



PORTFOLIO

STUDY CAREER COACHING

Your data

Student : Corodeanu David Cristian

Student nr. : 5448980

Education : Information Technology

Class/Group : IT1H

School year : 1st year

Index

Learning to study	3
3. <i>Staying on Point</i>	3
Reflection	6
1. <i>The Importance of Reflection</i>	6
5. <i>STARR(T) Method</i>	7
Collaboration	8
1. <i>The Importance of Collaboration</i>	8
3. <i>Team Roles</i>	12
8. <i>Feedback</i>	15
Planning & organising	18
1. <i>The Importance of Planning and Organising</i>	18
4. <i>Procrastination Behaviour</i>	19
8. <i>Working Effectively on a Daily Basis</i>	21
Explore your opportunities	22
2. <i>Explore Your Study Programme</i>	22
4. <i>Evaluate Your Choice of Study Programme</i>	25

Learning to study

3. Staying on Point

Learning outcome

You have researched the extent to which you actively participate in class, and have substantiated this with examples. You have formulated a number of points for improvement and substantiated in practical terms what you are going to do to gain even more from class.

Which learning phase are you in when it comes to attending class?

What are you doing and what aren't you doing yet?

-

Social disincentives

- How positive is the social climate in your class or group of friends to perform?

- To what extent do you let your social environment stimulate or inhibit you?

- Support your answers with examples.

- Do you see reasons for yourself to change this?

I am very glad that the social climate of my class and group is a very positive one and learning oriented. Everyone is eager to learn and we help and push each other into learning more and more and I think this helps a lot and motivates us. This is a very good and helpful behavior so I let this stimulate me and this way I learn way faster and easier but if the social environment would be a negative one I wouldn't let that inhibit me and I would just try to focus on my own thing and my own way of learning. For example someone needed my help with the web page they were developing, I had some idea about the issue they had but didn't know fully so in order to help them and make sure I gave them the correct answer I researched more until I knew everything way better and that helped me fully understand that subject. I think for now I'm on the right path so I don't see any big reasons to change my perspective but of course I always adapt and make small adjustments towards improving myself in this regard.

What are your most important reasons not to go to class? Argue why you think this is good reason or not.

I think it is very important to attend all classes but for the sake of argument I think a good reason would be if you already attended a similar class or know everything about that subject but even then it would help to go and refresh your memory or maybe even help others. And the most important reason would be if you're very sick and it's not physically possible to attend class but I am trying my best to stay healthy and make sure that doesn't happen because that would make me lose a lot and would take a lot of time to get back on track.

Reason	Mark 1-10
You gain insight into the broad lines of the course	8
You receive an explanation regarding the material	10
You can ask questions on what is not clear	10
You gain insight into what is important to the teacher	6

It saves time because you don't have to study everything	8
You'll be at school anyway, and you will be able to work with other students, or you'll have personal study time	5
It helps you to stay up to date throughout the period	9
You can tap into the enthusiasm of the teacher	6
You will learn more about why this course is important in professional practice	9
Classes exist for a reason; these have a role in the study programme	8
You rather listen or watch than read	6
You can show who you are	1
It is pretty interesting	6
You get to know the teacher	8
You'll have a better idea of what will be asked of you in a test	8
It helps you obtain discipline or structure	10
It is an opportunity for contact with fellow students	5

What are your most important reasons to go to class? Explain to what extent these reasons already encourage you to go to class.

There are many reasons for me to go to class but I think the most important ones are as follows: the teacher has a way deeper understanding of the subject and can explain way better the lesson then if you would just read it yourself and you can ask more complicated questions and get an answer instantly rather then spending a lot of time trying to search for that answer online. Because of this I am very encouraged to go to classes and I can really say that I love attending the classes and they are very helpful.

My preparation:

- What do you do to prepare for class?
- Do you act like a student or a professional?
- What is an important reason for you to be better prepared?
- What step are you taking to be better prepared than you previously were?

-

To what extent is active participation in class a challenge for you, and what can you do to get more out of a class?

-

After class, compare your notes to the notes of two classmates.

- To what extent do your notes differ from those of your classmates?

- What can your classmates learn from you?

- What can you learn from them?

