

THE CAREER COOKBOOK

by TU/e Career Academy

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PREFACE

On a daily basis, we connect with others in lots of different ways. We call our relatives, visit friends, have coffee breaks with colleagues, or we hit the like button on our pal's social media post.

Recently, we were discussing what connects people and we were looking for a way to connect TU/e students with alumni and industry professionals through a common interest. Something that would bring a smile to everyone's face, no matter what language you speak or where you are from.

Coby mentioned a cab ride from Beşiktaş to Sabiha Gökçen airport in Istanbul one very early Sunday morning. She struggled to communicate with the driver, because they spoke the other person's language only 'biraz', a little bit. Half an hour later however, they had managed to connect because they had tried to talk about football and food.

This led to Hilde sharing a similar situation, walking into a birthday party from an old friend last year. The table was filled with all sorts of delicious Caribbean specialties and people were having a good time. Though she hadn't met any of the other guests before, there was one topic that easily got the conversation started and created an instant connection: Food!

A great meal does not suddenly appear on the table. It is important to gather the right ingredients and follow the steps of a recipe (ideally in the proper order). An experienced cook adds, adjusts and tastes the food several times to check if it is satisfying. The way you focus on preparing a dish, is similar to finding yourself a suitable career path. It requires attention and timely preparation. Taking the time to digest useful career tips and peeking around in different 'kitchens', enables you to create a career path that is up to your taste. By reading, networking and practicing you will learn more about where your skills lie, what you are good at and what career path will give you fulfilment.

This cook book represents a very unique mix of delicious recipes and useful career tips for an optimal preparation for your future career. It is divided into three chapters containing starters, mains, and desserts in combination with career related tips.

A fine selection of professionals from industry and TU/e alumni who were once in your shoes, are sharing their favorite recipes and most useful career advice with you. Ranging from instructions on how to make a good pasta pesto to the best tricks on contract negotiations, we believe there is something tasty for everyone in this book. We encourage you to take your time, enjoy the ride and don't forget to connect along the way.

Bon appetit!

Warm regards,
Coby Doreleijers & Hilde van Esch

Career & Professional Skills - TU/e Career Academy

SELF-ASSESSMENT

Before you send your CV and cover letter, it is crucial you spend some time on self-assessment first. Self-assessment means you know yourself well enough to answer the following three questions: Who am I? What am I good at? What do I want?

WHO AM I?

In a job interview you might get the question what you consider to be your strengths and weaknesses. Therefore it is good to know yourself well. It will help you answer this question better and more importantly, it will help you decide what suits you and what does not.

TIP 1: Ask people that know you well how they see you. What do they consider to be your positive traits and your learning points? Ask them for examples that illustrate these traits.

TIP 2: In a job interview, mention a personal trait that is relevant for the job you are applying for when they ask you what you consider to be your strength.

WHAT DO I WANT?

There are several career paths you can follow upon graduation. Speak with others, such as alumni, recruiters, former employers and fellow students to understand better what a job contains and what a certain company / department is like. This way you will gather useful job market information and you can decide on your career values (what is important for you).

TIP: Attend career events organized by study associations and other career parties, to gather more information about possible career opportunities and to end up being better informed before making career choices.

WHAT AM I GOOD AT?

Reflect on the skills you developed so far. What are you good at and what do you like doing? Make use of people who worked with you or know you well to get a better answer to this question.

TIP: Think back of successes, things you achieved and the skills that made you successful. Don't be too modest (and don't be cocky either) and ask others for feedback if that helps to decide what you bring to the table. During a job interview, you might get the question 'so why should we hire you' and thus knowing what you are good at, is essential in making the next career step with confidence.

MORE INFO?

Want to know more about self-assessment? Feel free to register for the **SFC55 Self-Assessment** workshop that is offered several times during the year, or make an appointment for career support with a career coach at www.tuecareeracademy.nl.

GET TO KNOW YOURSELF FIRST

SFC55 SELF-ASSESSMENT

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Gianna Roufou

I am Gianna Roufou, I am from Greece and I have been living in the Netherlands for the last 5 years.

I am an electrical engineer with both an MSc in electrical energy systems and sustainable energy technology, which is specialized more in power electronics.

I currently work at Heliox as a hardware development engineer. Heliox is a company designing fast chargers for public transport and electric vehicles in different industries. I am involved from the initial idea of the concept design to the release of the product.



MY MOST VALUABLE CAREER TIPS

1. Start thinking what the direction of your career path will be. This may not be clear from the beginning, but this should not discourage you. Make the choice that you think fits best and you should continuously explore your strengths, never stop orienting.
2. Even from the beginning, act with professionalism while searching for a job. Always be well prepared and have an updated CV. Always apply using your CV combined with a motivation letter that states what added value you can give and why you are interested in this position.
3. It is very important to build a good network. This will be useful for your future career. An interesting contact now can offer a good opportunity in the future.

Ingredients

- * 5 g butter
- * 2 eggs
- * 150 g milk
- * 100 g yogurt
- * 150 g grated cheeses
- * 100 g feta cheese
- * 250 g self-rising flour
- * 50 g olive oil
- * Pepper
- * 2 tbsp. thyme

METHOD

1. Preheat the oven to 180°C fan operation.
2. Place butter in a cake pan and also place some flour on top of it.
3. Whisk the eggs with the milk and the yogurt in a bowl.
4. In another bowl, mix the different kinds of cheese with the flour.
5. To the bowl with eggs, milk and yoghurt in it: add the olive oil, the pepper, the thyme, the flour/cheese mixture in batches, and whisk until it becomes uniform
6. Pour the mixture into the pan.
7. Bake for 30 minutes in the oven until the cheese pie gets a gold color.
8. Remove from the oven, cut and enjoy!



Stef van Uden

My name is Stef van Uden, 23 years old and currently living in the city of s'-Hertogenbosch. In 2015, I started studying Applied Physics at the Eindhoven University of Technology.

After finishing my BSc in 2018, I enrolled in the Master Applied Physics. I am currently working at Smart Photonics Eindhoven, which is a job I found after my internship. I really enjoy my work up until now!



MY MOST VALUABLE CAREER TIPS

1. Explore your career options as much as you can during your studies, you have complete freedom to figure- and try things out. Lectures, company visits, internships, hackathons, workshops, networking events: try them all! Reflect on these activities, on the domain, on your potential role, then try something else, repeat.
2. Try to put in the extra work during the first months at your new job. Showing them that you are dedicated and have a passion for the job. This will increase your career opportunities at the company!

Pastry

- * 200 g plain flour
- * 100 g butter
- * Cold water

Filling

- * 200 g plain flour
- * 100 g butter
- * 4 tbsp. cold water
- * 75 g washed baby spinach
- * 75 g soft goat cheese (chopped or grated)
- * 150 ml double cream
- * 2 medium eggs
- * Black pepper

METHOD

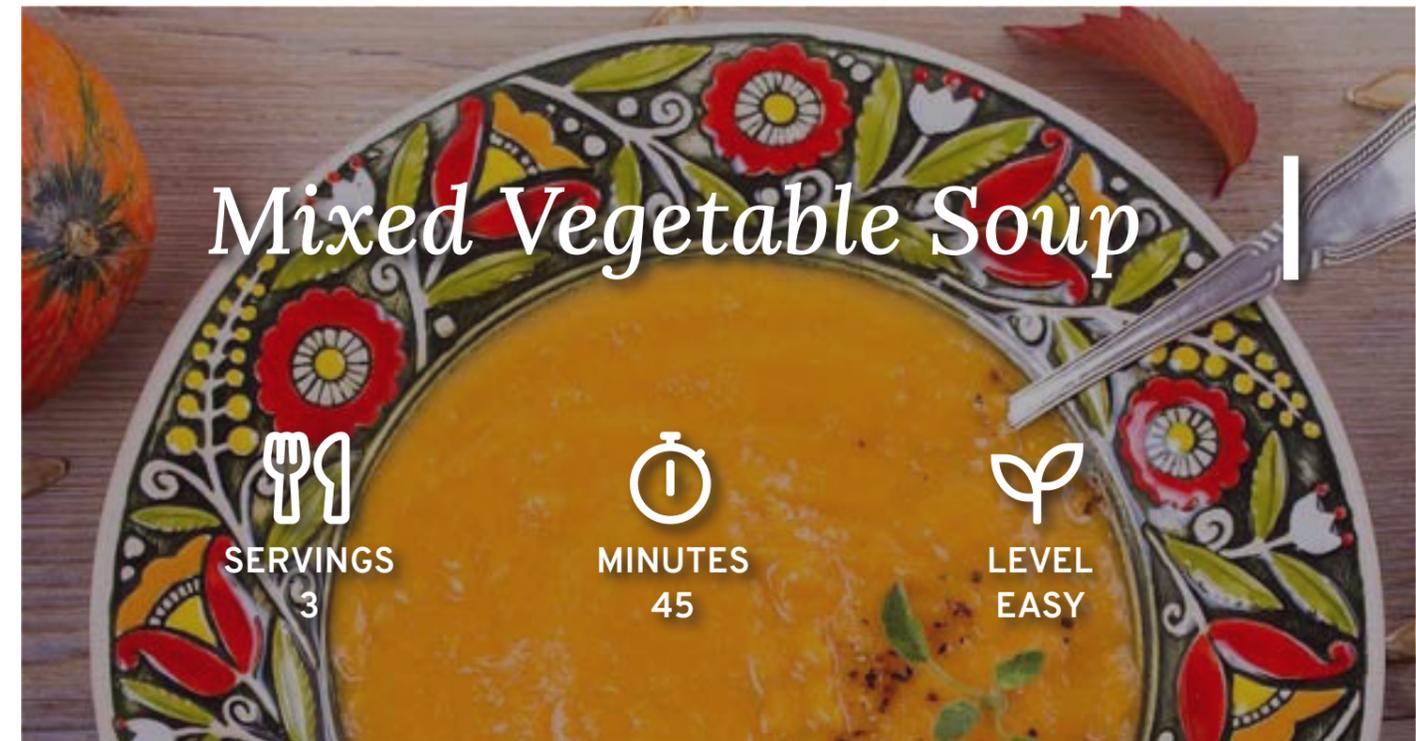
1. Rub the butter into the flour until it resembles fine breadcrumbs. Add just enough cold water to bring the mixture together into quite a firm dough.
2. Wrap in cling-film and chill for at least 1h.
3. Pre-heat the oven to 180°C Fan
4. Roll out the pastry on a floured board and line a greased 20cm sandwich cake tin or flan tin.
5. Bake blind for 12-15 minutes or until it's just starting to colour.
6. Remove from the oven and reduce the heat to 160°C.
7. Heat 1 tbsp olive oil in a frying pan. Add the spinach leaves and black pepper and allow to wilt for a minute or two. Remove from the heat.
8. Mix the eggs, cream and cheese together.
9. Spoon the spinach into the pastry cases. Pour the egg mixture over. Bake for 20-25 minutes or until the filling is golden brown and set firmly.



Maurice Klaassens

The worst cook ever and hopefully a better Manager
Employer Branding of DAF Trucks: Maurice
Klaassens.

Dutch, Fontys Alumni and Old (50). Supporter of
easy cooking and enjoying delicious food together
with family or friends. Combined with a good glass
of wine and of course, humor. Because humor is the
most important ingredient of everything in life.



Mixed Vegetable Soup



SERVINGS
3



MINUTES
45



LEVEL
EASY

MY MOST VALUABLE CAREER TIPS

1. Tell something new in your cover letter, do not repeat your resume.
2. Prepare your job interview by having a look at the LinkedIn company page. Who will be my new colleague(s)? What kind of people are they?
3. Do not only focus on the gross monthly salary, also look at the pension payments. It is about the net income, bottom line.

