



Self-study material for students | © University of Helsinki Career Services

SELF-ASSESS YOUR CAREER READINESS ON KUDIN.FI

Why?

Career readiness is something you can learn. Career planning involves a comprehensive orientation towards the future and the development of your expert identity. This process began before your studies and will continue after your graduation.

You may have some inherent career planning strengths, but you may also need to improve some of your skills. What is essential is that you are able to identify questions about your future, and work and reflect on them. When you can identify your career planning thoughts, questions and challenges, you will be able to better develop your career readiness during your studies and your career.

How?

Kudin.fi is a tool designed to support you in your career planning during your studies. It helps you identify your career skills with the help of three questionnaires:

1. Career readiness
2. Strengths during change and transition
3. Career choices and decision-making

The first questionnaire assesses the experience, knowledge and skills you have gained and will continue to gain at university. The questionnaire has 44 claims. The second questionnaire assesses your strengths during times of change, i.e., your career adaptability. Career adaptability refers to the unique psychosocial resources and skills that assist you in coping with current and future questions, transitions and challenges involving professional change. The questionnaire has 12 claims. The third questionnaire assesses your attitude towards decision-making and choices. It has 18 claims.

[Log in to Kudin.fi](#) with your University of Helsinki username and password.

- Based on your replies, you will receive feedback and tips on which areas you should work on.
- You can complete one, two or all three questionnaires at a time. The service will not save any of your personal data, but you will have the option of saving the feedback you receive and emailing it to yourself and your career counsellor or supervising teacher, for example.
- You can work on the feedback you receive and the thoughts it provokes either on your own, in individual counselling, in a career group, on specific career orientation courses or as part of your portfolio.