

# UU Careers

## *Career Management Skills*



- Career Counselling
- Workshops
- CareerTuesdays
- Digital Career tools
- “Studie- & karriärpodden”- in swedish



# Digital Career Support



## UUCareerGate

Job ads and events



## CareerTuesdays

Workshops/webinars/seminars



## GoInGlobal

Country specific Career Guides



## The SkillMill-app

Identify, understand och express your skills



- a **really important** factor for  
success!

# Soft skills:



- ... relates to your personality.
- ... shapes who you are as a person.
- ... influences how you relate to and interact with other people.
- ... includes abilities, competencies, attributes and traits.

# Which soft skills are there?



To reflect about:

**Which are my soft skills?**



<https://dinodlarvan.nelsonsgarden.se/gronsaker/sa-gronsaker-pa-hosten-for-tidig-varskord/>





Hard skills varierar beroende på jobbet, men soft skills krävs för varje jobb.

Guy Berger

LinkedIn-ekonom







**82%**

consider that the importance of soft skills for recruitment of the future will keep increasing

**92%**

find soft skills to be as important as or more important than hard skills today

**89%**

think that a lack of soft skills leads to unsuccessful recruitment

**21%**

increase of soft skills in job ads

**85%**

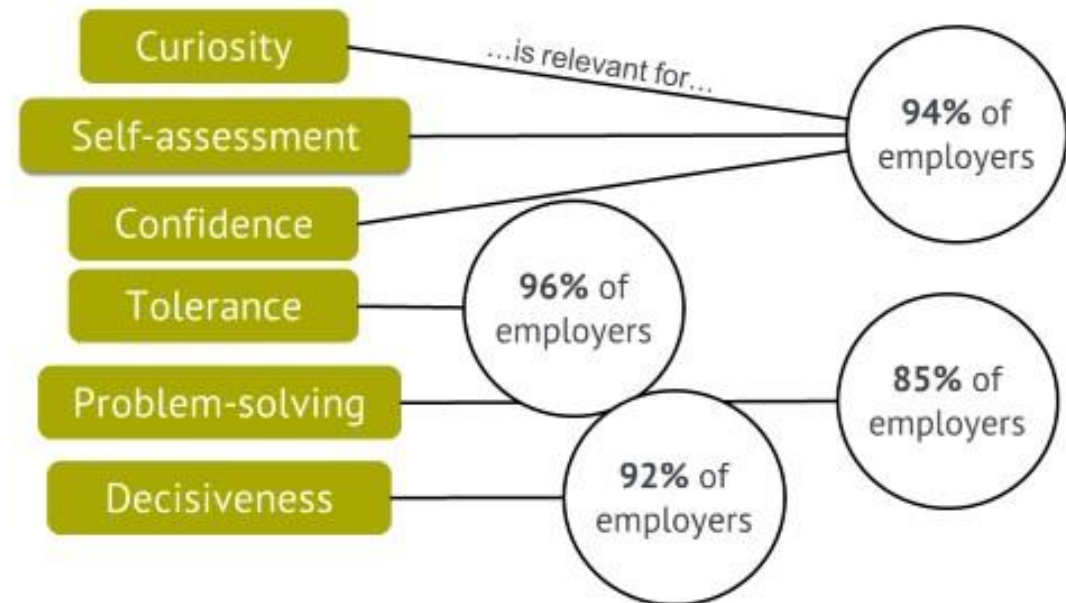
of success at work comes from having well developed soft skills

# The 2023 Most In-Demand Skills

1. Management
2. Communication
3. Customer service
4. Leadership
5. Sales
6. Project management
7. Research
8. Analytical skills
9. Marketing
10. Teamwork