Ingredients

- * 500 g mixed vegetables
– if possible, try to use your
leftover veg of yesterday
- * 3 vegetable stock cubes
- * 2 cloves of garlic
- * 2,5 L water
- * Crème fraîche to serve

METHOD

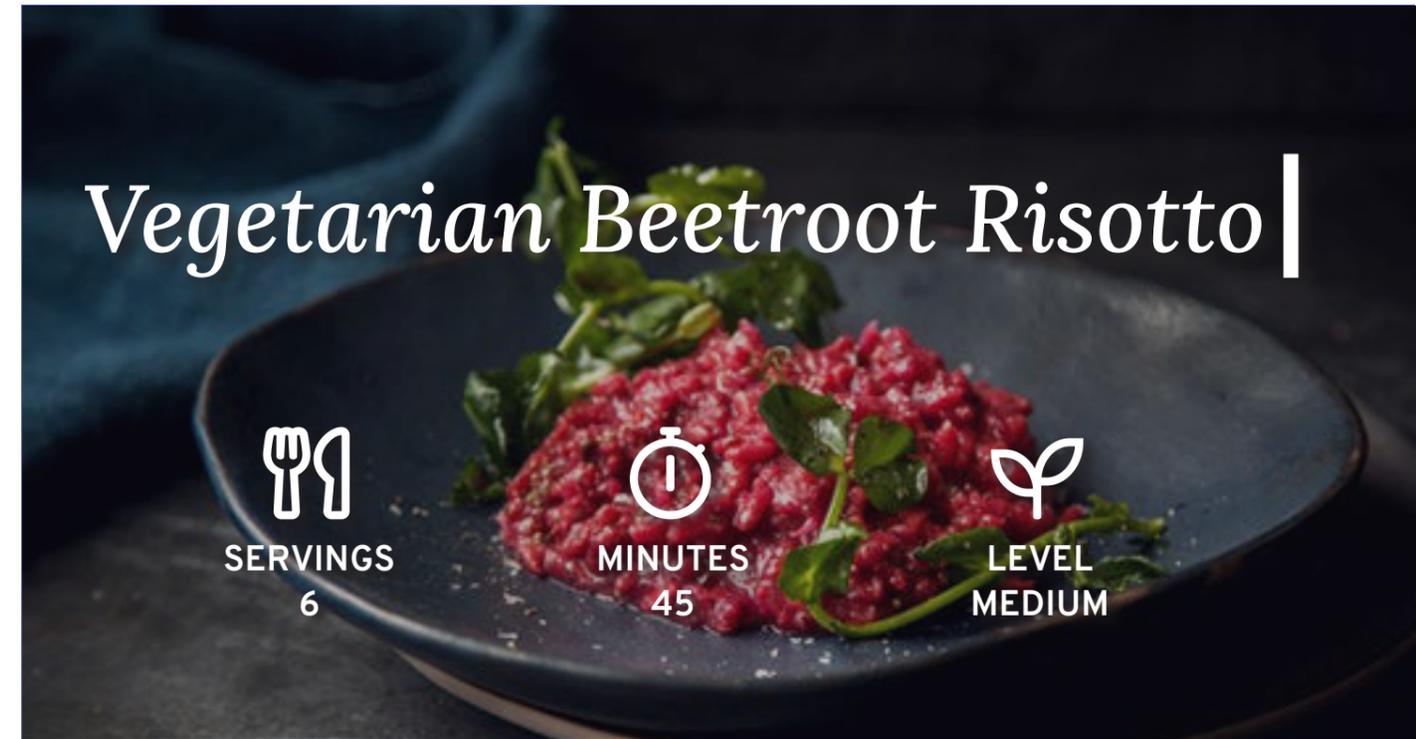
1. First chop up your vegetables and garlic.
2. Fry the vegetables and, when they start to soften, add the garlic and fry until they're golden.
3. Add the stock cube to a pan with 2.5 L of boiling water and add the veg and garlic.
4. If you fancy adding extra spices, add them now!
5. Let it simmer for about 20 minutes.
6. Either blitz the vegetables or keep it in chunks. Add crème fraîche if you want to make it a bit creamier, and serve.



Janne van Zutphen

Hi, I am Janne and I work at Yacht as a technical recruiter, where I focus on junior engineering positions. I myself am not an engineer; I have a Bachelor degree in Facility Management and a Master degree in HR. I've been working at Yacht for over 3 years.

Yacht is a recruiting agency within the Netherlands, and we have a network of over 5000 professionals, working in all kinds of areas (Engineering, IT, SCM, HRM, Legal and Marketing). We believe that work that matters, makes people happy.



MY MOST VALUABLE CAREER TIPS

1. If you speak more languages, then make a profile in your native language and then copy that profile to another language. You can easily do this by going to your profile and then click on "Add profile in another language" on the top right side of your screen. All you have to do, is translate the text (explanations of the positions). Why do this? Because you can more easily be found by recruiters, since you can be found using more keywords. Thus, more interesting jobs for you!
2. Go for the best job, the most exciting job, the job in which you can learn the most, don't only look at salary! And if you do look at salary, also look at the fringe benefits such as number of days off, bonus structure, company car, etc. Know what you want to get, and stick to that number.

Ingredients

- * 500g precooked beetroot
- * 1 big bag of rucola
- * 1 large onion
- * 2 cloves of garlic
- * 1 glass of white wine
- * 500 g risotto rice
- * 1 L vegetable stock
- * 1 tablespoon butter
- * 300g goat cheese or parmesan cheese

METHOD

1. Finely chop the onion and garlic.
2. Make the vegetable stock (boil water, add cubes).
3. Fry the onion and garlic until it looks glassy.
4. Add the risotto and fry shortly until the risotto rice looks a bit glassy.
5. Pour the wine over the risotto.
6. Once the wine is gone, start adding the stock, spoon by spoon (for about 20 minutes).
7. Cut the beetroot into small cubes. Do not throw away the liquid of the beetroot!
8. When the risotto is almost cooked, add the beetroot liquid and the beetroot and stir.
9. Take the pan of the stove and add the butter, stir through.
10. Add half of the goat cheese, stir through (if you're using parmesan, then add it later).
11. Put some rucola on all plates, put the risotto on top and finish off with the last goat cheese (or add parmesan).



Stefanie Ronde

Hello! My name is Stefanie Ronde, I am 42 years old and I live in Eindhoven. A very long time ago, I finished a bachelor's degree in marketing and started my career. Over the past years, I never stopped learning, as I believe this is part of your professional and personal growth. Currently I am working at Philips in the role of Campus Recruiter, responsible for attracting talents for our internships, entry-level positions and Traineeship programs. We offer positions in various fields, one of them is of course engineering!

MY MOST VALUABLE CAREER TIPS

1. When writing a CV, remember that you are never the only one applying for a role. It's important to distinguish yourself from others. Your resume can help you. Make sure it is not too long, 2 pages is perfect. Only mention relevant experiences and make it SMART. Also, make sure your resume reflects who you are; mention a few personality traits.
2. The most important tip before an interview, and yes, it's an open door, PREPARE! Visit the website, look up information about the manager, think of questions you would like to ask. Read the job description and write down experiences which are related to what is asked. Search on LinkedIn for current employees of the company that you are applying for, maybe you know people.
3. But most importantly, enjoy! When you have a positive mindset, this will reflect on how you come across.



Ingredients

- * 2 baguettes
- * 90 g of pesto
- * 300 g cream cheese
- * 2 tomatoes
- * 1 spring onion
- * 2 tbsp. of chives

METHOD

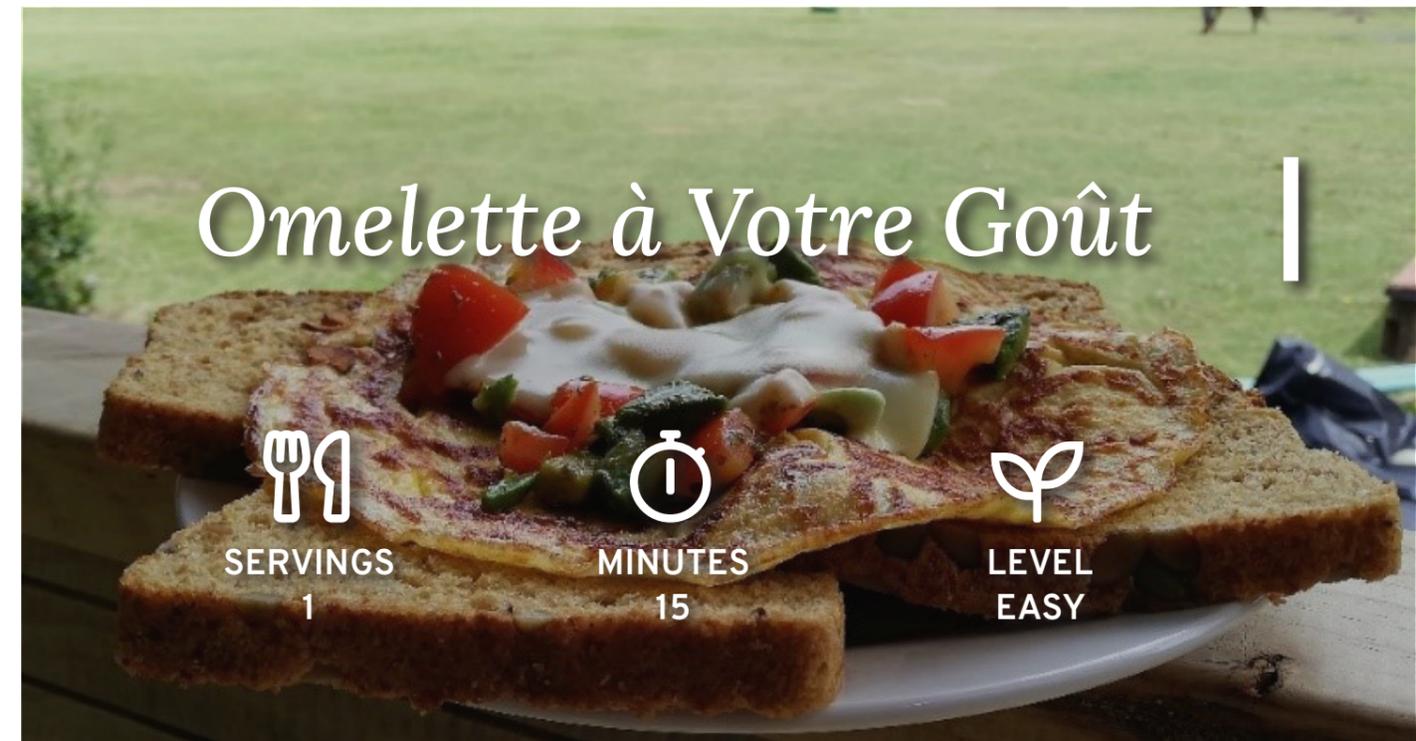
1. Bake the baguettes according to the instructions on the packaging.
2. Let them cool for a bit outside of the oven.
3. Slice notches at the top for the filling.
4. Mix the pesto with the cream cheese. Stuff the notches of the baguettes with this mixture.
5. Cut the tomatoes in slices. Insert the tomato slices into the baguettes and sprinkle them with the spring onion and/or chives and pepper.
6. Enjoy!



Max van Helmond

Max van Helmond (the Netherlands, 1992) obtained his master's degree in Mechanical Engineering, after which he worked as a researcher at Shell and contributed to thrilling rollercoaster rides at Vekoma and to the silent world inside ASML's EUV machines.