-

Substantiate the extent to which you make effective notes during class and use the theory and feedback to describe at least two things you will be doing starting tomorrow to make your notes more effective.

Until now I wasn't taking too many notes during the class but from now on I will start using the "mental mapping" method of taking notes and writing down the most important pieces of information received.

Reflection

1. The Importance of Reflection

Learning outcome

You now know what reflection entails and you have argued why it is useful for you to develop this skill further in work or study situations.

In which learning phase do you place yourself when it comes to reflection? Please explain your answer.

-

Do you recognise any of the aforementioned risks? Have you ever encountered one in a previous study programme? If so, outline the situation and explain how you dealt with the risk.

-

Which of the three methods of reflection mentioned above are covered in your study programme?

-

Which of the three above-mentioned instruments are used in your study programme?

The Portfolio was mentioned even at the beginning of my study programme and most things I do every week will be added later to one. I also heard that we will have a PDP later in my study programme so I will also be using that in the future.







Conclusion: substantiate the extent to which learning to reflect more effectively is important for you and your study programme and/or work.

It is very important to learn to reflect more effectively and use the best methods in order to do so because the better you reflect the more you will learn from your past actions and the more you will improve in the future and the chances of repeating past mistakes will become lower.

5. STARR(T) Method

Learning outcome

You are now familiar with the STARR(T) method by applying it step by step to your own situation.

 SITUATION	 TASK	 ACTION	 RESULT	 REFLECTION	 TRANSFER
The deadline for the functional design was approaching quickly and my team had only a few days left to finish and submit it but it wasn't clear what we actually had to do.	I had to make sure we deliver a complete and proper functional design for the team project.	I started gathering more information and asking the teachers what they actually expected from a functional design and all the information that it had to contain. After this I explain it to my team and made sure everyone knew what they had to do.	With the help of my guidance we managed to submit a complete functional design in time.	I have done the correct thing to take initiative and try to solve the problem but I waited until the last few days to take action hoping that someone else will do something about it and didn't try to gather the information sooner.	The approach I took was effective but it could've been improved and in the future I will make sure to ask in time if something is not entirely clear and make sure that everyone understands the assigned task and try to communicate better with my team.

Collaboration

1. The Importance of Collaboration

Learning outcome

You have argued why collaboration is an important competence for professionals and to what extent collaboration is important in your study programme and (future) profession. You have learned what exactly the collaboration competence is and have made an initial estimate on how to develop this competence further.

What exactly is collaboration? What different aspects are involved?

To me collaboration is when a group of individuals manage to work together in order to achieve a certain goal. Communication is the most important aspect that is involved in collaboration, one great man even said that "COLLABORATION EQUALS COMMUNICATION", but also teamwork and compromise is needed in order to have an effective collaboration.

How many points did you score?

To what extent is collaboration part of your study programme?

Is there collaborative or cooperative learning and if so, how is this reflected in the course materials?

Which educational components feature collaboration and why?

-

What is the importance of collaboration when it comes to your (future) work?

Is collaboration reflected in the competences and/or professional profile of your study programme?

Support your answers with examples.

In my future work as a software developer / programmer collaboration will be very important , I'd say it will be on 2nd place maybe even 1st in certain cases. In all companies you are part of a team , each member has a dedicated section/part of the project to work on and only by collaborating with others you can piece together those parts to create a whole product that is working according to the client's demands.

Yes, I collaborate daily in my study programme with teachers, colleagues from my group and class in order to complete the project we have.

	Already excel at	Yet to develop (later)	Developing now
Knowledge	< Variable:76140.edef5d38-90ba-4c0b-a59c-0a9766bac699 Variable:76133.fd731ef0-1d5f-4502-a930-9695ea117499 >	< Variable:76140.25935207-be9e-41ce-894c-2903cbeca93c Variable:76133.66509949-3682-4694-8b53-63c542ffe144 >	< Variable:76140.c8112856-3152-453b-be38-3bfa2e417fdc Variable:76133.3ba050a1-e1bc-448f-9b3a-dfc308aadf6d >
Skills	< Variable:76140.d40b6348-0bcb-486f-85c4-ad772763ccf5 Variable:76133.e97166f4-d834-46a7-be5e-d47e613f469c >	< Variable:76140.9e066cea-7c53-4891-83dc-81f5d9eebd17 Variable:76133.dd4e35a0-d5e4-4d27-9c6f-1da2257a88fb >	< Variable:76140.ddce04a0-859e-4ff0-afc8-9e9bdac2c714 Variable:76133.547ac9c5-e3d6-432a-a7e8-f5085e27d2d6 >
Attitude	< Variable:76140.0cd95e83-46e9-4eb8-863e-8839514387c1	< Variable:76140.a51feb44-1530-4f84-9a1b-97e5c2f96d4e	< Variable:76140.53348465-6d79-4063-b878-9156cc6399d7

