY YOUR SKILLS

Identify learning  
experiences relevant to  
skill development

#### UNDERSTAND YOUR SKILLS

Match your personal  
experiences with  
professional skills

#### EXPRESS YOUR SKILLS

Craft concrete  
examples of your skills  
and experiences



Learn more

## SkillMill Guide

Explore the Erasmus+ SkillMill Guide for  
Users and Practitioners



Try the app

## SkillMill for iPhone

Download the Erasmus+ SkillMill app for  
iPhone free of charge at the Google Play store.

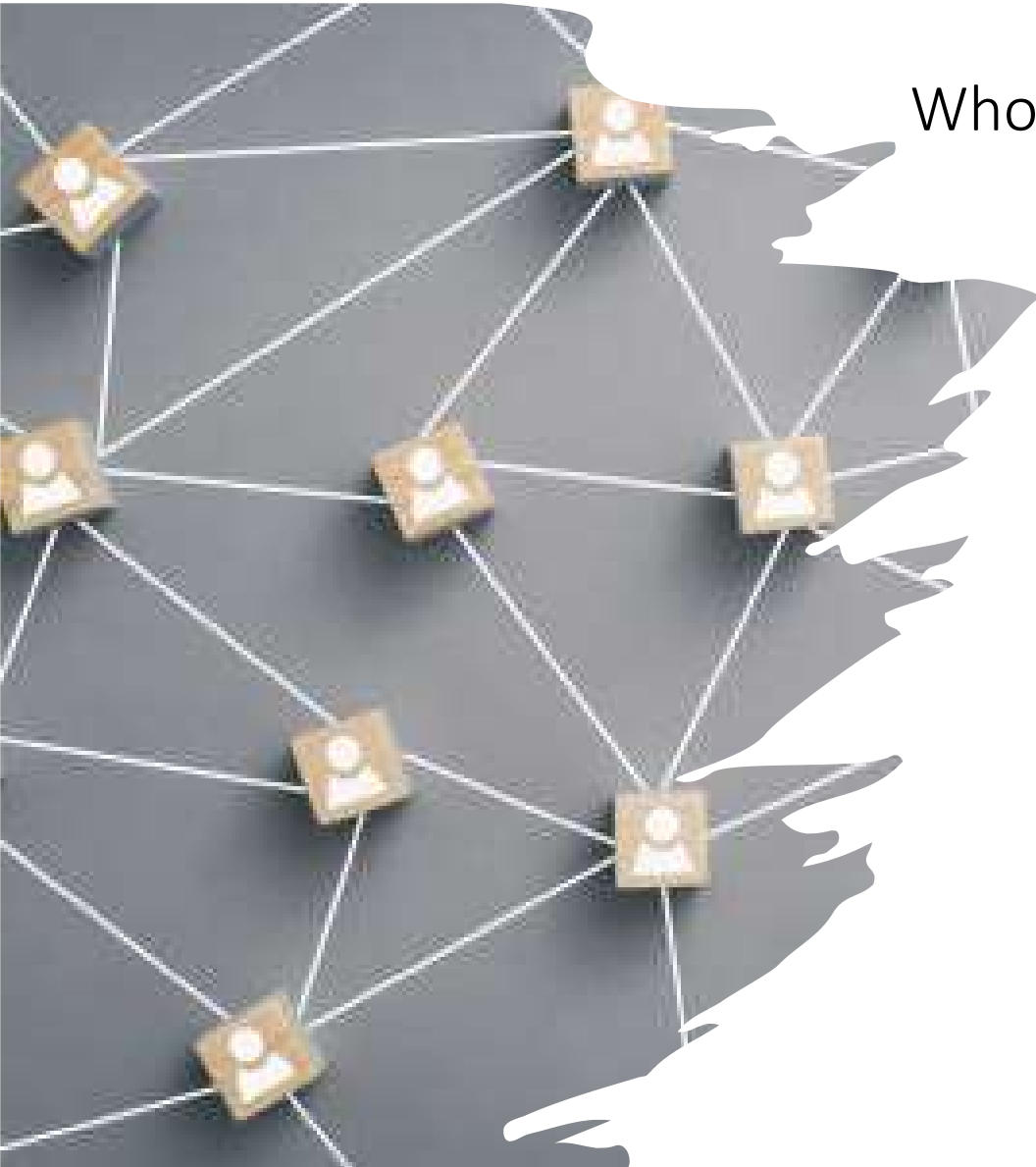


# The elevator pitch

An elevator pitch is a brief (think 30 seconds!) way of introducing yourself, getting across a key point or two, and making a connection with someone. It's called an elevator pitch because it takes roughly the amount of time you'd spend riding an elevator with someone.