June 2020, Max became a Teacher in Mechanical Engineering at Avans University of Applied Sciences. His purpose is to challenge and inspire with personal attention and support.



MY MOST VALUABLE CAREER TIPS

1. Nosce te ipsum - Know thyself. Then you can start deciding what's good for YOU and use what you've got! Discover the world and certainly yourself.
2. At the start of your career, you will find what you like and what feels good on the go. It's impossible to know beforehand whether a job really suits you, so experience it, and be aware of your (lack of) contentment.

Ingredients

- * 2 - 3 Eggs
- * Splash of Milk
- * Your favorite vegetables. Tomato, avocado, sweet pepper. Whatever is available!
- * Seasoning to your taste: onion, garlic, salt & pepper
- * Cheese for the cheese heads.
- * Bread (2 slices)

METHOD

1. Mix everything in a large bowl and bake the best out of it
2. Serve with bread to satisfy a big appetite.

SORT OUT YOUR DOCUMENTS

SFC58 COVER LETTER & CV

TIPS ON WRITING AN ATTRACTIVE CV

- Add a catchy **personal profile** at the top of your CV where you introduce the reader to your main qualities, skills, ambitions and career goals. Try to make this memorable.
- **Adapt your CV to the vacancy** you apply for. Try to use key words that match the requirements in the vacancy and highlight experiences that show your suitability.
- **Create a personal CV.** Add a professional photo of yourself, share your hobbies and create a unique lay-out or design to grab the attention and show who you are.
- Mention your **relevant tasks and responsibilities** for every past experience (e.g. side-job, internship, board year). Try to quantify results, this gives the reader a good glimpse of what you are capable of.
- Focus on **extracurricular activities** in case you don't have a lot of work experience yet. Showing that you are actively involved in a student committee, board year or voluntary role gives a good impression of your skills and interests.
- Always **double check your CV on typos and grammar** mistakes before sending it. A sloppy document minimizes your chances of getting the position.
- Make sure that the most relevant information is showcased directly on the first page and stick to **two pages max.**

TIPS ON WRITING A GREAT COVER LETTER

- Write a **tailored cover letter for every vacancy.** Let the vacancy be your guide in the structure and content of your cover letter. Make sure you use your past experiences to motivate why you would be a suiting candidate.
- Do not forget to **mention your soft skills.** Besides writing about your suitability in terms of hard skills and competencies, it's wise to add a part on your soft skills as well to show more about who you are as a person and how you like to work.
- **State your motivation** for the company or organization. Get your motivation for the position and organization across. Why do you want to work for them? What drives you to contribute to their projects/topics/values? You can take a look at an organization's website, LinkedIn page or have a talk with employees before you write your letter.
- **Avoid unnecessary jargon or lengthy sentences.** The letter should be easy to read without vague sentences or in-depth (technical) knowledge on a specific subject. This is something that can be discussed in a possible job interview.
- Do not exceed **1 page in total.** The letter is meant to trigger the attention of the reader and land yourself an interview in which you can explain more about your past experiences, skills and future wishes.

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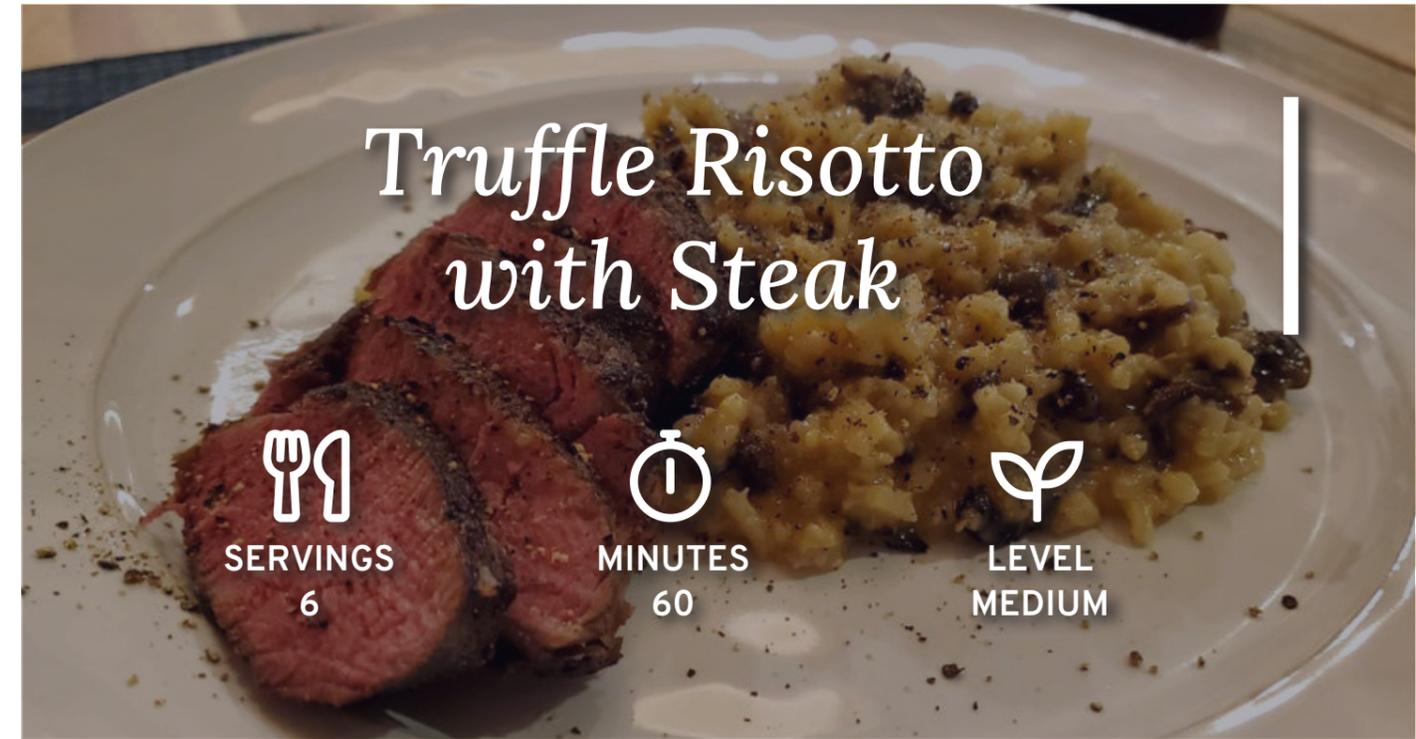
Koen Elands

Hey all, my name is Koen, a 25-year old Dutch guy working and living in Eindhoven. I started a PDEng traineeship in Automotive Systems Design at the TU/e, after I finished my master's degree in Automotive Technologies.

My first year is almost completed, and for my graduation I will do a project at Prodrive Technologies, where I also work on a part-time base at development.

MY MOST VALUABLE CAREER TIPS

1. For me, harmony in teams is very important. Even if you really like the work you do, when the working environment is toxic you will not enjoy your job that much.
2. People are different, especially from other cultures. Within the PDEng I am the only Dutch person, and I learn a lot about other people and cultures. I think it is important to understand why people act in a certain manner in some situations. In order to know this, talk with them and try to learn things about their culture and lives.
3. Salary or status should not be your main focus for choosing a job, when you have the luxury to choose between jobs. When applying for a job, look for the company's culture, challenges, responsibilities and other characteristics of a company which are not related to money as well.



Truffle Risotto with Steak

SERVINGS
6

MINUTES
60

LEVEL
MEDIUM

Ingredients

- * 600 g forest mushrooms
- * 10 cl white wine
- * Truffle tapenade
- * 500 g risotto rice
- * Olive oil
- * Truffle oil
- * 2 onions
- * 3 mushroom broth blocks
- * 1.5 L water
- * 200-250 g steak
- * Oregano
- * 300 g parmesan cheese
- * Pepper
- * 3 gloves of garlic

METHOD

1. Dice onions and fruit them in a hot pan with olive oil. Add the garlic.
2. Boil the water and add the broth blocks.
3. Add the risotto rice together with the white wine into the pan with onions.
4. Add 2 soup spoons of broth to the risotto.
5. Stir and repeat this until all broth is in the risotto rice. Takes approx. 25-30 min.
6. After 20 min, cook mushrooms separately
7. When all broth is in the risotto, add half of the cheese, the mushrooms, truffle oil, and the truffle tapenade into the pan with risotto. Mix well and put the temperature at a low pitch
8. Put a pan on high fire, add olive oil or butter, and fry the steak till the preferred taste.
9. Get the steak out of the pan, cut it in strokes and put them back in the pan for a couple of seconds
10. Serve with oregano, pepper, cheese and steak strips on top of the risotto. Enjoy!



Boudewijn Timmers

My name is Boudewijn Timmers, and I am a seasoned recruitment specialist, with experience in both agency recruitment and corporate recruitment. Having worked at Philips, SBM Offshore, ASML, Vopak, Huisman Equipment, and many others on an interim basis, I am experienced in recruiting all positions (Engineering, Project Management, Operations, Supply Chain Management, Finance, IT, and HR) in technical environments. I act as part of a recruitment department, helping the local recruitment team in improving their processes while filling jobs independently.

MY MOST VALUABLE CAREER TIPS

1. Do not repeat your CV in your cover letter. As a recruiter, the first thing I look at is your CV. Your cover letter is an excellent place to tell me why this role interests you so much, and why you would be the best candidate. Tell me about how you acquired the skills required for the job. That adds valuable information to your CV.
2. Candidates that are most successful in negotiating terms of the contract, do this in a positive way. If you receive an offer, whether it is face to face or through email, always take time to review and write down positive things about the offer and your questions. When negotiating, start with why you are looking to come to an agreement (the positive things). Then explain that you found some differences between the offer and your expectations and ask for their willingness to come to an agreement too. Normally, that should lead to an open dialogue. An offer is never just a gross figure; take into account the whole package, including holidays, flexible working hours, pension plan, etc.



Tenderloin

- * 2 large pieces of pork tenderloin
- * Sprigs of rosemary and / or thyme
- * Butter

Port sauce

- * 1 clove of garlic
- * 2 shallots
- * 1 bay leaf
- * 2-3 dl beef stock
- * 3 dl port
- * Cornstarch

