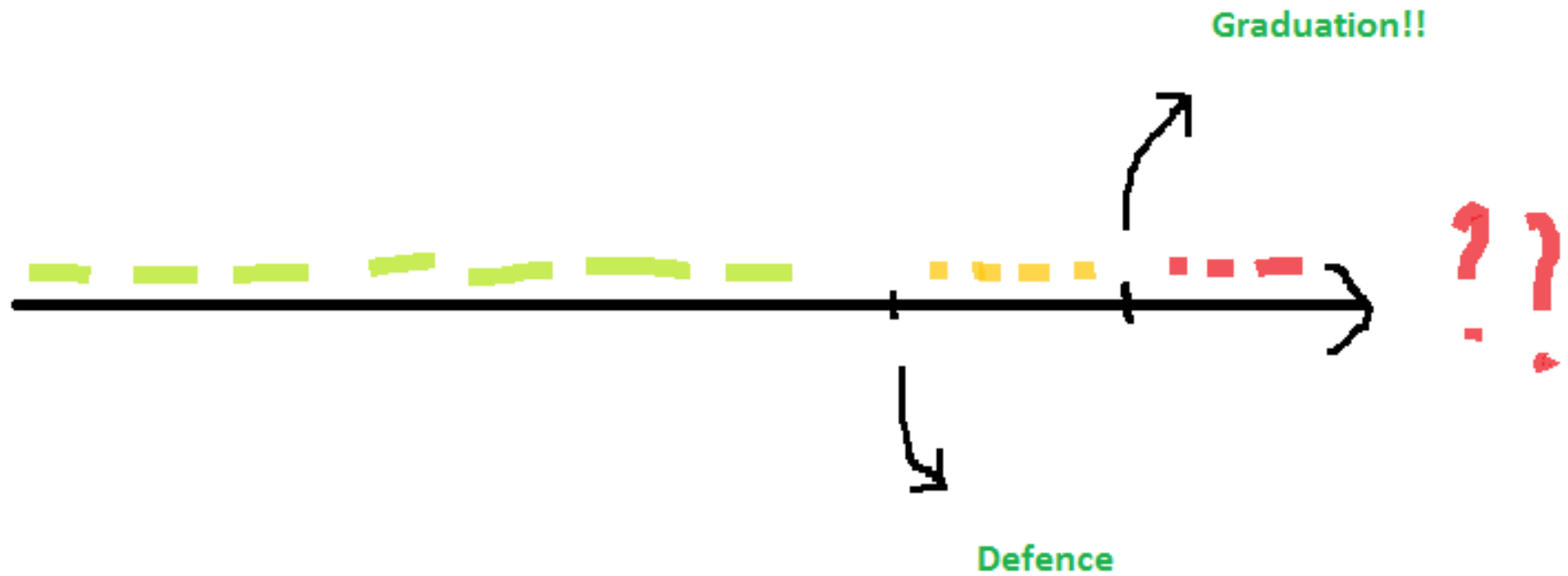




Approaching the final goal – now what?



Transition





Emotions

- **Nervousness?**
 - **Sadness?**
 - **Stress?**
 - **Excitement?**
 - **Feelings of unsteadiness?**
-
- **After all it's an end of an era**



Closure

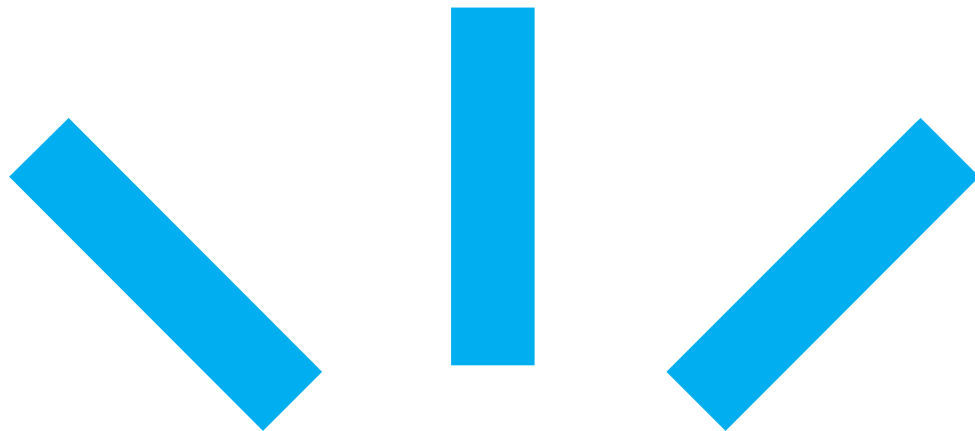
- **What have you learned?**
- **What will you take with you?**



Closure

- What have you learned?
- What will you take with you?

