

International Career Service^{LMU}

In our globalized time, the sphere of higher education has become a largely internationalized space. More than 7000 students from all over the world are currently studying at the Ludwig-Maximilians-Universität in Munich.

About 80%¹ of all international students in Germany demonstrate an intention to stay and work in this country. Although Germany is confronted with a lack of qualified professionals and many international graduates would like to pursue a professional career in Germany, they often experience difficulties when entering the job market.



The International Career Service^{LMU} (ICS) at the Center for International Health (CIH) recognizes the need of international students for personal counselling and support, as they make their first steps to a successful career in Germany.

Our main objective is to empower international students to:

- identify and use their own resources and competencies
- explore ideas and opportunities
- make well founded career decisions
- plan future career steps and
- be well prepared for applying within the German job market.

The new **ICS Career Program** combines tailor-made coaching sessions and workshops, which encompass an individual telephone kick-off session (about 30 minutes), 4 individual coaching sessions (about 2 hours each) and 2 skill building group workshops (5 hours each), including preparatory and follow-up exercises and questionnaires. Each step intends to make you more aware of your strengths and career preferences and to teach you to apply your potential in the job market.

¹ Source: <http://www.zeit.de/studium/uni-leben/2013-03/ausland-unis-studenten-eu>

Structure of the ICS Program



The individual telephone kick-off session will focus on:

- ✓ your goals and expectations before the start of the program
- ✓ our explanations about the program approach and structure
- ✓ any initial doubts or questions

Individual Coaching Sessions 1 and 2 comprise:

- ✓ your actual career path and key interests
- ✓ exploring the times when you feel at your best
- ✓ a profound analysis of your personal skills and individual achievements
- ✓ definition of your professional values
- ✓ future career ideas and satisfiers

Group Workshop 1 will concentrate on:

- ✓ job search strategies
- ✓ setting up and improving your CV
- ✓ writing and fine-tuning your cover letter
- ✓ using social media to create professional networks and open up new career perspectives



Group Workshop 2 will allow you to:

- ✓ learn more about the questions most frequently asked at the interviews and how to avoid pitfalls when answering them
- ✓ practice job interviews
- ✓ get an insight into German working culture

Individual Coaching Sessions 3 and 4 can include:

- ✓ spotting the obstacles which hamper the realization of your goals
- ✓ finding resources to tackle difficulties and to boost motivation
- ✓ clarify and plan your next career steps
- ✓ identify the risks you may have to face and the available recourses to avoid them

The Follow-Up Session (after a few months) includes:

- ✓ an individual/group conversation to reflect on your participation in the program and its outcomes

The coaching sessions will be conducted by Lena Kurtz, M.A in the form of an individual meeting with each participant. Workshops will take place in small groups with 6 participants maximum. The participants will also be requested to complete job-related exercises, search for information and do other relevant job preparation activities outside the workshops and coaching sessions. The individual sessions can be held in German, English or Spanish, the group workshops will be conducted in English.

Target group of the International Career Service^{LMU}

You are welcome to apply for this Career Program if you:

- are an international student in one of the LMU Master programs
- have a fluent knowledge of English
- will complete your studies within the next 6-9 months
- are motivated to discover more about your professional interests, values and strengths
- would like to set up or improve your CV and cover letter
- are interested in practicing a job interview
- would like to get a deeper insight into the German working culture
- would like to plan and develop your next career steps and make career-related decisions
- are willing to invest about 30-40 hours of your time in this Career Program



Program details:

Duration:	December 2015 to April 2016
Workshop dates:	February 17 th and March 2 nd 2016 (9am-2pm)
Coaching session dates:	will be agreed upon on an individual basis
Service charge:	120 Euro (to be paid in cash)
Maximum No. of participants:	6
Tuition languages:	English (for the workshops) English, German or Spanish (for the individual sessions)
Application deadline:	November 25 th 2015
Application Form:	To apply for the ICS Program, please fill out this Application Form (please remember to click “Submit” before closing the form!)



Contact:



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