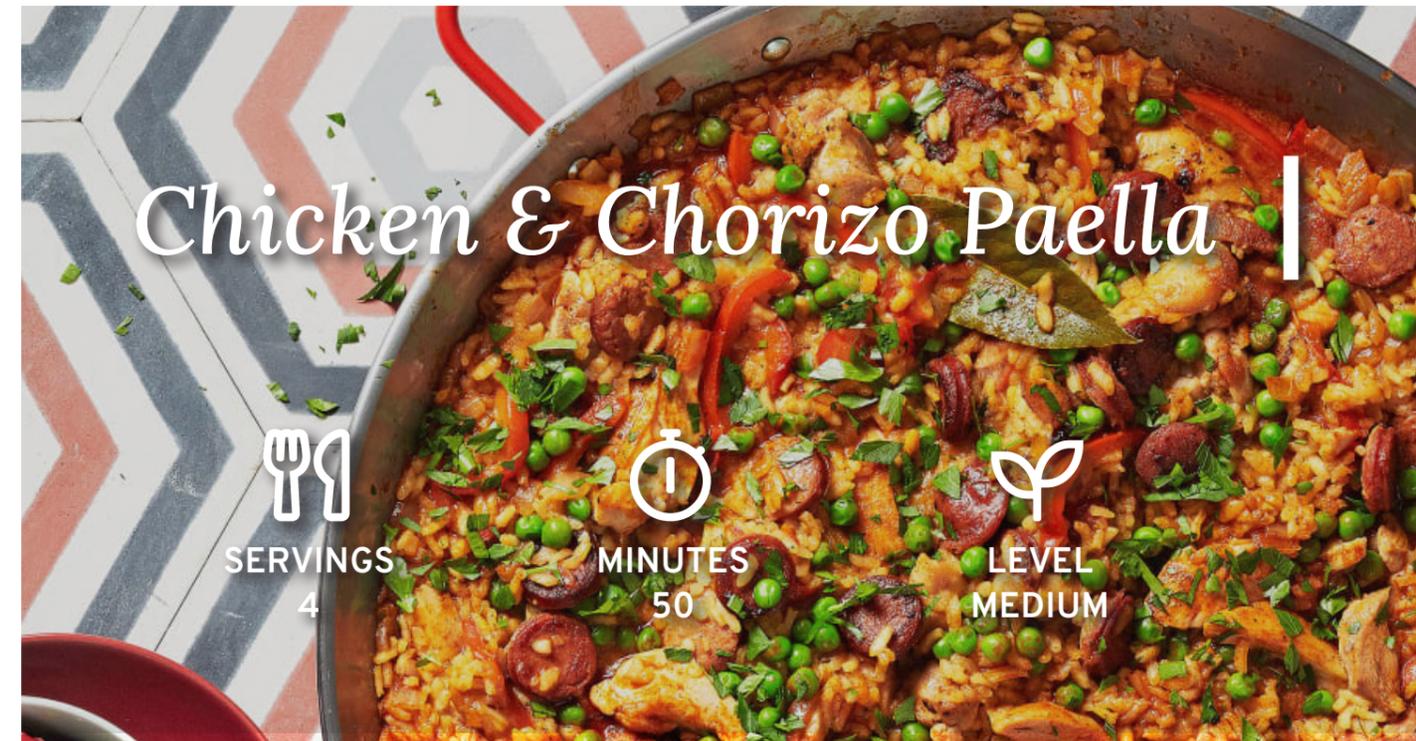
METHOD

1. Preheat the oven to 60°C.
2. Pork tenderloin must be at room temperature. Season with salt & pepper.
3. Heat the butter and fry the pork tenderloin briefly, so that the outside is seared.
4. Remove the pork tenderloin from the pan, and put it in an oven dish. Pour the butter from the pan and cover with thyme or rosemary.
5. Slowly cook for 3 hours in the oven and about 20 minutes before serving, raise the oven temperature to 180°C. After 10 minutes, remove the meat from the oven and let it rest for another 10 minutes under aluminium foil on a pre-heated plate.
6. Chop the shallots and garlic and fry briefly in the pan with butter.
7. Add the port, beef stock and bay leaf. Reduce until about half is left.
8. Before serving, add some cornstarch dissolved water, the sauce will thicken.
9. Add butter and stir until it's dissolved.



Roy Jacobs

Hello there, my name is Roy Jacobs and I am born in 1992 in the southern part of the Netherlands in Meerssen (near Maastricht). I've received my bachelor's degree in mechanical engineering at Zuyd University in Heerlen. Still eager to learn, I decided to continue studying at the university of Eindhoven. Here I completed the master mechanical engineering in 2018 (track: control system technology). Currently I am working as mechanical designer at MI-Partners (Partners in Mechatronic Innovation) where I am responsible for the mechanical design of prototypes, test set-ups, and one-offs for our customers in the high tech industry all around the world.



MY MOST VALUABLE CAREER TIPS

1. Your professor/tutor knows you and the industry. He/she can direct you towards a suitable job or company matching your wishes, skills set, and personality.
2. Asking for help is a strength, not a weakness: as a student you had to do everything on your own, in your professional life you're part of a team.
3. Ask people for feedback after they had a few drinks; the setting is more informal and they tend to give a more honest answer.

Ingredients

- * 2 cloves of garlic
- * 1 onion
- * 1 carrot
- * 15 g flat-leaf parsley
- * 70 g quality chorizo
- * 2 chicken thighs
- * Olive oil
- * 1 tsp. sweet smoked paprika
- * 1 red pepper
- * 1 tbsp. tomato purée
- * 1 chicken stock cube
- * 300 g paella rice
- * 100 g frozen peas
- * 200 g frozen peeled cooked prawns
- * 1 lemon

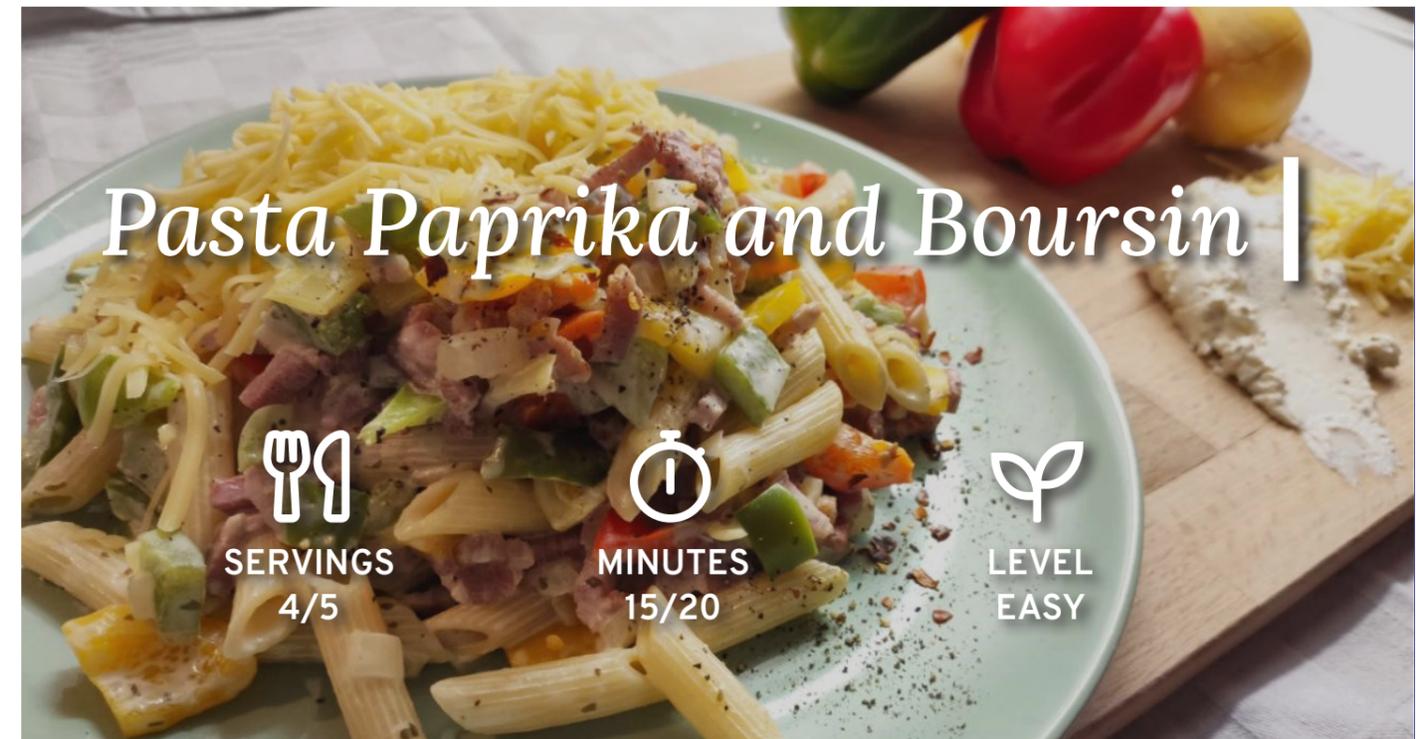
METHOD

1. Peel and finely slice the garlic. Peel and roughly chop the onion and carrot. Finely chop the parsley stalks, then roughly chop the chorizo and chicken thighs.
2. Put a lug of oil into a paella pan on a medium heat, add the garlic, onion, carrot, parsley stalks, chorizo, chicken and paprika, and fry for around 5 minutes, stirring regularly.
3. Deseed and chop the pepper, then add to the pan for a further 5 minutes.
4. Stir through the tomato purée and crumble in the stock cube, then add the rice and stir for a couple of minutes for a cohesive flavour.
5. Pour in 750ml of boiling water, add a pinch of sea salt and black pepper. Put the lid on and boil, then lower the heat for 15 minutes, stirring regularly and add water if needed.
6. Add the peas and prawns, put the lid back on, and cook for a further 5 minutes.
7. Chop the parsley leaves, scatter them over the paella, and put lemon wedges on the side.



Jordy Senden

I am a 29 years old PhD candidate at TU/e. After my Master in Mechanical Engineering, I graduated from the PDEng MSD program. Currently my research focuses on creating robust robotic systems that can deal with variations in their task and operating environment. As a freelance consultant at Senden Systems Solutions. I help companies with technical solutions to their problems. Mostly, these are companies who do not have in-house knowledge of technology, approaches or applications that are available for their problem. I help them with contacting and evaluating possible third-party companies that provide the needed services.



MY MOST VALUABLE CAREER TIPS

1. Be critical towards yourself, but not too hard. There is a fine line between knowing what you could have done better and beating yourself up about everything that went wrong. Instead of thinking "I should have done this or that", rephrase it as "next time, when I am in the same situation, I am going to try to do it differently". The path that led you to a certain point is clear in hindsight, but we tend to forget the sidetracks we had to investigate to end up on this path.
2. Determine your own worth before going to a company, especially if the company has contacted you. You have put effort in getting to where you are today, by following your education, participating in courses and maybe some extra-curricular activities. This is all worth something; you have gained knowledge and experience. If a company is not willing to acknowledge this (maybe not paying enough), do not be afraid to stick up for yourself.

Ingredients

- * 500 g penne
- * 500 g bacon (cubes)
- * 1 or 2 onions
- * 3 sweet bell peppers (red, yellow and green)
- * 2 cloves of garlic
- * 1-2 cases (150g) of herb cheese (Paturain, Boursin or Garlan)
- * 0.5 L milk
- * Pepper, Salt

- * Optional: mushrooms, grated cheese and chili flakes (if you like it spicy)

METHOD

1. Slice all the onions and peppers into blocks. Slice up the garlic.
2. Throw in the bacon blocks and bake them until they are nicely browned. I always throw the excess fat that comes from the bacon, into the water in which I boil my pasta.
3. Add the onion to the bacon and bake for a couple of minutes.
4. Add the garlic to the mixture and bake for 1 minute.
5. Add the green and yellow pepper and bake for about 2-3 minutes.
6. Add 1 case of herb cheese and mix it through.
7. Add some milk (not the entire 0.5L) to create some body to your sauce.
8. Add the red pepper and let everything simmer for a bit.
9. Add more milk to get a more viscous sauce. The viscosity of your sauce should be adapted to the pasta you are using.

LINKEDIN

As a student, having a LinkedIn account can help you in two ways. Firstly by presenting yourself to others (people you might want to connect with, recruiters of potential employers). And secondly it can help you orientate yourself on the job market by looking for people, jobs, companies, alumni and groups.

PRESENT YOURSELF

Take into account the following 7 tips:

- Have a picture in which you look friendly and professional (head shot, smile, look into the lens of the camera).
- Come up with a catchy professional headline that is not too general and vague but includes key words through which you can be found in search results.
- Adapt the URL of your public profile and get rid of the silly combo of random letters and numbers.
- Include a summary that highlights who you are, what you are good at and what you want.
- Include your educational background, work experience and extracurricular activities.
- Add skills you are good at that are relevant for the jobs you want to apply for.
- Ask for recommendations!

ORIENTATE YOURSELF

To achieve a better understanding of your future career possibilities, you can use LinkedIn to orientate yourself on the job market. The following steps help you in finding useful information that will enhance making the next career step.