- Who are you?
- What are you interested in?
- What is your connection to the other party / organization?
- Be clear, make it simple!
- Prepare





## Who is in your network anyway?

- Make mind-maps, lists of people who are even remotely connected to your goals
- Personal contacts; family, friends, friends of friends, your friends' colleagues and their bosses
- Professional: Past and present colleagues.
- Academic connections: Professors, teachers
- University staff from various support functions
- Study peers and spouses
- Social media contacts; friends and acquaintances
- Social media groups
- Contacts through hobbies, associations
- Positions of trust- contacts around these
- Mentoring programme contacts, also mentors of other groups in the same programme



## Expand your network, little by little

### LinkedIn:

- Approach interesting people in UNITalent
- Who are the contacts of your contacts?
- (If you are living abroad: expat groups on Facebook!)
- Join alumni networks
- Take part in events; online or in-person
- Reach out to people **outside** your field, reach out to your weak ties
- Do information interviews and ask for names you could contact
- Become a mentor
- **Volunteer!**

# Information interview- gain insight and build a network



Find a person with an interesting job and suggest a lunch meeting or coffee / a teams call etc. Use your UNITalent contacts



The aim of the meeting is to find out about the job or organization



What duties do you have? What is your typical working week like? What skills do you need?



In which networks are you active?



You can also ask about challenges as well as the competence and development needs the organization will be facing in the future.



At the same time, talk about yourself. What is your story?



