

# SMART Student

CAREER  
SERVICE

FOR YOUR PERSONAL AND PROFESSIONAL DEVELOPMENT



Ulrik Lork, Professional coach & Career guide



# Agenda SMART Student

- Our context
- Why SMART
- What is SMART
- Examples
- Lessons learned
- Questions & answers

# Career service team



Mette Anthonsen



Hannah Bäcklin



Ulrik Lork



Kristina Ford

# Career Service offerings



Individual  
Coaching

AI Feedback

Job searching  
workshops

CV & Cover  
letter drop-in

Vacant jobs

Events

Digital career  
libraries

SMART  
Student



# SMART Student

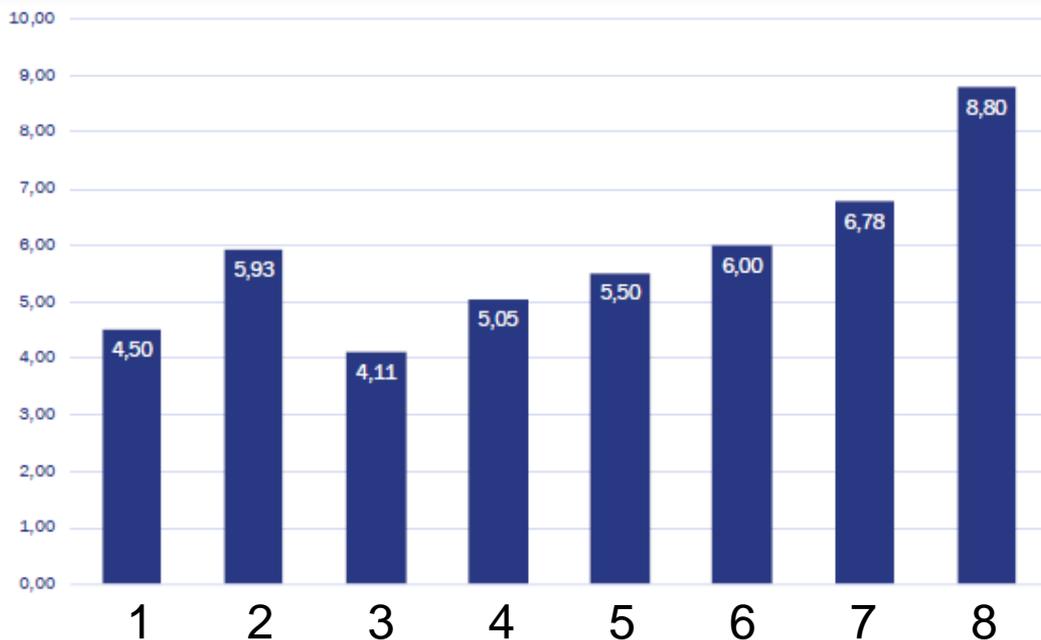
Curriculum-integrated skills track  
for program students' personal and professional development



# Why SMART Student?

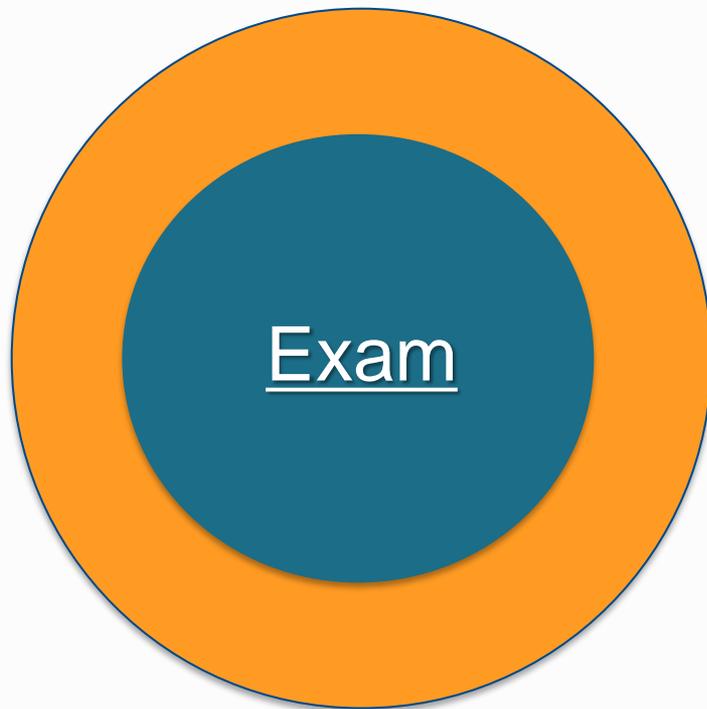
- 2019 we asked our student management consulting company, HandelsConsulting, to conduct qualitative interviews with 23 Partner organisations in Sweden
- They asked the organisations what they were looking for when hiring university students
- **What do you think were the top 3?**