- Go to the alumni feature and see where former TU/e students with your educational background (or another background) ended up. See what companies they work for, in what kind of jobs and where.
- Search for companies you might like and start following them. Not only will you come across interesting information on their page, you will also get automatic updates on career possibilities within these companies once you follow them.
- Become a member of groups about topics that you are interested in. This way you stay informed about the field / topic you are passionate about and can even meet similar minded Yoda's in these fields.
- Look for people you would like to connect with and don't approach them directly but see if you have people in common that can help you get introduced.

MORE INFO?

During the interactive workshop *SFC57 LinkedIn* we explain a lot of LinkedIn features in more detail and we support you to pimp your professional profile on the spot.

YOUR ONLINE PRESENCE

SFC57 LINKEDIN

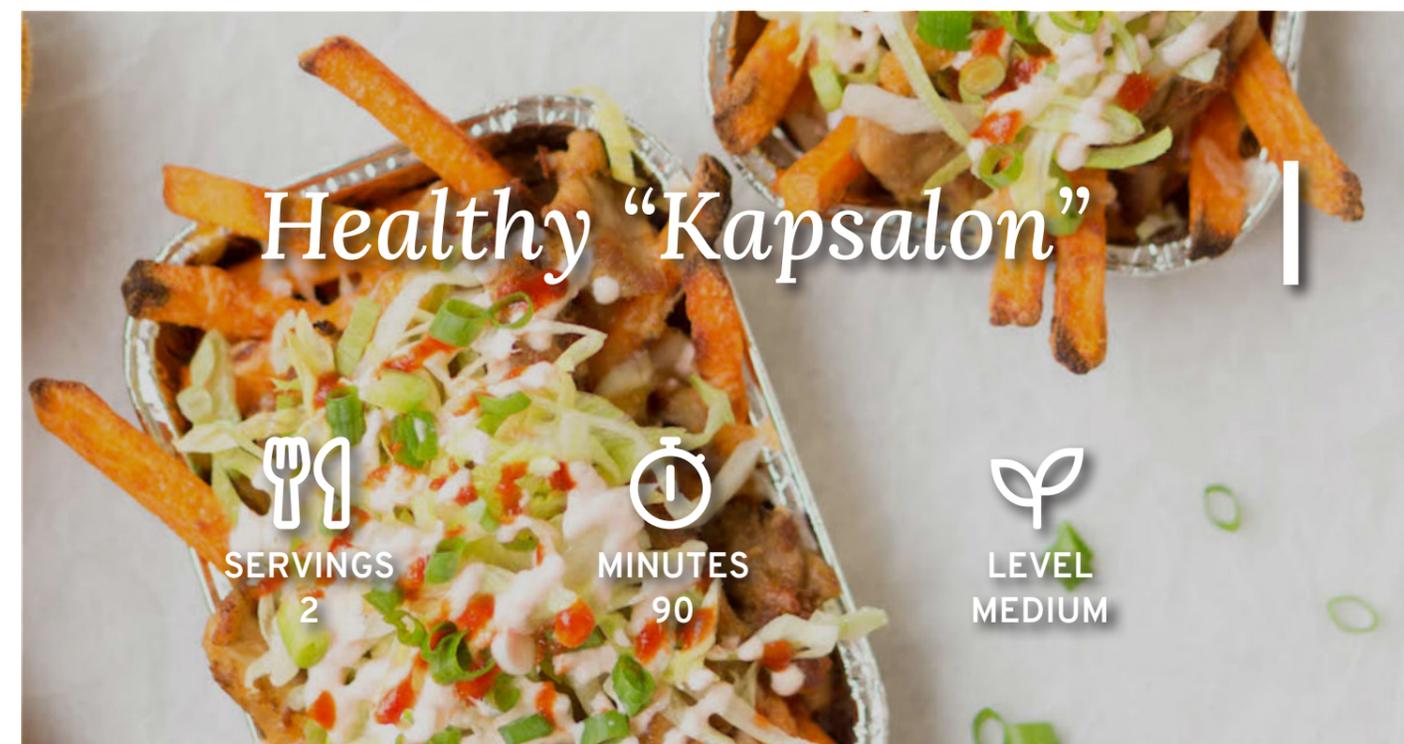
The logo for TU/e, consisting of the letters 'TU/e' in a bold, blue, sans-serif font, enclosed within a white rectangular box.The logo for Career Academy, with the words 'CAREER' and 'ACADEMY' stacked vertically in a bold, white, sans-serif font, set against a dark blue rectangular background.



Paul Verschoor

Hi, I'm Paul Verschoor, a 53 years old Dutchie living in Delfgauw. I am working as a Sr. Corporate Recruiter at TNO.

I'm absolutely fascinated by the work we do here. After my vocational-technical studies in Electronics, I went on to complete a bachelor's in Electrical Engineering and combined it with Commercial Economics. I am not only fascinated by the subject matter; my background also allows me to assess which talents we need.



MY MOST VALUABLE CAREER TIPS

1. Read the requirements and responsibilities of the vacancy and 'answer' the first three in synonyms in your cover letter. Get a yes in the head of the recruiter.
2. Make sure recruiters can find the most important info in the right sections of your CV and feel free to keep it conventional if you are not applying for a creative job
3. Prepare for an interview on competencies. Use 'the Hand'. You go from thumb to little finger and ask yourself: what am I good at? Which direction do I want to take? What things do I dislike? Where do my loyalties lie? What makes me vulnerable? And then you grab the whole hand: what's my role in a team? Very easy, because you always have your hand with you!

Ingredients

- * ½ kg of boiling potatoes
- * 2 tbsp. (olive) oil
- * 150 g chicken breast fillet
- * 1¼ garlic clove
- * 1 tsp. Al-Andalus herbs
- * ½ tbsp. mayonnaise
- * ½ tsp. sambal oelek
- * 85 g Greek yogurt (0% fat)
- * 50 g young matured 20+ cheese
- * 100 g candy vegetable tomato mix
- * ¼ cucumber
- * 40 g lamb's lettuce

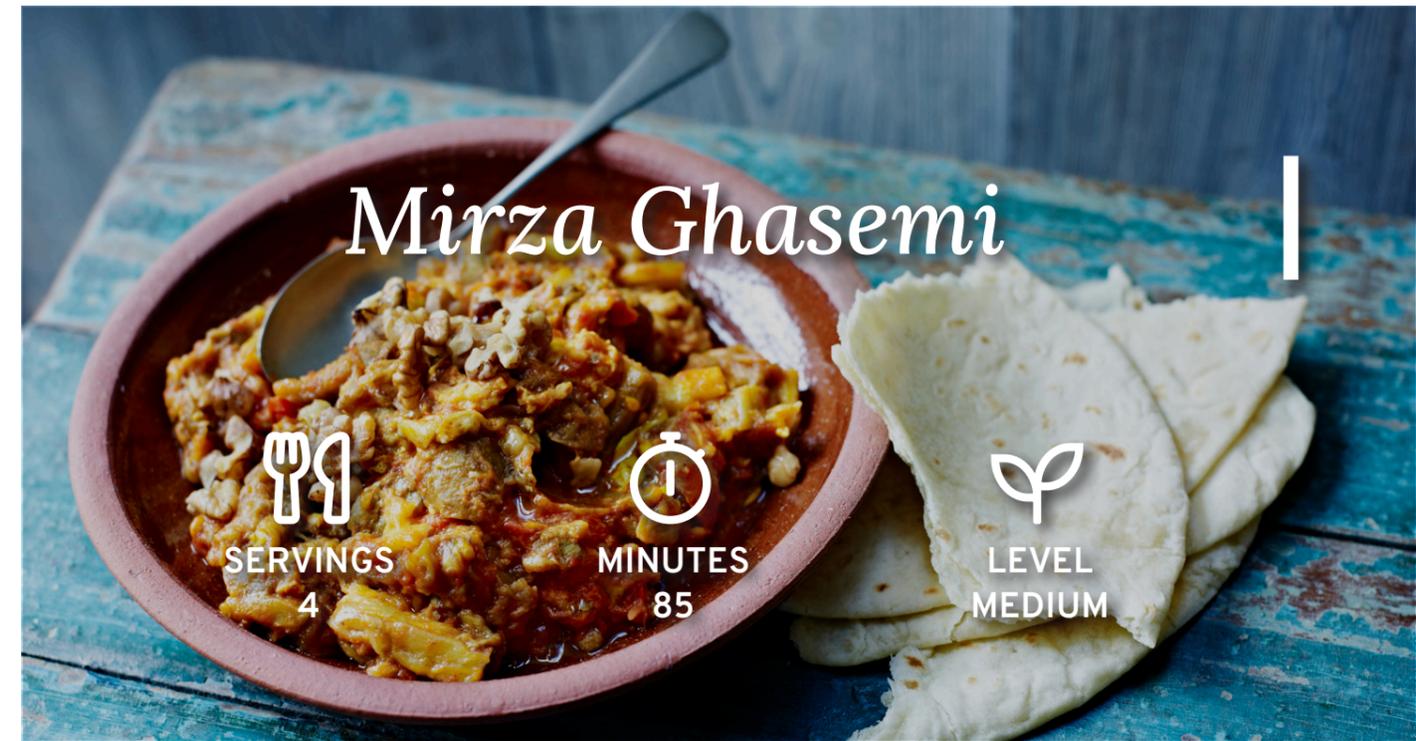
METHOD

1. Preheat the oven to 200°C.
2. Cut the unpeeled potatoes into chips. Spread over a baking tray lined with baking paper, scoop in half the olive oil, and season with salt. Roast in the the oven for 40 minutes.
3. Cut the chicken into strips. Finely chop 4/5 of the garlic and mix with the Al-Andalus, the rest of the oil, pepper, and salt through the chicken strips. Leave to marinate for 10 min.
4. Finely chop the rest of the garlic and mix in the yogurt with the mayonnaise and sambal. Season with salt and pepper. Heat a frying pan and fry the chicken for 10 minutes, medium heat. Grate the cheese. Spoon the fries into the baking dishes and divide the chicken strips over them. Sprinkle with the cheese put in the oven for 10 min.
5. Cut the tomatoes in half. Halve the cucumber lengthwise. Remove the seeds and cut into slices. Take the dishes out and divide the lettuce, tomatoes and cucumber. Sprinkle the garlic sauce and sambal.



Sareh Heydari

Hi, My name is Sareh Heydari. I am from Iran and I am about to become 30! I have been living in Eindhoven for the past two years while I was doing a PDEng program in Mechatronic Systems Design. I have just graduated and still feel the glow. My industrial PDEng project was done for a company called AFPT, and I designed an end effector for an additive manufacturing machine. At the moment, my main tasks are applying for jobs and cooking since I am a foodie. I would like to share my love for Iranian Cuisine with you and I hope you enjoy it!



MY MOST VALUABLE CAREER TIPS

1. Check out the LinkedIn page of the companies that you are interested in and see which contacts you have in common. Reach out to these common people to get to know the company better.
2. Think of the moments of surprise during your previous projects or group work. Write down these moments, which are the times you realized you have performed a task well, and see which skill it is related to.
3. Be open-minded in collecting network contacts. Valuable network contacts could also be people you might not immediately think of, such as: relatives, neighbours, former friends or colleagues, teachers, fellow students, mentors, lecturers, contacts from sport, hobbies, volunteer work, work relations like suppliers, advisors, coaches.

