We offer activities to Dutch and International students, BSc, MSc, PdEng, PhDs and recent alumni. Please check the descriptions in our organisation 'Career & Counselling Services' on BrightSpace for more detailed information.

**TRAINING & WORKSHOPS**

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<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 +15 +22</td>
<td>Constructief denken bij faalangst/perfectionisme</td>
<td>Zit faalangst en/of perfectionisme je in de weg bij het studeren? Dan is deze cursus wellicht iets voor jou.</td>
</tr>
<tr>
<td>10</td>
<td>Workshop: Self-management (coping with procrastination)</td>
<td>How to manage your study/work life? Enhance your responsiveness to changes, new circumstances, inevitable delays, challenges, and pressure!</td>
</tr>
<tr>
<td>11 +18 +23+30</td>
<td>Workshop: Mindful Meditation</td>
<td>Learn to have a non-judgemental focus on the here &amp; now, and gain resilience</td>
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<tr>
<td>11</td>
<td>CV &amp; Motivation Letter Check</td>
<td>You will be taught an analytical approach to review a vacancy and look at how to structure and decide on the content for writing your CV and cover letter.</td>
</tr>
<tr>
<td>15+22</td>
<td>AVOND workshop studie(her)keuze</td>
<td>Voor (BSc) studenten die willen nadenken over hun studiekeuze. Uitgebreide workshop met capaciteiten onderzoek. Sta stil bij wat je zoekt in een studie; door meer inzicht in wat je wil, wie je bent en wat je kan.</td>
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**Workshop: Constructive Thinking (coping with fear of failure)**
Gain insights into the underlying mechanism of fear of failing and perfectionism. Learn to think more constructively.

**Improve your interview skills & prepare by practice**
We’ll discuss all the major questions concerning the preparation for a job/internship interview. You’ll notice how small things can make a big difference when you’ll practise and explore answers.

**Workshop Minorkeuze/Masterkeuze**
Wil je een keuze maken voor een minor of masteropleiding? Leer hier hoe je dat aanpakt.

**Workshop: Coping with stress**
Learn different strategies to deal with physical and mental (exam) stress reactions.

**Company Monday: CV checks by recruitment agency Le/fit**
Recruitment agency Le/fit shares all there is to know about job applications and working after your studies in a presentation.

**Online Course**
**Discounted price €197 €45**

**Graduating in the new few months?**
This new online course supports young professional engineers design and find a career where they can thrive, feel valued and develop professionally. You will use our career-thinking model to identify and create scenarios that will enable you to take the lead in moving your career forward.

For more information on our workshops and events, check our BrightSpace organisation. Search for Career & Counselling Services.