# Why SMART Student?



1. University degree
2. Education level
3. Program or Independent courses
4. Grades
5. International experience
6. "Hard skills" like excel, programming, etc.
7. Engagement
8. "Soft skills" like collaboration, communication, conflict management, intercultural competence, etc.

# What employers are looking for

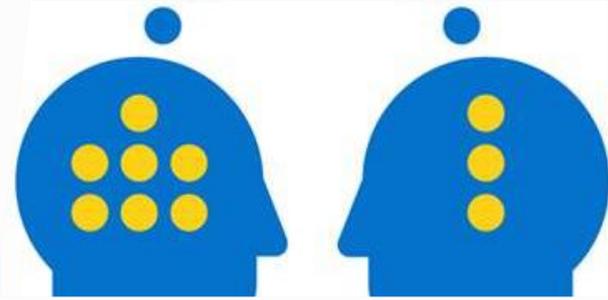


## Personal competences

- Self leadership
- Ethical compass
- Engagement
- Soft skills
- High tech/High touch\*

\* **John Naissbit**

<https://www.forbes.com/sites/joemcken drick/2021/12/29/high-tech-high-touch-the-more-we-rely-on-machines-the-more-we-need-humans/?sh=5d5f87f767e8>



# Learning objectives

## Cooperation and communication

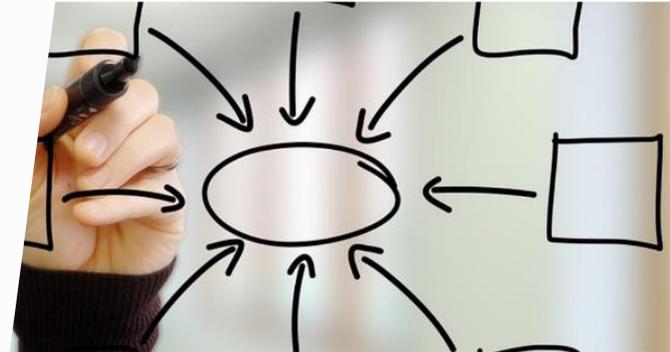
Knowledge and understanding of the dynamics of group work, including insight into one's own ability to work together with others, communication and feedback

## Learning and information management

Knowledge and understanding of different strategies for learning, choice and information management, including own strategies

## Self-leadership and motivation

Knowledge and understanding of the meaning of self-leadership, own and others' motivation, basic knowledge of professional development, and change processes in the professional life



# SMART Business & Economics, B.Sc.

1

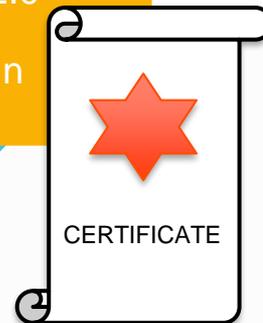
- 1. Collaboration 1.0
- 2. Study technique 1.0
- 3. Excel
- 4. Learning & planning
- 5. Communication & feedback 1.0