Ingredients

- * 3 large eggplants
- * Vegetable or olive oil, for frying
- * 1 bulb garlic, cloves peeled and thinly sliced or grated
- * 1 tsp. turmeric
- * ½ tsp. black pepper
- * 3 large ripe tomatoes, quartered
- * 2 tbsp. tomato purée
- * 1½ tsp. crushed sea salt
- * 2 large free-range eggs, beaten

METHOD

1. Preheat the oven to 220°C. Place the eggplants in a roasting tin and roast them whole in the oven for 40-45 minutes. Once the eggplants are cooked, peel them and mash them well.
2. Put oil in a large frying pan over medium heat and slowly cook the garlic slices for a few minutes. Add the tomatoes to the pan and cook for about 10-15 minutes. Add the mashed eggplants, together with salt, pepper and turmeric, and tomato puree. Cook the mixture over medium-high heat for a further 6-8 minutes, stirring occasionally.
3. Make lots of little holes in the mixture and pour the beaten eggs straight into the pan, but do not stir in the egg. You want to ensure the eggs are cooking and solidifying before you incorporate them, they take about 5 minutes to become opaque. Once cooked, give the mixture one final stir and remove the pan from the heat.
4. You can serve it with bread or rice.



Sebastiaan Nijland

My name is Sebastiaan Nijland and I am working as a manager in the IT Assurance and Advisory department at KPMG the Netherlands. I am 29 years old and currently living in Nuenen, close to Eindhoven. My academic journey started in Eindhoven at the TU/e, with a BSc in Innovation Science and an MSc in Industrial Engineering. During the first 3 years of my KPMG career, I did a second MSc in IT Auditing at TIAS Business School (Tilburg University). In my current function, I am responsible for managing IT audit projects with a focus on corporate clients and the High Tech sector.

MY MOST VALUABLE CAREER TIPS

1. Be yourself! In your professional career, stay close to who you are as a person. From my experience, authenticity is valued. Never be afraid to show who you are, what you are passionate about, and where your boundaries lie. Colleagues and clients will appreciate that what they see is what they get.
2. Be in charge! Take control of your job orientation process and think it through. With a pro-active attitude, you are more likely to get a clear picture of what you want (and don't want). This helps you to pick your battles and make a strong impression in the interactions with recruiters and companies that are meaningful to you.



Ingredients

- * 250 g masa harina
- * 300 ml lukewarm water
- * Salt
- * 500 g of codfish
- * Paprika powder, cumin, chilli powder, lemon zest, olive oil
- * Avocado
- * Pinch of lime juice
- * Coriander (or not!),
- * Pepper, salt
- * Sour cream
- * Cherry tomatoes
- * Lettuce
- * Sriracha sauce

METHOD

1. Mix the masa harina, water and salt to a solid dough. Divide into 15 equal balls and flatten them with a tortilla press or rolling pin (use plastic foil). Bake in a pan, without oil, for 30 seconds per side. Or just buy tortilla's!
2. Mix avocado, lime juice and coriander and mash with a fork. Season to taste with pepper, salt (optional: chipotle powder).
3. Season the fish with the paprika powder, cumin, chili powder and lemon zest. Cook the fish to perfection in a frying pan (or even better: on the barbecue). Roast the cherry tomatoes.
4. Turn on your favorite Mexican playlist, drink a shot of tequila (or two) and set your table with all goodies. Put some sour cream on the tortilla. Add the fish, tomato, guacamole and finish with some lettuce and sriracha sauce. Buen provecho!



Simon Riezebos

My name is Simon Riezebos, I'm 30 years old and I studied Mechanical Engineering at TU/e (BSc+MSc). I grew up in Limburg and I left my accent there when I moved to Eindhoven, where I'm still living now.

After my studies, I transitioned into Data Science, because I'm excited about all the possibilities that this technology opens up. After 3 years at the fast-growing software company Celonis, I became a freelancer at the start of 2020. Now I have a lot of freedom, and I'm supporting companies in need of data skills.

MY MOST VALUABLE CAREER TIPS

1. A lot can change in a few years, it helps to learn skills that are valuable in diverse scenarios (e.g. complex problem solving, meta-learning, communication, programming).
2. I wasn't sure in which direction to start my career, it helped me a lot to take some time off and reflect on my skills and interests in a broader way (reading material from 80,000 Hours was helpful for me during this time).
3. Research shows that the best way to predict whether you'll be happy in a situation, is to ask someone in that situation. This helped me decide which job/employer to go for by talking to people about their jobs/employer.



Ingredients

- * 400 g farfalle pasta
- * 300 g vegetarian minced meat
- * 1-2 onions
- * 3 bell peppers
- * 250 g mushrooms
- * 1 jar of Grand'Italia 4 Formaggi sauce
- * 125 g gorgonzola
- * 125 g grated cheese

METHOD

1. Boil pasta according to package instructions.
2. Cut the onion and the bell pepper into small pieces.
3. Fry the onions, add the minced meat and bell pepper or about 1-2 minutes. Optionally add herbs and spices like salt and pepper.
4. Stir regularly for a few minutes until done, then add the 4 Formaggi sauce.
5. Add the pasta and the sauce to the same pan on very low heat. Add ALL THE CHEESE, stir vigorously until the cheese has melted.

JOB INTERVIEW

When invited for a job interview, it is very important to be prepared. Think of how you can make a good first impression and anticipate (difficult) questions.

FIRST IMPRESSION

A good first impression counts, particularly the one you make as a candidate at a job interview. First impressions are made within 90 seconds and are based on:

- What you look like (properly dressed, appearance, hygiene)
- How you move (confidently, hesitantly, enthusiastically)
- How you sound (clear, confident, cheerful)
- Your body language (firm handshake, eye contact, sitting upright and active, smiling)

Make sure to prepare yourself in terms of content as well. The following will help you do this:

- Look at the website/LinkedIn profile of the organization you apply for. Never hurts to show the organization that you already have some knowledge about them.
- Know your main strengths and possible pitfalls and have examples ready to explain them. To highlight your strengths, think of your success stories which will show the interviewer what you are good at.
- Be polite during the interview, listen well to the questions you are being asked and try to answer them in a clear yet energized and confident manner. It sure is okay if you don't know the answer to every question: ask for clarification from the interviewer if you doubt what they are asking you.

FREQUENT QUESTIONS

Several questions are being asked during job interviews and practicing your answer to them can definitely help you to be prepared optimally! Some examples are:

- What kind of person are you? This questions seeks for an explanation on your working style, your preferences and your interpersonal skills. You can also share a bit on your personal interests as well. Best is to seek clarification from the interviewer: ask what aspect he/she would like you to focus on here.
- What is your overall impression of our organization? Be prepared for this question, here you can show what you already know of them and how you see yourself fit to that.
- Why should we hire you? Think of relevant skills for the job that you have, what you bring to the table.
- What did you (dis)like about your last job/studies? When answering questions about what you dislike, make sure not to badmouthing and coming across as a 'negative Nancy'.

MORE INFO?

During the workshop **SFC59 Job Interview**, you learn more about the behavioral interviewing STAR technique that is commonly used by recruiters. Through theory and exercises, you will be better prepared to leave a good impression before, during and after your job interview!

MEETING THE RECRUITER

SFC59 JOB INTERVIEW

TU/e

CAREER
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Tjalling Kraak

Hi, my name is Tjalling Kraak, Dutch by birth and a proud resident of Lighttown Eindhoven. I have been working in recruitment practically since finishing my BSc in Corporate Communications. The first years I spent as an agency Recruiter. I have always had a strong interest in people, their drives, their motivation, and professional development and this all comes together in recruiting. I wanted to be part of an international organization, in 2016 I took the step to corporate recruitment at Vanderlande and never once regretted that. I get a broad view of our business and get to meet all sorts of people on a daily basis, and have the opportunity to build along with the company growth.

MY MOST VALUABLE CAREER TIPS

1. One size does NOT fit all. Don't use the same CV over and over. Create a new document that highlights the match between your experience and the job. Put yourself in the position of the reader: what would YOU want to see?
2. Leave nothing to chance. Don't think you will 'wing it' in an interview. Prepare: study the company website, use your network for information, make sure you have relevant examples from your experience ready. Dress the part. Be on time.
3. Stay critical: when you are in an application process, it may become about winning the job. Make sure that the job is actually what you are looking for. Dare to say NO if it turns out that is not what you want.



Ingredients

- * 300 g of chicken breast
- * 500 g farfalle pasta
- * 1 jar of pesto rosso
- * 1/3 jar of sundried tomatoes
- * 1 tbsp. of Italian herbs
- * 1/2 jar of sliced green olives
- * 250 ml of cream 'kookroom'
- * 250 g of cherry tomatoes
- * A small bag of arugula
- * 3 tbsp. olive oil

METHOD

1. Cook the pasta appr. 10 mins (according to your preference al dente / soft) Take a wok (or a large frying pan) and heat the olive oil
2. Cut the chicken breast into slices (1 cm) and fry for 5 minutes to a golden brown color
3. Add the Italian herbs
4. Slice the sundried tomatoes into small bits and add to the chicken
5. Add the jar of pesto and leave on for 2 minutes
6. Add the olive slices and leave on for 3 minutes
7. Add the cream and let it heat up
8. Slice the cherry tomatoes in halves and add, let it warm up - don't cook them or they will fall apart
9. Put the pasta on a plate and put the sauce on top. Finish with the arugula.



Aakash Amul

My name is Aakash V.H. Amul, born in the Southern Indian city of Chennai (Madras). I am currently living in Bavaria Germany, where I work as a Functional and Embedded S.W. Developer for chassis systems at Schaeffler Technologies (Herzogenaurach). My responsibility is to develop dynamic functions for vehicle handling. After completing my MSc in Automotive Technology with control systems specialization, I went for an international internship at the University of California, Davis. My favorite hobbies are driving, cooking and nature photography.



MY MOST VALUABLE CAREER TIPS

1. Make a good impression and don't come off as desperate. Most recruiters are not like engineers, they are not aware of technical details, so ask recruiters about vacancies and positions only.
2. Do not always rely on the opinions of peers or family members. Your research on situations, vacancies and contacts are important. Your friends are not always the right advisors when it comes to professional careers.
3. Personal contact makes a big difference. Get a business card or LinkedIn ID and get connected to people. Also introduce yourself again at the social media platform so there is a good connection.

Ingredients

- * 300 g no shell shrimps
- * 250 g baby mushrooms
- * 2-3 tomatoes (or 200-250 ml tomato puree)
- * 1 red chilli pepper
- * 1 large red onion
- * 3 cloves of fresh garlic
- * 1 can coconut milk
- * 2 tsp. of finely chopped fresh ginger, no skin
- * 1 tsp. of turmeric, curry powder and garam masala
- * 1.5 tbsp. dry coriander
- * Butter to fry
- * Salt and black pepper
- * Fresh mint
- * Basmati rice

METHOD

1. Add finely chopped onions and garlic to a pan and fry them gently for about 4-5 minutes until soft (mild golden brown). Then add ginger with constant stirring.
2. Now add chopped tomatoes or puree, then add 1 cup of water to it and stir until it boils and the raw tomato taste fades away.
3. Add all the spices and salt (according to your taste) and stir well for 5 min.
4. Add chopped chilli, mushrooms and coconut milk while stirring constantly for 10 min.
5. When the mixture starts boiling, add some warm water to avoid drying up.
6. Now add the shrimps and cook for 5 minutes until the shrimps are soft and not overcooked. Then garnish with mint and coriander.
7. Serve hot with basmati rice.



Fatemeh Shafiee

Hello! My name is Fatemeh Shafiee and I am from Iran. I moved to the Netherlands in September 2018 to do the last year of my master in BDMA at TU/e. BDMA is an Erasmus Mundus joint master's degree at multiple universities. I graduated in August 2018 and decided to stay at TU/e to pursue my PhD at the Process Analytics group in the department of Mathematics and Computer Science. My PhD is about analysis of medical textual data to detect process information. To do so, I am working on a method based on artificial intelligence algorithms to automatically detect the required information. I have meetings almost every day with my supervisor. Moreover, I write a lot and read many papers!