- Make peace with this part of your life coming towards the end
 - Let go
 - Accept imperfections
 - Power through the last bit



**How many of you know
what to do after
graduation?**



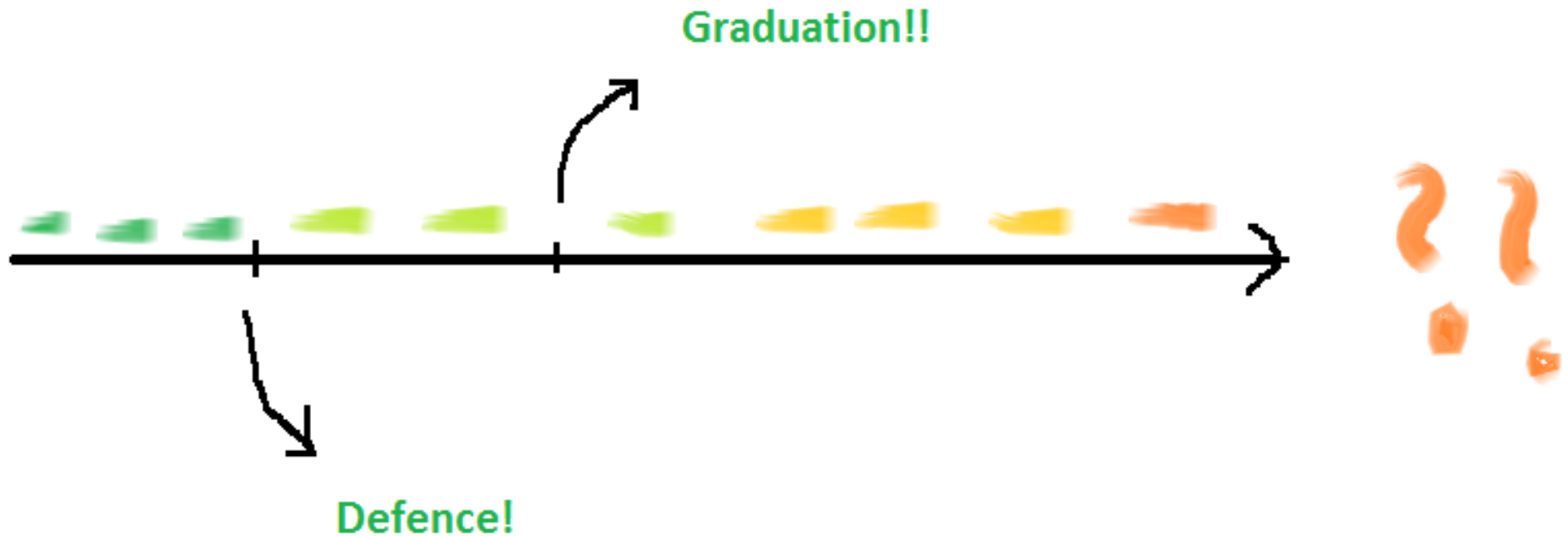
Looking ahead

- **Uncertainty is inevitable**
- **Prepare to be distressed – it is *normal***
- **Plan as far as you can**
- **Be positively curious about your future**

- **Re-focus**



Re-focus





Explore yourself!

- Continuous, dynamic process
- Recognizing your personal skills, potential and know-how
- Estimating and evaluating yourself and your personality
- Reviewing your values and interests



- Searching for possibilities
- Evaluating your choices
- Considering your realistic options

***...It's about
making decisions
and
taking action!***

Competence categories



Eric Carver: Humanisti valmis työelämään – oppiaineiden ja työnantajien näkökulmia työelämävalmiuksien kehittämiseen humanistisessa reaaliainekoulutuksessa, Arja Haapakorpi: Nörtti, pomo ja yleismiesjantunen – akateemisten urat ja toimenkuvat



What skills have doctoral graduates learned during their studies? (Valtari & Viik-kajander, 2014)

- Research skills, managing different phases of the study
- Cause – effect -consequences
- Analytical thinking
- Applying for funding
- New knowledge, new perspectives, new ways of doing things
- Writing understandable text, to sum things up
- Problem determination and problem-solving
- Pedagogical understanding
- Foresight, interpretation of weak signals



”Research skills are the core of the work life skills”, concretised:

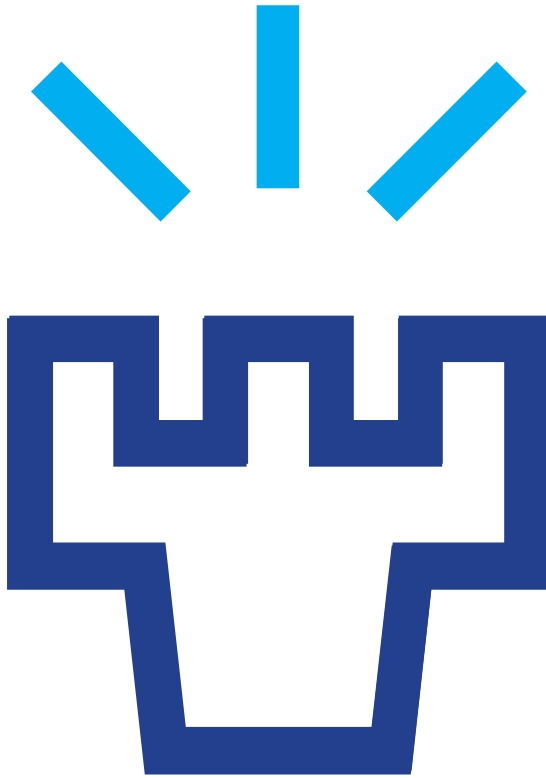
- Time management
- Goal setting
- To get projects **done**
- Ability to handle, estimate and find relevant information
- Investigative approach to work and to develop organization
- Decision making
- Ability to write
- Conversational skills
- Presentation skills
- Management, leadership
- Adaptability
- Organize financing
- Multilingual, have international connections
- Ability to learn to learn, to develop oneself
- Ability to bear uncertainty

→ **Project management skills**
+ Industry-specific expertise



Doctoral defence • Stage fright?

- **Practice**
 - Substance
 - Imagining the situation
- **Imagine you're at a coffee table talking with your colleagues – forget the audience**



**OULUN
YLIOPISTO**