**Berkeley**  
UNIVERSITY OF CALIFORNIA

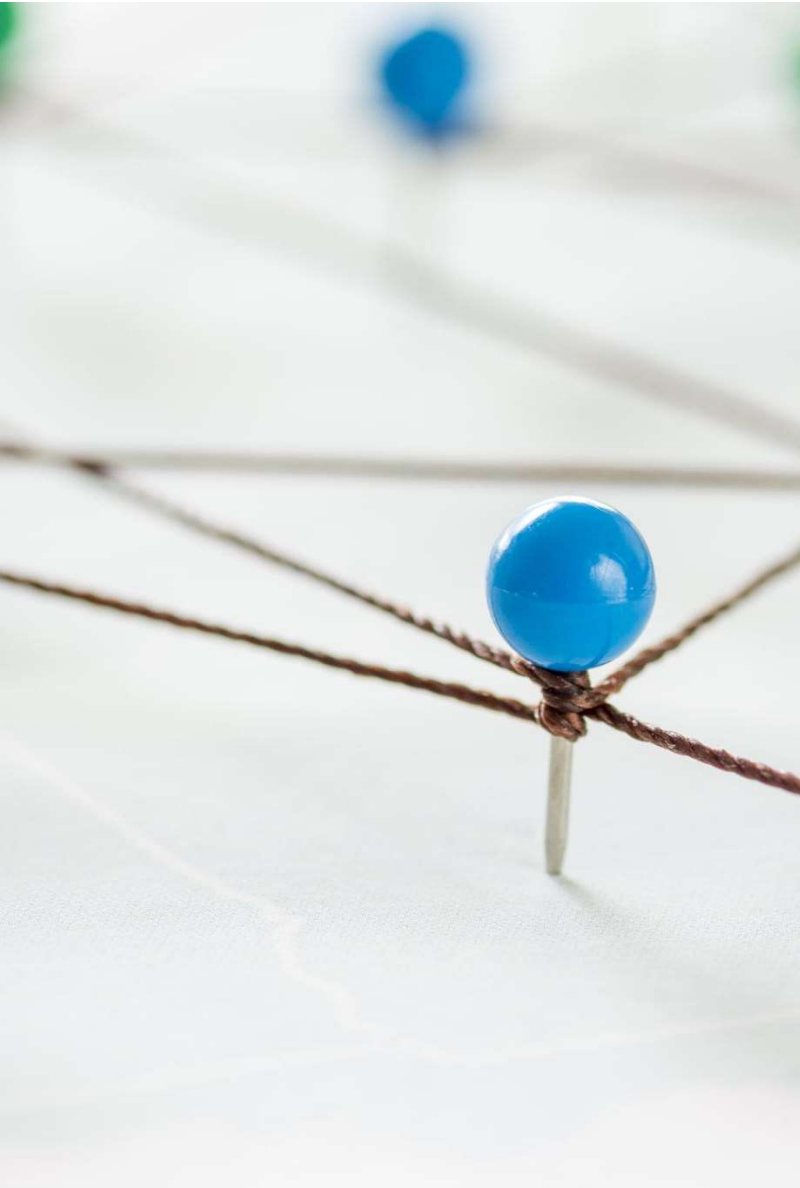
Career Center

[Benefits of Informational Interviewing](#)

[Six Steps of Informational Interviewing](#)

[Sample Questions for Informational Interviews](#)

[Career Center Video: Informational Interviewing for Career Exploration](#)



**How could you expand your network during UNITalent?**

Think of a few ways how!



- Each network connects you to another network
- Each member of a network may have interesting information
- Do information interviews and access that information
- After someone has given you an information interview or had coffee with you, go beyond “thanks” — find a way that you can be useful to them, now or later (broadening and deepening your social ties)
- Remember that networking is a reciprocal relationship.
- You may be seeking help uncovering job leads today, but tomorrow someone in your network may be asking for your help.
- Never be afraid to ask people in your network for help; don't ask them to get you a job, but do ask them for possible leads!
- Friendships may grow out of networking!





# UNITALENT SCHEDULE 2024

<u>Date</u>	<u>Time</u>	<u>Content</u>	<u>Participants</u>
25.1.2024	16.00 – 18.00	Career workshop	Students
1.2.2024	16.00 – 16.30	Kick off	Everybody
Feb - April		3 Group meetings	<b>Students + organisations</b>
25.4.2024	16 –	Closing	Everybody

Check the website/blog for details about exact times of group meetings

Perhaps you're uncomfortable “networking”?  
Try to keep the following in mind:

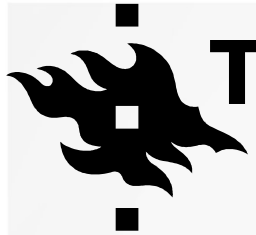
It feels good to help others. Most people will gladly assist you if they can.

People like to give advice and to be recognized for their expertise.

Almost everyone knows what it's like to be looking for a job. They'll empathize with your situation.

By connecting with others, you're sure to get some much needed encouragement, fellowship, and moral support.

Remember, you are a valuable contact too!



# THE JOBTASER PORTAL IS THERE FOR YOU

Recruitment session




**Rekrytori for Internationals**  
31 January 2024, from 11am to 5pm


Recruitment fair for international talent interested in temporary agency work opportunities. (vuokratyö)\*

WEDNESDAY 31 JANUARY 2024 FROM 11:00 TO 17:00


**Rekrytori for Internationals - Temporary work opportunities**

Helsinki

 The City of Helsinki - Partner

 8 interested students

Career Fair





**HELSINKIUNI CAREER DAY**

FROM FRIDAY 19 JANUARY 2024 AT 08:40 TO MONDAY 05 FEBRUARY 2024 AT 23:55


**HelsinkiUNI Career Day 19.1.2024: materiaalit/materials**

Online

 University of Helsinki

 In progress - Ends in 12 days


Recruitment session



WEDNESDAY 14 FEBRUARY 2024 FROM 13:00 TO 15:45

**Work in Finland - Matchmaking Event!**

Online

 Business Finland - Partner

# TALENT HACKATHON

MARCH 2024  
7th to 8th  
Clarion Hotel Aviapolis,  
Vantaa

**THE APPLY PERIOD WILL  
START ON 5th OF FEBRUARY!**



## Tapahtuman tiedot

Kello Torstai 07 Maaliskuu -  
09.00 to Perjantai 08 Maaliskuu  
- 17.00 UTC+02

 Karhumäentie 5, 01530 Vantaa,  
Finland

Tallenna

**Are you an international students or recently graduated international in Finland and ready to learn more and network?**