MY MOST VALUABLE CAREER TIPS

1. Be proud of your achievements! For further development set SMART goals that are: Specific, Measurable, Attainable, Relevant, and Time bound.
2. Check job vacancies to get an idea of what skills are highly required in the market. Highlight the skills that are required to advance in your future career and learn them!

Ingredients

- * 500 g lamb
- * 3 cloves of garlic
- * 1 large onion
- * 2 tomatoes
- * 2 large peeled potatoes
- * 1 cup of chickpeas
- * 1 cup of (red) beans
- * 1 tsp. of tomato paste
- * Some spices: salt, black pepper, ¼ tsp. of turmeric
- * 1 (dried) lemon
- * 2 spoons of olive oil
- * Dunk bread

METHOD

1. Soak the beans and chickpeas overnight.
2. Put the meat, onion, garlic, potatoes, tomatoes, tomato paste, dried lemon, and the spices in a pot. (You can also squeeze a lemon if you do not have a dried one)
3. Drain the beans and chickpeas. Place them in the pot, as well. Add the olive oil.
4. Add 4 glasses of water (Or until all ingredients are covered by water)
5. Place the pot on the stove and wait till the water boils.
6. Place the lid on the pot and leave it on low heat for 4 to 5 hours.
7. After 4 to 5 hours, remove all the ingredients from the pot and place them in a bowl. Remove the garlic and the bones if there are any!
8. Mash the ingredients. Use a blender if you have one. Then serve it in a plate.
9. Serve the water in a bowl with dunk bread in it.

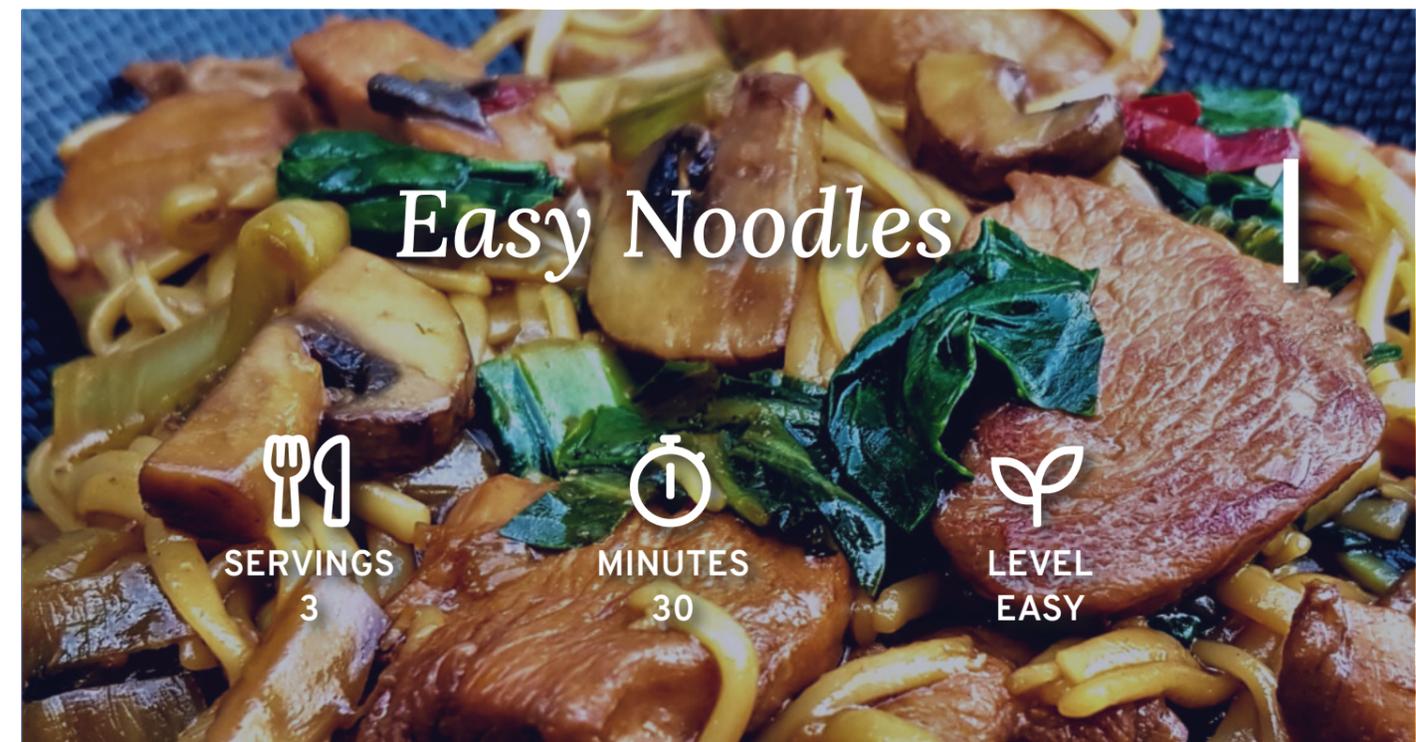


Pepijn Rinzema

Hi, I'm Pepijn Rinzema, 28 years and counting and born and raised in Den Bosch. I've completed a BSc in History at the Utrecht University with an additional Educational Degree. I'm currently working at TMC Manufacturing Support as a Business Manager. I'm working closely with technical management & talent to create added value in careers and businesses. At TMC we do this through Employeneurship: the safety and stability of a fixed contract, and the freedom and responsibility of an entrepreneur. I believe in facilitating growth by offering challenges, and the tools to overcome them.

MY MOST VALUABLE CAREER TIPS

1. Be fair - at the very least to yourself about your strengths and weaknesses. Push yourself on your strengths; develop what's already there and deal with your weaknesses in a way that prevents them from blocking you to achieve your goals.
2. Make mistakes. Embrace them, reflect on them and carry them along. The little ones will show you what you can improve upon, the big ones will show you what you (should) care about. There is a fundamental personality trait you have that is the reason for many of those mistakes. Recognize it and be aware. It will help you prevent making mistakes as you go along.
3. Own your successes. Don't be afraid to tell people you were responsible for a win but stay humble. Take your senior colleagues and managers along in the processes you're working on, so they can see the effort, and guide where needed. Go for over-performance.



Ingredients

- * 4 tbsp. soy sauce (salty)
- * 8 tbsp. Hoi Sin sauce
- * 200 ml water
- * Wok oil
- * 300 g chopped chicken
- * 1,5 cm ginger
- * 1 bok choy
- * 2 sweet peppers
- * Mushroom mix
- * 1 red onion
- * 2 cloves of garlic
- * Handful of bean sprouts
- * (Wok) noodles
- * Optional: cabbage, carrot

METHOD

1. Set a pot of boiling water.
2. Pre-heat a (wok) pan with 2/3 tablespoons of wok oil.
3. Mix the Hoi Sin, the soy sauce and water.
4. Peel and cut the ginger, onion and garlic into small pieces and fry them in the pre-heated pan.
5. Add the chicken, keep the stove hot!
6. Cut the mushrooms, bok choy and sweet peppers and add them for 3 minutes, stir the pan often.
7. Turn the stove to low/medium heat.
8. Now add the mixture of Hoi Sin, soy sauce and water.
9. Boil the noodles according to the instructions on the pack minus 1 minute, then drain the noodles and add them to the (wok) pan.
10. Add the bean sprouts and stir. Let it settle for 5 min. with the stove off. Done!

WHAT ARE ASSESSMENT CENTERS?

Companies might make use of an assessment center as part of their recruitment procedure. An assessment center is an event during which you go through tests, exercises and simulations as a candidate. What they are looking for during these activities, depends on the job you are applying for. As a sales person, you might be asked to sell them something. As a manager, you might have to carry out a difficult conversation with an actor. The good news is, you can prepare for assessment centers to a large extent.

IQ TEST

Candidates are often required to carry out an IQ test and / or personality test. An IQ test might contain exercises like logical reasoning, verbal knowledge, numerical knowledge, or technical knowledge. Online you can find several websites that help you prepare for these tests. It is normal for an IQ test to increase the difficulty of exercises the more you progress in the test and to have a time limit that might make the test a bit nerve wrecking. Practice will help you recognize patterns, understand IQ tests better and thus practice can help you feel more relaxed and most likely achieve better.

PERSONALITY TEST

A personality test will give you a score on the personality traits that are actually part of the test and for employers the most important scores are on the traits that are also required for the job. So how stress resistant are you as an air traffic controller? Or how patient are you as a teacher?

Always keep in mind the job you are applying for when making a personality test, but don't over-analyze it, keep the pace up whilst going through the test and be honest. You want to avoid ending up in a job that is going to make you miserable, simply because you wanted to please the employer. Always stay true to yourself.

SIMULATIONS

To actually call recruiting activities an assessment center, it needs to contain at least one simulation. This can be an exercise you carry out individually or in a group. Known simulations are the in tray exercise, where you are being asked to go through loads of emails and they check how you prioritize, delegate and distinguish emails based on importance and urgency. Another simulation might be to have a conversation with an actor. In a group simulation, it is important to make yourself heard and seen, and to prioritize a possible team goal that needs to be achieved over individual goals.

PREPARE YOURSELF

Know the job you are applying for and check what kind of exercises you might get. Make sure you are rested and had a good night sleep the day before. Want to know more about assessment centers and/or would you like some material to practice? Sign up for the workshops *SFC60 Assessment Centers in a nutshell* or send your request for useful links and practice material to careeracademy@tue.nl.

TESTS AND SIMULATIONS

SFC60 Assessment Centers in a nutshell

TU/e

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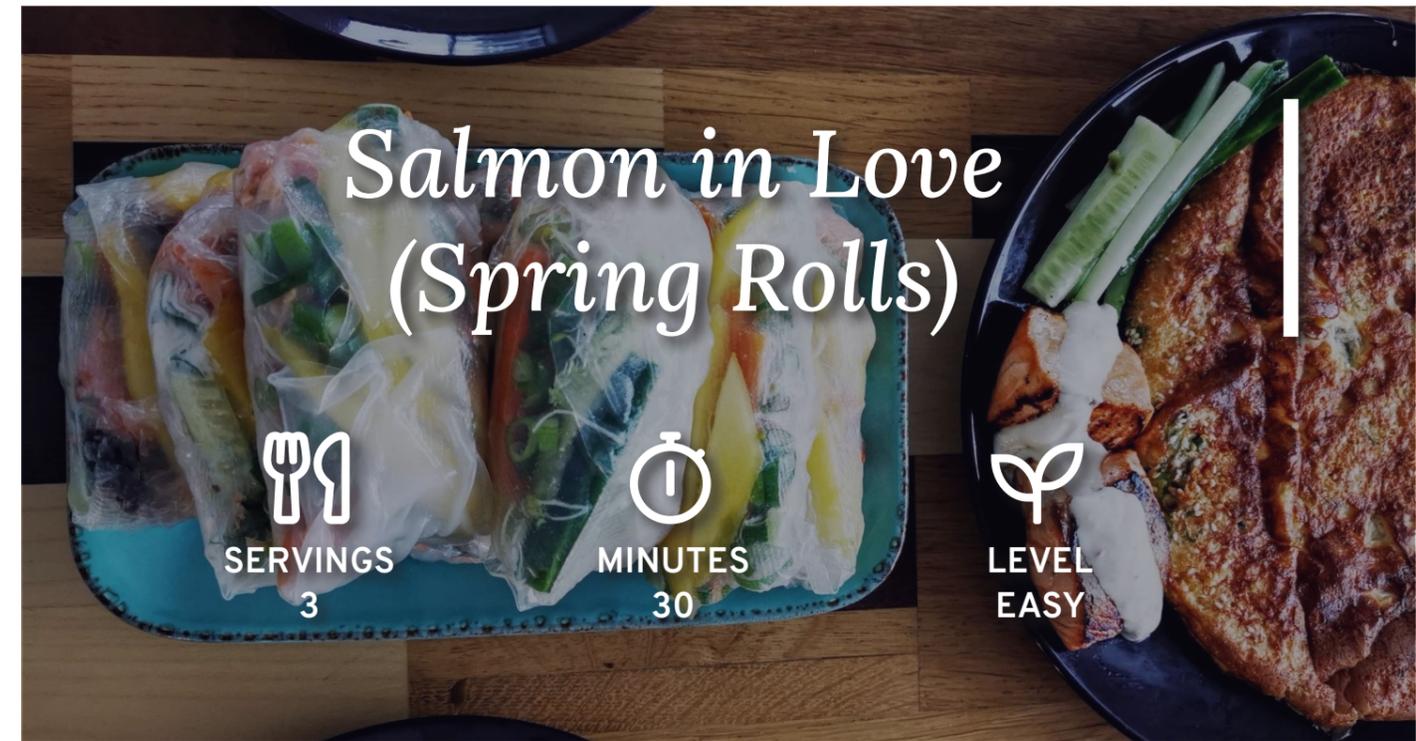