|Variable:76133.fe69a4a7-1aff-4de9-b706-a86ca5ce61d4|>

|Variable:76133.0b3f94b7-7768-4c96-9305-beb047e96405|>

|Variable:76133.1b7cbcd2-673e-44e9-ab8c-532747a6ddc8|>

Which parts are useful for you to work on?

-

Learning outcome

Based on previous experiences, you have formulated your own best practices and learning points for future collaborations.

Name all instances that you can remember where you collaborated with other people

-

Definition of collaboration

1. with two or more people...
2. making efforts...
3. to achieve a specific goal...
4. this goal has common elements – the group as a whole benefits from achieving the goal...
5. this goal has individual elements – you as a group member benefit from achieving the goal...
6. every group member contributes to achieving the goal...
7. and applies their qualities in order to achieve the best possible result...
8. successful collaboration strengthens those involved: the whole is greater than the sum of its parts.

Which of these experiences best fits the definition of collaboration?

-

Now describe in detail your most educational experience with collaboration. Try to describe the experience in the form of a story, in which you address the following questions.

1. With how many people did you collaborate?
2. What efforts did you make?
3. What was the goal?
4. What benefit did you have as a group in achieving the goal?
5. What benefit did you have as an individual group member in achieving the goal?
6. What was your contribution?
7. Which qualities/characteristics did you apply?
8. How did the group members support each other?

-

Your answer(s)

Knowledge

-

Skills

-

Attitude

-

How do you look back on this collaboration?

What made this collaboration successful or unsuccessful?

-

Which elements from this experience can you apply in future collaborations?

-

3. Team Roles

Learning outcome

Using Belbin's theory of team roles, you explain your strengths and weaknesses in collaborative settings and how they relate to your collaboration partners. You subsequently apply these insights in an actual collaborative setting.

What type of behaviour do you display most in a collaborative setting? Are you oriented towards actions, people or thoughts? Please explain your answer.

Even if I'm a little shy, in a team collaboration setting I am mostly people-oriented since I care a lot about others and wanna help them however I can and like to see that everyone gets along well. Also, I think I'm thought-oriented too since I have a big imagination and like to come up with new ideas constantly.

Which team role did you choose?

To what extent do you recognize yourself in the explanation of this team role? Please explain your answer.

Plant and Team worker.

Plant because I have a big imagination and like to come up with new ideas and team worker because I like when everyone gets along well and I try to help others and mediate conflicts.

Belbin test	Your answer(s)
Which team roles do you fulfil according to the test?	Team worker
	Team worker
	Implementer
Does the result of the test match what you described on the basis of the theory?	Team worker
Listing everything you have learned in this section, which team roles suit you best?	Team worker
	Implementer
Argue in which aspects of the team roles you recognise yourself and substantiate why with examples.	I am firstly a team worker and I recognize myself in being very thoughtful, and friend. Secondly I am a Specialist(which is not in the list) because I am able to look things in depth and I am dedicated to my work. Thirdly I am an Implementer since I'm very well organised, realistic and disciplined.

Based on your team roles, what are your strengths in collaborative settings?

Very social and thoughtful

Based on your team roles, what are your weaknesses in collaborative settings?

Sometimes keeps own opinion quiet

Friendly	Occasionally has difficulty making decisions
I am able to look at things in depth	May become isolated

What is the most important feedback you received?

Describe how the feedback obtained relates to the characteristics of the team roles that suit you.

The most important feedback I received was from Carlos and it relates very well with my role as a Team Worker

What **new information** about your strengths and weaknesses in a collaboration have you gained from the feedback?