Join us for an engaging and insightful experience at the Talent Hackathon! The Talent Hackathon is a two-day hackathon event that focuses on practical learning and networking.

Tackle real-life challenges presented by companies in Finland. **This event is an excellent opportunity for networking with local employers** and enhancing your problem-solving skills!

Forge connections with local companies and professionals. You get a chance to showcase your ideas and skills, while working together on company challenges. Maybe you have a possibility to network with your future employer during the event?

**Application Period: From February 5th until February 26th, 2024.** Follow the Talent Hackathon 2024 website for registration and more information updated soon.

You can join the event as an individual, in which case we will team you up with other talent with multidisciplinary backgrounds, or you can join the event with a ready-made team.





Kumppani

Uutiset

## Cold Contacting Employers - Effective strategies for Job Hunting

Työpaja

The trainer will be Wei Cui

Business Coordinator from Economic Development and Employment unit  
of City of Espoo. Expertise in B2B sales and client management.

Huone: LANGUAGE CENTRE, ROOM 115

### Tapahtuman tiedot

Keskiviikko 13 Maaliskuu  
Kello 16.00 to 17.30 UTC+02

Fabianinkatu 26, 00100 Helsinki,  
Finland | Huone: LANGUAGE  
CENTRE, ROOM 115

Rekisteröidy

Tallenna

Cold contacting employers can be an effective way in your job-hunting strategy. Unlike traditional methods of applying for open advertised positions, cold contacting involves reaching out to companies or hiring managers even when there is no posted job opening. Approximately 70–80 % of jobs are not publicly advertised, and cold contacting can give you the advantage to showcase your initiative and motivation for a particular industry.

Cold contacting employers might not result in an immediate job offer, but the connections established through this method can lead to networking opportunities, and the chance to be considered for future openings.

**This event is live and will have limited participation, register as soon as possible / by the 4th of March in Lyyti.**

In this session, you will learn about the following topics:

- Discovering the events, programs, and services offered by the City of Espoo for international professionals (TalentBoost).
- Effective strategies for contacting employers.
- Introduction to the Vainu tool, a sales intelligence tool for discovering hidden

**HELSINGIN YLIOPISTO  
HELSINGFORS UNIVERSITET  
UNIVERSITY OF HELSINKI**

Don't miss your chance to gain an advantage in your job search!

**Where: Wednesday 13th of March in Language Center, Room 115 from 16.00 –17.30.**

# CAREER SERVICES

 **STUDIES SERVICE**  
STUDIES.HELUNKI.FI

[FRONT PAGE](#) [CALENDAR](#) [INSTRUCTIONS](#) [DEGREE STRUCTURE](#) [COURSES](#) | [SISU ↗](#)

[SERVICES AND TOOLS](#) ▼

Select degree programme

By selecting a degree programme you are able to see the general content as well as the possible degree programme-specific content. You do not have to select a degree programme to see the Open University's instructions.

Select degree programme



Career Services provides you career counselling and guidance on traineeships, in addition to which we organise events related to job seeking and career opportunities. The services are available to you from the beginning of your studies and for a year after graduation.

- |  |   |
|--|---|
| ↓ What's new                                 | ↓ Self-study material for career planning and job seeking |
| ↓ About Career Services                      | ↓ Career and recruitment events                           |
| ↓ Traineeship and Traineeship Subsidy        | ↓ Mentoring and UNITalent                                 |
| ↓ Available Jobs and Traineeships, JobTeaser | ↓ Graduate employment                                     |
| ↓ Career Services' guidance and counselling  | ↓ Contact information                                     |