

“For last year's words belong to last year's language
And next year's words await another voice.”

- T. S. Eliot


TU Delft
YourCareer

Check out TU Delft's Official Job Portal **YourCareer**
<https://tudelft.jobteaser.com/>

TRAINING & WORKSHOPS

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.

8+15
+22



Constructief denken bij faalangst/perfectionisme

Zit faalangst en/of perfectionisme je in de weg bij het studeren? Dan is deze cursus wellicht iets voor jou.

10



Workshop: Self-management (coping with procrastination)

How to manage your study/work life? Enhance your responsiveness to changes, new circumstances, inevitable delays, challenges, and pressure!

11+18
+23+30



Workshop: Mindful Meditation

Learn to have a non-judgemental focus on the here & now, and gain resilience

11



CV & Motivation Letter Check

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.

15+22



AVOND workshop studie(her)keuze

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.

16+23



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17



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.

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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

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Workshop Minorkeuze/Masterkeuze

Wil je een keuze maken voor een minor of masteropleiding? Leer hier hoe je dat aanpakt

24



Workshop: Coping with stress

Learn different strategies to deal with physical and mental(exam) stress reactions

29



Company Monday: CV checks by recruitment agency Leftit

Recruitment agency Leftit 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.

		Walk-in Hours	Mon	Tue	Wed	Thu	Fri
Location	TU Delft Career Centre	12:45- 13:45	X	✓	✓	✓	✓
Aula (central hall)							
ESA Building	TU Delft Psychologists	12:45 - 13:45	✓	✓	✓	✓	✓
ESA Building	TU Delft Student Counsellors	12:45 - 13:45	✓	✓	✓	✓	X



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