That I work very good in a team.

According to the theory, which two roles do you collaborate **best** with? Is this reflected in the actual collaboration with your project group? Support your answer with an example.

I collaborate best with a team worker as a colleague or subordinate. It is too early to give any examples...

According to the theory, which two roles do you collaborate **less** well with? Is this reflected in the actual collaboration with your project group? Support your answer with an example.

I collaborate less well with Shaper as a colleague and plant as a colleague. It is too early to say how this is reflected with my project group.

Group assignment

Which team roles are represented in your team? Use the first and second preferred role of each group member for your answer.

Our team has quite the diversity of team roles , each of us has a different main role: Team worker and Specialist, Co-ordinator and Team worker, Implementer and Resource Investigator , Plant and Shapter, Monitor Evaluator and Implementer.

How are the roles distributed? Which role is over-represented? What is missing?

The roles are distributed pretty well and there is no over-represented one but we seem to miss a completer finisher role.

Question	Your answer(s)
Is this effective?	If you know each persons role then you can give the appropriate task and put them in the right workplace.
Which roles reinforce each other?	An implementer forms a good partnership with a shaper as leader.
Which roles may get in each other's way?	A completer finisher does not combine well with a resource investigator as subordinate.

What can you change to improve collaboration?

Know my role(s) exactly in a team and act accordingly.

8. Feedback

Learning outcome

You are able to indicate the importance of feedback for learning and good collaboration and are able to give and receive feedback in accordance with the established (theoretical) rules.

Describe the situation.

I have prepared both a tip and a top for each member of my team, these are the following:
Carlos Schaap Garcia

Tip: I cannot think of anything negative about you so that's a little bit suspect and makes me feel like I'm missing something and it's too good to be true.

Top: You are always cheerful and in a good mood and that makes everyone around you positive and have a good mood too.

Rafael Margarido Correia

Tip: You missed the last meeting with our study buddy and that makes me feel worried so from now on try to check the groups we communicate in more often so you don't miss out on future meetings.

Top: You're very friendly and nice to talk with.

Miriam Cerulíková

Tip: I noticed that you spend too much time nitpicking very small things and even thought that is helpful you could spend your time in a better way and that makes me concerned because you might spend all your time on the small things and won't have enough time to do what's really important so you should make sure you manage your time properly.

Top: You are a very diligent and hardworking and that makes me want to bring out the best from myself and give it my all too.

Nick Grahovskis

Tip: You get lost in your thoughts rarely and I feel like you don't pay attention anymore during those times so I'm concerned that you're missing something during the class but at the same time I see that you know everything important so that's good.

Top: You finish your part very quickly and it's nice to see that you care about the team.

Ugochukwu Joseph Ndiogazili

Tip: I noticed that you left during our last atelier without saying anything and came back only half an hour later and there are times we need your help and cannot find you and that makes me feel worried, I might need your help and don't know where you went and spend time worrying and searching for you instead of focusing on my work and it will slow down the progress of the project. I know this doesn't happen to often but please make a habit to always say something before you leave and when you will be back so both of us have our minds clear of worries.

Top: You try your best and you always study and try to keep up and so far, you're managing really good.

Your answer(s)

Behaviour

I noticed that you left during our last atelier without saying anything and came back only half an hour later and there are times we need your help and cannot find you.

Emotion

That makes me feel worried.

Consequence

As a result I spend time worrying and searching for you instead of focusing on my work and it will slow down the progress of the project.