2

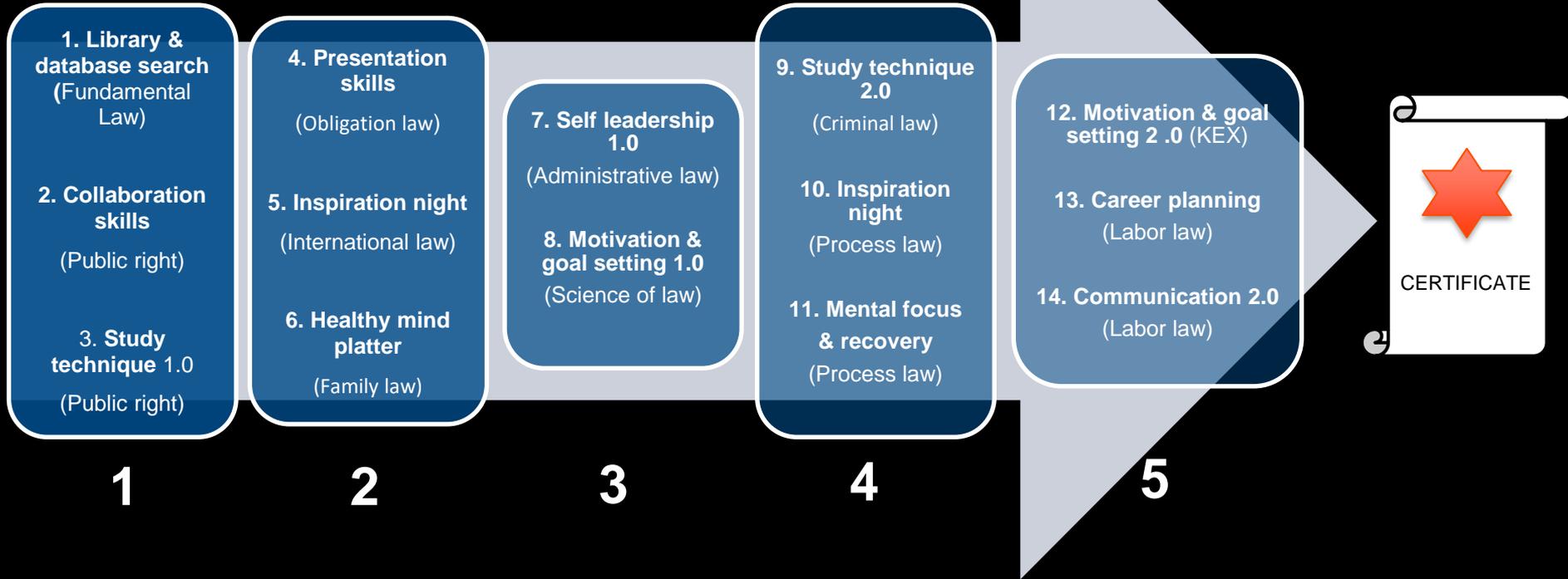
- 6. Motivation & goal setting 1.0
- 7. Healthy mind platter
- 8. Collaboration 2.0
- 9. Study technique 2.0
- 10. Self leadership
- 11. Presentation technique