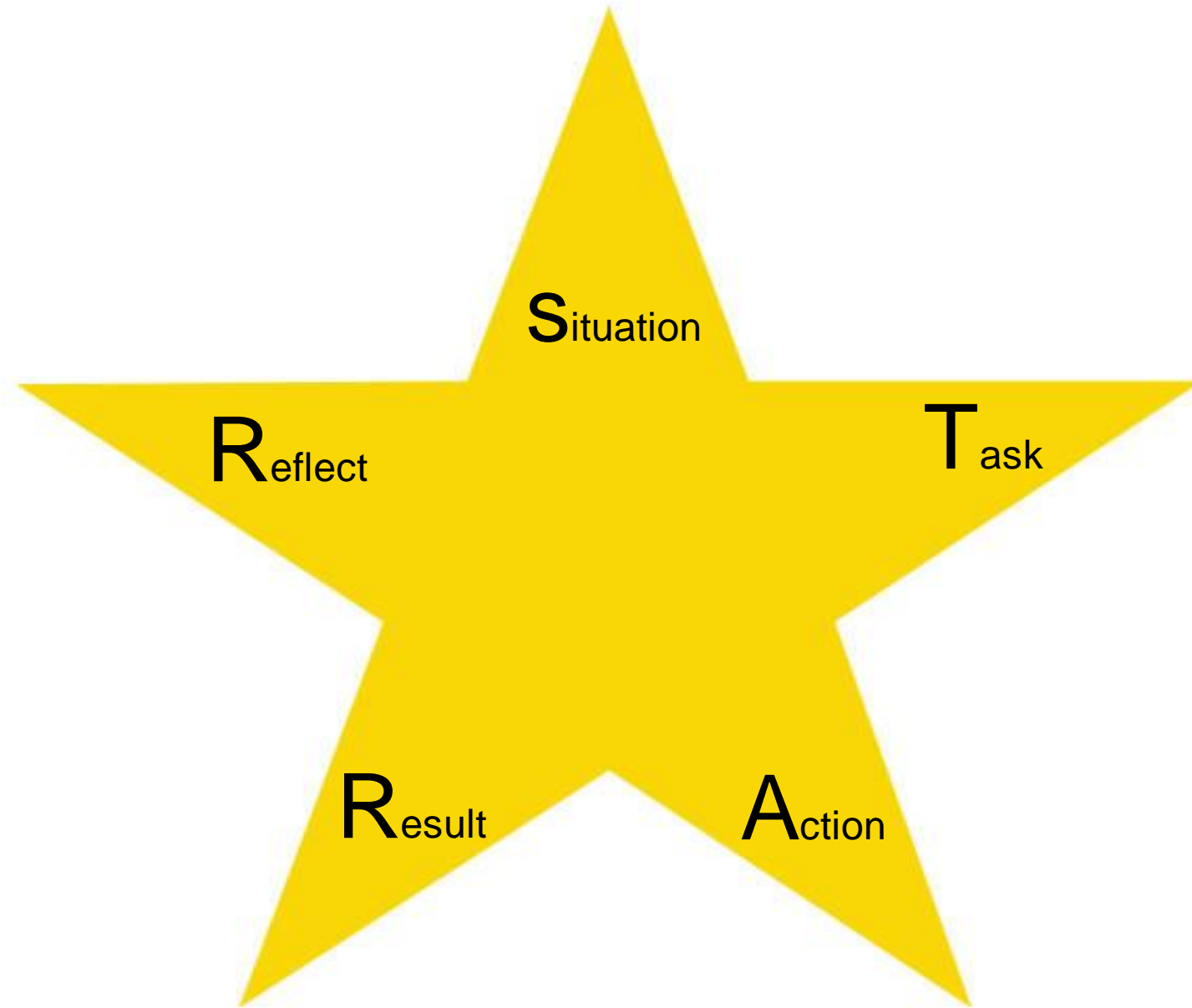
# Why are soft skills important to the employer?

- Increase diversity and contributes to successful development
- Useful in diverse fields and roles, i.e.; transferrable.
- Consist throughout time
- Technology and AI-effects
- Shortage of candidates





S  
T  
A  
R  
R  
R



.... a technique for storytelling



S

Describe a situation or an event that you were part of.



T

Describe the task. What were your assignments and what were you supposed to do?



A

Describe what you did. Not what you were expected to do. How did you do it? In what way?



R

What was the result? Did you meet the goals? How did you actions contribute?

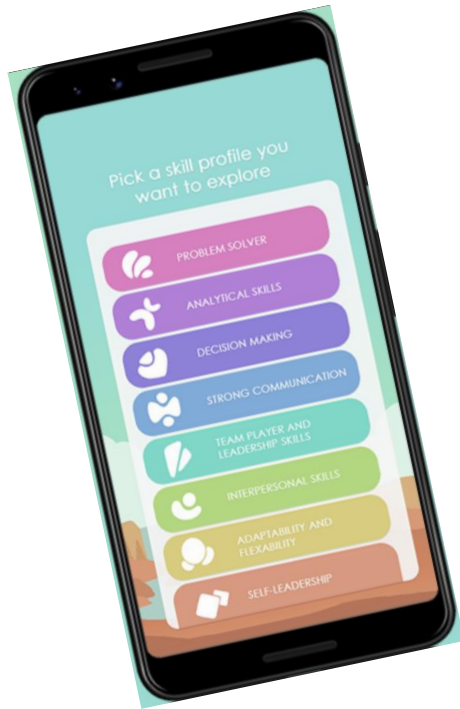


R

What did you learn from the situation? What would you do differently next time?

# The SkillMill-app

Understand, reflect and express soft skills



The SkillMill app helps students identify, understand and express the soft skills gained through study abroad experiences.



**EXPLORATION**  
Time to make sense of this experience.  
**REVIEW**

**INSIGHT**  
We have found possible skills for you!  
**REVIEW**

**VERBALIZATION**  
Craft a story to share with the world.  
**START!**



Understand



Reflect



Express





# Materials:

Webpage

<https://uuglobal.shorthandstories.com/skillmill>

The app

SKILLMILL  
PROJECT



DOWNLOAD

iOS



Android





# Questions?



<https://www.linkedin.com/pulse/f%C3%A4rdu-%C3%A4pplen-med-apelsiner-stephan-andersson?originalSubdomain=s>

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