Here you give the other time to respond

Desirable	Please make a habit to always say something before you leave and when you will be back so both of us have our minds clear of worries.
Here you ask what the other thinks of your proposal.	
This is your current feedback.	<p>I noticed that you left during our last atelier without saying anything and came back only half an hour later and there are times we need your help and cannot find you.</p> <p>That makes me feel worried.</p> <p>As a result I spend time worrying and searching for you instead of focusing on my work and it will slow down the progress of the project.</p> <p>Please make a habit to always say something before you leave and when you will be back so both of us have our minds clear of worries.</p>
Condition	
Descriptive	Yes
Specific	Yes
Taking into account your own needs and those of the recipient	Yes
Applicable	Yes
Desirable	Yes
At the right time	Yes
Clearly and precisely formulated	Yes
Correct	Yes
<p><i>Giving feedback</i></p> <ul style="list-style-type: none"> - What was it like to give the other person feedback? - To what extent have you succeeded in conveying the core of the feedback to the other? - Which insights from this section have helped you with this? - Is the other person going to do something with the feedback? <p>I was a little nervous at first but in the end everything went good and I saw how important giving feedback is when I noticed that the other person understood my worries and my message, thanked me for it and said he will improve in the future and until now he kept his word and I'm very glad I was able to give this feedback. The BECD method was very helpful and clearly separating the behaviour, emotion, consequence and desirable into tables helped me improve and perfect the feedback until it was correct.</p>	

<p><i>Receiving feedback</i></p> <ul style="list-style-type: none"> - Describe as clearly as possible what feedback you have received. - What was it like hearing this feedback? - What are you going to do with this feedback? <p>I am very happy to say that I have received a positive feedback just this week saying that I am very helpful when I keep reminding everyone what they exactly have to do and when is the next deadline. This made me feel great and realize how important this is for the others and gave me motivation to keep doing it in the future.</p>

Planning & organising

1. The Importance of Planning and Organising

Learning outcome

You can substantiate the importance of planning and organising your study (and work) and have indicated the extent to which planning is a development theme for you.

Why do you think planning is important during your study programme? Include the terms effective and efficient in your answer.

It is very important to plan your schedule ahead so you know exactly when you have to do a certain thing and how much time you have to do it. It's good to be as efficient as possible so you can actually complete the things you proposed yourself in the timeframe you allocated so you can have some free time afterwards but the most important is to do the things effectively and achieve the goal you proposed yourself.

To what extent are you satisfied with how you spend your time? Include the above questions in the substantiation of your answer.

...

To what extent should or do you want to develop your planning skills further? Substantiate your answer with at least one example.

I want to be able to plan further ahead in time for example I can plan only for this month but I want to be able to plan at least 3-4 months in the future. Also , I am pretty good at planning when it comes to important things like school , studying and activities that involve other people but I usually don't plan my free time so I'm not able to make the most of it and feel a little bit unsatisfied sometimes and think I could've done way more in the free time I had.

4. Procrastination Behaviour

Learning outcome

You have made a coherent summary of the type of procrastination behaviour you are showing, given concrete examples of this and given reasons for what you are going to do about it.

Describe a situation in which you postponed something. Why did you do so?

I recently postponed doing the assignments for the functional design. I did this mostly because there wasn't enough information and I was waiting to gather more and hoping that things will become more clear without doing anything but I realize I was wrong to wait without doing anything and I should've taken action faster.

Specific procrastination behaviour	Rationale
When someone asks for my help I forget about anything I was doing and put them in the first place until we manage to solve their problem and only after I remember about what I had to do.	Usually this doesn't affect me too much since usually those problems are solved in under a day if we put our minds together and I remain with enough time afterwards to finish my own issues as well.
There are times when I do not start a task because I think I do not have sufficient knowledge to complete it and don't want to stop half-way so I waited until the last days before the deadline.	I rarely do this but when it happens I do it because I want to be sure that I have the most possible knowledge about that subject before I start working on the task in order to make it as good as possible.
I often procrastinate with exercising and training my body and usually I get to do it right before I go to sleep.	I keep getting distracted by other more important and pressing things and say those are more urgent to finish first and I still have time to exercise later but I should start having a daily routine when between certain hours I take a break from anything and exercise and focus on my body and wellbeing.

What are you going to do about your procrastination behaviour? Describe three actions and make them as SMARTER as possible.

-

-

-

On the basis of the above theory, motivate which two types of procrastinators you identify with the most. Substantiate your answer with examples.

-

Type of procrastinator	
Procrastinator 1	-

Procrastinator 2	-
---------------------	---

8. Working Effectively on a Daily Basis

Learning outcome

You substantiate how putting the tips provided into practice has benefitted you in order to spend your days effectively and efficiently.

Using at least two examples, describe how the tips from this module have helped you to achieve your goals on a daily basis.