3

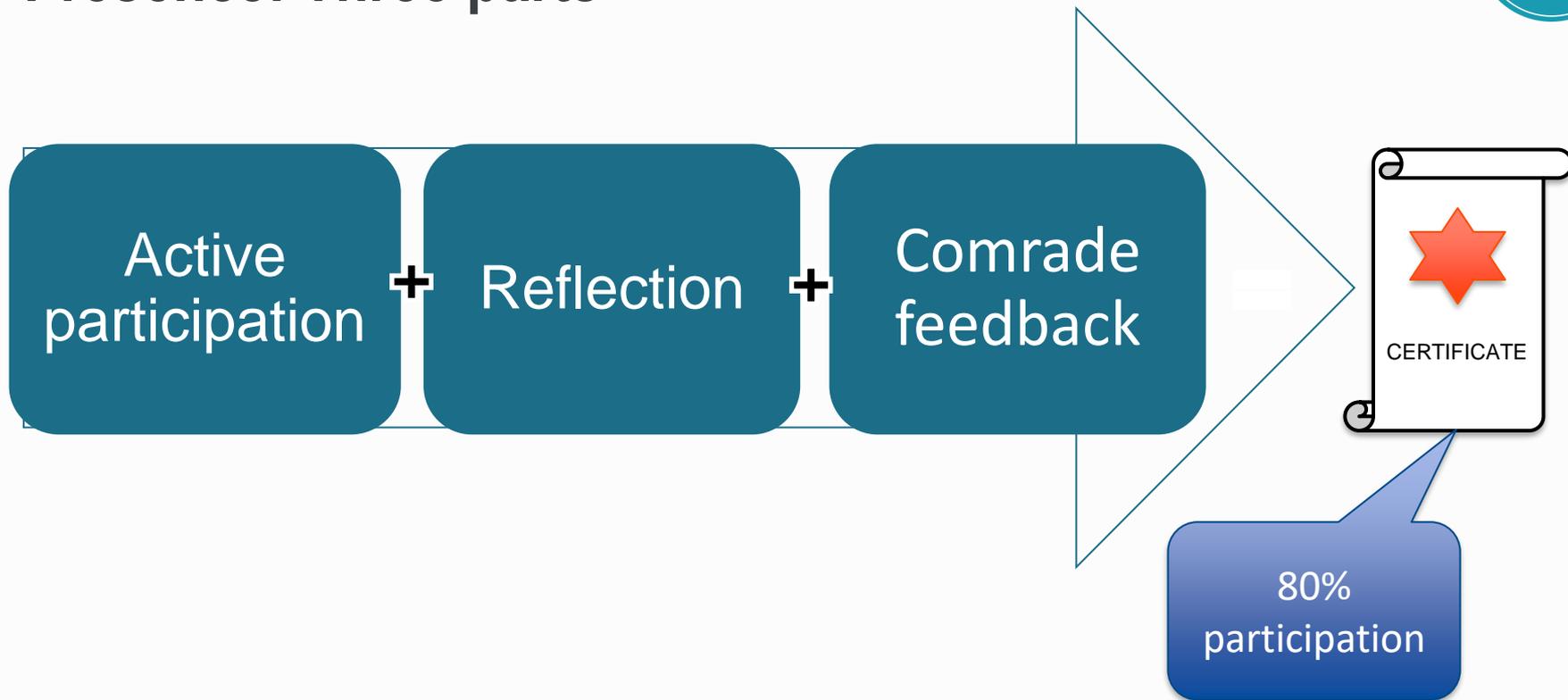
- 12. Communication & feedback 2.0
- 13. Making choices & prioritise
- 14. Inspiration night
- 15. Motivation & goal setting 2.0
- 16. Career planning & LinkedIn



# SMART Law, B.Sc.



# Presence: Three parts



# Reflection examples

**1. What are your three most important takeaways from the self-leadership workshop?**

*-That it is extremely important to accept yourself and not be too hard on yourself. An important quality as a leader for others is that you simultaneously lead yourself. Reflecting on one's qualities and the like a little from time to time helps a lot.*

**2. How does your ability to lead yourself relate to your ability to cooperate with others?**

*-If you know where you stand in life and what qualities you have, it will also be much easier to be able to communicate and cooperate with other people with other qualities and personalities. If you know yourself well enough, I think it radiates to those around you, which creates better relationships with others.*

**3. How can you continue to consciously reflect on your values and choose what role they play in your life?**

*-In order to be able to reflect on my values and choose what role they play in my life, I usually meditate and I think it affects me extremely positively. I also usually write a diary about values, life, etc.*

**The task to post on Canvas are due 48 hours after workshop**

# Comrade feedback examples

Don't forget to take advantage of all the joys of Gothenburg (or where you live). Dance, go to a concert, read a book, spend time with friends or whatever you love most. Take care of yourself and try to see the education as something more than trying to get a good grade. Good luck on the course!

You will solve this! None of us understand anything either. And if you understand what it is we're doing so well, then you're better off than most.

It may feel heavy now at the beginning of the new course, but don't despair. You are never alone and do not hesitate to seek help from other students. We will get through this together!

# Lessons learned

1. **Co-creation.** Collaboration with study counselors, teachers and student organisations very important to support their success.
2. **Ownership.** The Program takes responsibility and owns SMART, where Career Service is a competent advisory board and supplier of resources.
3. **Proactivity.** This is not a project to lower stress or cure bad health. Ingredients are coaching, positive psychology and competence in professional and personal development.

# Questions & answers





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