I was already using a method to take notes and plan ahead making a checklist of all the deadlines and most important "to do's" of the next week but after watching the video "Stress-free productivity: GETTING THINGS DONE by David Allen" by Productivity Game I got a way deeper insight into to how effective taking notes can be. For example , from now on whenever I have an idea I will note it down in a special "Capturing" list in order to get it off my mind and make sure I have safely stored that idea for later when I will "Process" them and go into more detail "Converting" them into a "Next action and Desired outcome". Also , another great tip that I will follow from the same video is actually reviewing at the end of each week the list of "to do's" that I made for that week and reflect on everything that I did or didn't do/ couldn't do and how I can improve on it and make it better next time and what actions (possibly make a list of the actions I will take following that day if the case allows it) I will actually start taking going forward.

PS: Yes , I described how these tips will help me in the future and not how they helped me since I just acquired them and it takes some time in order to put them in practice and use them but I will come back in the future for an update and say how they actually helped me and what I managed to achieve thanks to them.

Explore your opportunities

2. Explore Your Study Programme

Learning outcome

You have a general sense of how your study programme is structured. You have summarised that which is most important for you.

Explain whether your study programme is more specific or broad.

-

Describe how your study programme is structured throughout the years.

Year 1 has 4 periods (and 2 semesters) in which we will all have a project. 1st period is mostly about websites and front-end, 2nd it's about backend and more into programming, 3rd it's programming robots to solve mazes, etc., 4th period it's something called innovation project where we have to come up with a new fresh idea. During the whole year we will learn about professional skills, the Dutch language and more.

Year 2 is split into 2 semesters (and 4 periods). This time we will have 2 bigger projects during which we will keep learning professional skills, object oriented programming, data processing, software quality, app development, the Dutch language and others.

Year 3 we will start (if you manage to acquire all credits from year 1 and 45/60 from year 2) with an internship that lasts around 6 months and the other semester (roughly 6 months) we will study something AI or UI related, who knows, only the future can tell because things will change rapidly until then.

Year 4 starts with 2 minors that we have 2 periods to finish (probably going to Bangkok and Bali for those), we can do these anywhere in the world then finally we finish with a graduation internship!

PS: I already answered so it would be a waste to just delete it

What do you think of your current knowledge level with regard to your study programme?

What areas should you explore further?

I think I know mostly everything about the study programme I'm going to but of course there is always more to learn, perhaps I should explore further what extracurricular activities the university offers since I didn't do a deep-dive into those yet.

Study programme

- What will you be learning over the course of the study programme?

- How is the study programme structured?

- What are the possibilities for work after graduation?

- At what moments do you have the freedom to choose what?

- Can you go abroad during your study programme?

- Web Development, Database Engineering, OOP, Computational Thinking, Data processing, Software Quality, App Development, Programmable Logica and more about AI.

- It is structured in 4 years, each having 2 semesters and 4 periods.

- Software engineer, Certified Ethical Hacker, Full stack developer, IT Consultant, Embedded systems engineer, etc

- From the 4th period project innovate and in year 3 and 4 there will be almost complete freedom.

- Yes, you can go have your internship anywhere you want and NHL Stenden offers the possibility to do the majors and minors in any of its locations in Bali, Bangkok and Thailand.

Study programme requirements

- What are the profession-specific competences that you will develop over the course of this study programme?
- What knowledge is important for your future profession?
- What skills are important for your future profession?
- What kind of attitude is important for your future profession?

-We will develop competences in Communication, Teamwork, Presentation, Leadership, Organization, Coding, Computer networks and many others!
-It is very important to know the programming languages and have a strong foundation in IT.
-All of the skills described above are very important but I think the most important ones are Teamwork and Coding.
-It is important in the future to have a professional attitude.

Environment

- Are you able to find your way around the building?
- Are you able to find your way in the electronic learning environment?

-Yes I am able, YOS has a map that shows you the layout of the whole university.
-Yes I can, all information is easily available and you can find it fast on the blackboard website, intranet and other university websites.

Relevant people during your studies

- Are you familiar with the main teachers?
- Are you able to consult your coach/supervisor when necessary?
- Who can you turn to in the event of problems?

-Yes, by the end of period 1 I am familiar with most of the main teachers, at least all the ones that I had classes and lessons with.
-Yes, the coach/supervisor is always available to consult and ready to help anytime when necessary!
-Mr. Miguel Ranchor, our study coach and teacher, primarily but you can turn to every teacher if you have problems.

Professional possibilities

- What are the possibilities for working after graduation?
- What type of work can you do with this study programme?

--Software engineer, Certified Ethical Hacker, Full stack developer, IT Consultant, Embedded systems engineer, etc
- Web developer, Computer programmer, Computer systems engineer, Systems analyst, Programmer analyst, Database administrator, Front-end developer, Mobile app developer, Software developer, Data scientist, Cloud engineer, etc.

Professional orientation

- During which part of the study programme can you explore the various career options?
- When will you do an internship and what kind of internships are possible?

-You can always explore career options but from the 2nd year the focus is bigger on this and we will take trips to job fairs.
-In the 3rd and 4th years and anything IT related.

Working method/educational vision of the study programme

- What did you learn about the educational methods of your study programme?

-That they are project based / more active and a lot is put into teamwork and group work and self-learning.

4. Evaluate Your Choice of Study Programme

Learning outcome

You have analysed how the choice for your study programme came about and you have argued how this choice has worked out so far.

Why did you choose this study programme at the time?

I have chosen this study programme at that time after exploring a lot of universities and what they had to offer and after a visit to NHL Stenden in Emmen approximately 9 months before the university started I have decided that this is the perfect place for me to study in both on a personal and professional plan.

How did your choice come about?	Not true at all / Not true / True / Totally true
I made my decisions in time .	Totally true
I gathered sufficient information about the study programme in advance (internet, open day, etc.).	Totally true
I was properly guided in making my decision (by mentor, dean, etc.).	Totally true
I gained concrete experiences with regard to this study programme in advance: <ul style="list-style-type: none">- Trial study- Student for a day- Analysing study material- Talked to students with experience with the study programme- Talked to people from the professional field	Totally true
I consulted other people before making a decision (family, friends, etc.).	Totally true
I eventually chose from two to three programmes that I thought suited me most.	True
I followed my gut in making my decision.	Not true at all
I made a rational decision in choosing my study programme.	Totally true
I made the choice for this study programme wholly by myself .	True
After registration, I participated in choice of study activities associated with this programme.	True
At the start, I was convinced that this was a suitable study programme for me.	Totally true

With today's knowledge, argue the following two questions using the statements above:

1. To what extent do you think that your choice for this study programme was made carefully?
2. To what extent were you convinced of your choice at the start of the programme?

1. I think that my choice of study programme was made very carefully because I have explored in-depth a lot of different study programmes and universities and after months of deliberation I have come to the conclusion that this study programme and also the teachers and the city that the university is located in are the perfect fit for me.
2. I was convinced from the very beginning that I have made the right choice because I liked every aspect of how the first period unfolded in.

How has your choice turned out so far? Argue per element.

Capabilities (capacities)	I think I have the right capabilities to finish this programme and I feel the level of the study is just right for me. I think that I am developing the right study skills and they will be very helpful in the future. Also there aren't any circumstances that will prevent me from properly engaging with the study programme and with other people.
Knowing (social)	I can relate to most of the people in my study programme and I was able to quickly get along with everyone and make some friends. I feel very comfortable in the environment that the university provides and I can openly talk with both students and teachers.
Action (commitment)	Until now with a few minor exceptions I have been fully committed to the study programme and never missed to a class and have always read the lessons carefully and managed to learn them on time. Every day I make sure to complete any tasks I have study related and always start on time with assignments and make sure to finish them as early as possible.
Desire (interest)	The content of the study programme is very interesting for me and it's always something new, relevant and very engaging. I think I have made the correct decision and I'm very excited to learn and work together on new projects.

What conclusion do you draw from this assignment?

- What went well?
- Where can you improve?
- What actions can you now take?
- What is your opinion: does this study programme sufficiently suit you?
- What are the most important points to discuss with a counsellor?

I think that everything went well so far but of course there is always something to improve and I will make sure in the future to do more self-studying and prepare for the lessons beforehand. I think this study programme suits me very well.