Indre Kalinauskaite

I am Indre Kalinauskaite, Lithuanian living in the Netherlands over 11 years. I have MSc, PDEng and Phd degrees, all of which I obtained at TU/e. My background is broad, but centered around understanding human-environment interaction – environmental psychology and experience design. Currently I work as a researcher at Industrial Design at TU/e. Here I bridge different parties to work together in tackling complex societal challenges. If we want to change the world for the better, we will have to learn to work together. I also have own my own one-woman's -consultancy, where I do all kinds of projects in the context of inclusive & participatory design in urban and architectural design.

MY MOST VALUABLE CAREER TIPS

1. I am a self-confident person, nevertheless, I feel it is really healthy to ask other people about how they perceive you. In the context of career development, I really advise you to talk to your teachers, coaches, promoters and ask them to list your best qualities, as well as to discuss your improvement points.
2. Although I personally am not a fan of psychological tests, throughout my career I saw many of my colleagues and friends benefiting from personality tests, which helped them to understand better who they are, how they act in work situations and literally put into words their skills, qualities and profile.
3. Network, network, network. Make sure you know a lot of people from different industries, sectors, institutions, companies. Not only that you know them, but they know you. Share your work, show your progress, engage in discussions and debates, be active on social media, such as LinkedIn.



Ingredients

- * Rice paper (8-10 sheets)
- * 8 heaping tsp. Greek yogurt mixed with (homemade) sambal and lemon-pepper powder
- * 2 Pieces smoked salmon, chopped
- * 2/3 of mango, sliced
- * Cucumber cut in thin straws soaked in soya sauce and sesame oil, sprinkled with lemon-pepper
- * 1/2 Finely sliced carrot
- * One box of veggie sprouts 'kiem groenten'

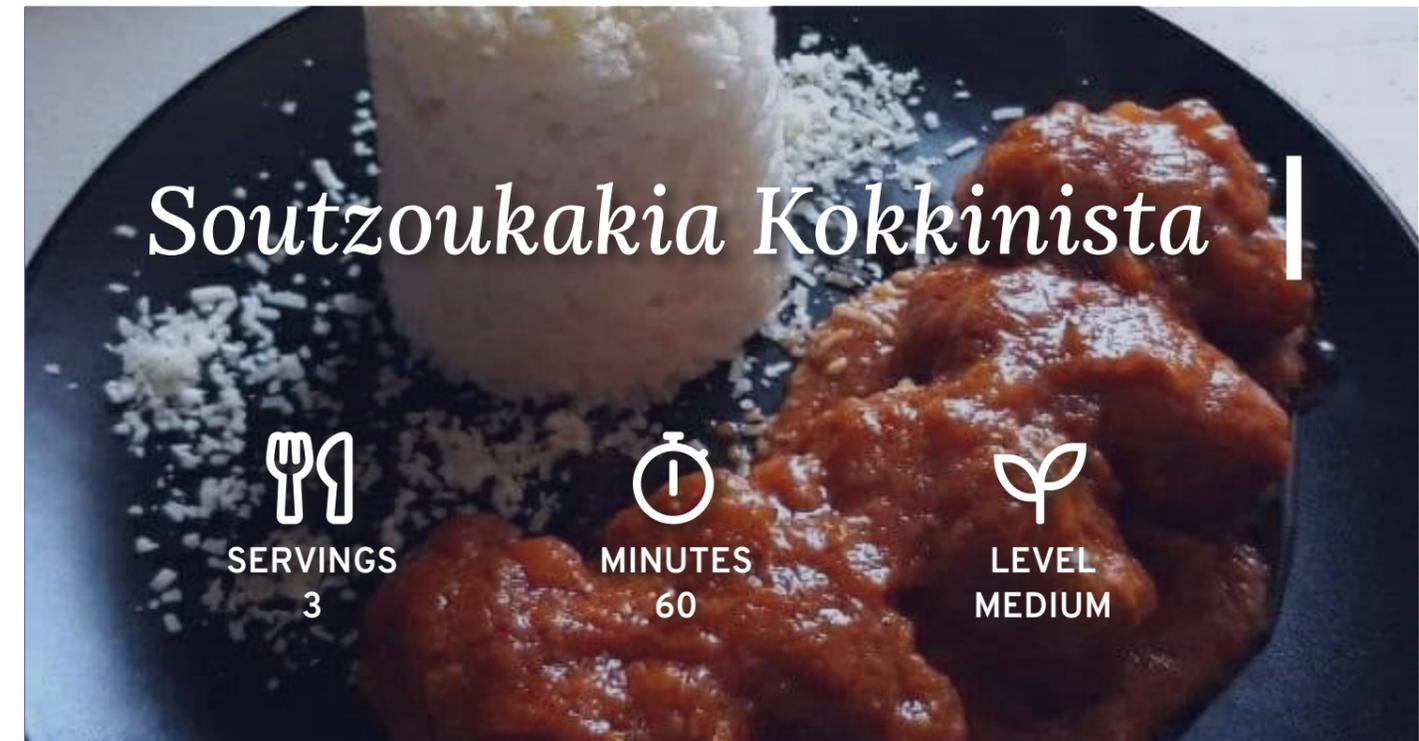
METHOD

1. Soak a rice paper sheet in the warm water until it's soft and ready to use, transport onto a (bamboo) cutting board.
2. One by one add the ingredients in the center of the sheet. Start with cucumbers, carrots, mango, then salmon, then yogurt (approx. 1 tsp. per wrap) and the sprouts.
3. Then you wrap your spring roll like a burrito and place it on a serving dish. Repeat as long as you have ingredients.



Konstantinos Fragkakis

This is Konstantinos Fragkakis – 29 year old, Auto-enthusiast guy coming from Greece! For my BSc and MEng (2009-2016) I studied at the University of Patras (Greece), with a specialization on Power Electronics and Electric Machines. Between 2016-2018, I was a PDEng Trainee by the Automotive System Design (ASD) program in Eindhoven. Upon my graduation, I moved to Vienna, where for the last two years I worked as a System Architect on Electrified Powertrains for Magna Powertrain. In my current role, I am mainly responsible for leading the technical development of the electrified powertrain, while being the main contact person on technical details for the customers.



MY MOST VALUABLE CAREER TIPS

1. Evaluate yourself regularly – Do not wait for others' feedback. Be honest with yourself and admit your weaknesses – Ask for support and work towards improving them. Do what is right and not what is easy.
2. Follow your dream – Dare to apply for the positions that you would love to go for. Build a strong LinkedIn profile – Use it as a way to approach recruiters that hire on the domain that your are targeting.
3. Study the profile of the company and the position that you are applying for – Build a tailor-made motivation letter based on the specific requirements – validate how you fulfil them and which are the learning opportunities for you.

Ingredients

- * 50 ml olive oil
- * 2 clove(s) of garlic
- * 500 g ground beef
- * 200 g sandwich bread
- * 50 ml milk, 3,5%
- * 1 egg
- * 1 pinch chili flakes, 1,5 tsp. cumin, 1 pinch pepper
- * 100 g all-purpose flour
- * 50 ml seed oil, for frying
- * 1 onion, chopped
- * 1 tbsp. tomato paste
- * 2 bay leaves
- * 250 ml water
- * 400 g canned tomatoes
- * 1 stick(s) cinnamon
- * Basmati rice
- * Mint, fresh

METHOD

1. Beat the pieces of bread in a food processor. Transfer to a bowl.
2. In the food processor beat olive oil, garlic, cumin, chili flakes and finely chopped mint. Add to the bowl and add milk, egg and ground beef. Mash the mixture together with your hands, until the bread breaks up completely. Add salt and pepper generously.
3. Shape into ovals of about 30-50g. In a container, dredge the meatballs in the flour. Heat vegetable oil in non-stick pan over medium to high heat for 1 min. Shake off excess flour and bake both sides for 2 min. Set meatballs aside on paper towels to drain.
4. Caramelize onion over medium heat. Add tomato paste and sauté for 1-2 min. Add the cinnamon, bay leaves, tomato and water.
5. Stir and add the meatballs. Lower heat, cover pot and simmer for 10 min.
6. Serve with basmati rice and finely chopped fresh mint.
7. Add grained cheese on top (parmesan)



Joris Vleeshouwers

My name is Joris Vleeshouwers and I am 27 years old. I was born in a small village called Sint Odilienberg, in the Dutch province Limburg. I enrolled in the bachelor studies of the faculty Built Environment. I am currently busy with my graduation project to finish my Master Track Structural Design, which is part of the Architecture, Building and Planning master. In the meantime, I work as a modelling engineer at Van Rossum Raadgevende Ingenieurs in Amsterdam. There, I am responsible for making the technical drawings.

MY MOST VALUABLE CAREER TIPS

1. In the beginning, I was mainly focused on passing courses and projects with good grades. After working for TU/e SkillsLab during my studies, I discovered the importance of professional skills and setting up a network for your future career. Therefore, start making connections immediately! Ask fellow (graduated) students about their work experience and don't be shy to tell people about your projects and qualities. Take initiative and make sure people notice what you have to offer.
2. Don't be afraid to make mistakes and ask for help. Your colleagues are often very willing to help you out and respect it if you tell them you don't know something. Remember that everybody had to learn at the beginning of their career.



Ingredients

- * 1250 g potatoes for mashing.
- * 1 kg hutspot vegetables (onions and carrots).
- * 250 g bacon slices
- * 100 ml milk
- * 50 g butter
- * Some oil/butter for baking meat
- * 500 g ham (can be less or more)
- * Salt and pepper

METHOD

1. Pre-heat the oven at 170-180°C.
2. Fry the ham on the outside and add some pepper and salt. Put the ham, together with the melted butter in an oven bowl. Fry the ham in the oven 10 minutes per 100 gram of its weight.
3. Peel the potatoes and cut them in pieces of the same size. Cook them together with the unions/carrot mix for about 20 min.
4. Heat the milk for a few minutes.
5. Drain off the water from the potatoes, union, carrot mix.
6. Mash the mixture and gradually add the butter and the milk.
7. Bake the bacon slices and add them to the hutspot.
8. Serve the hutspot with slices ham and some extra juice from the meat.



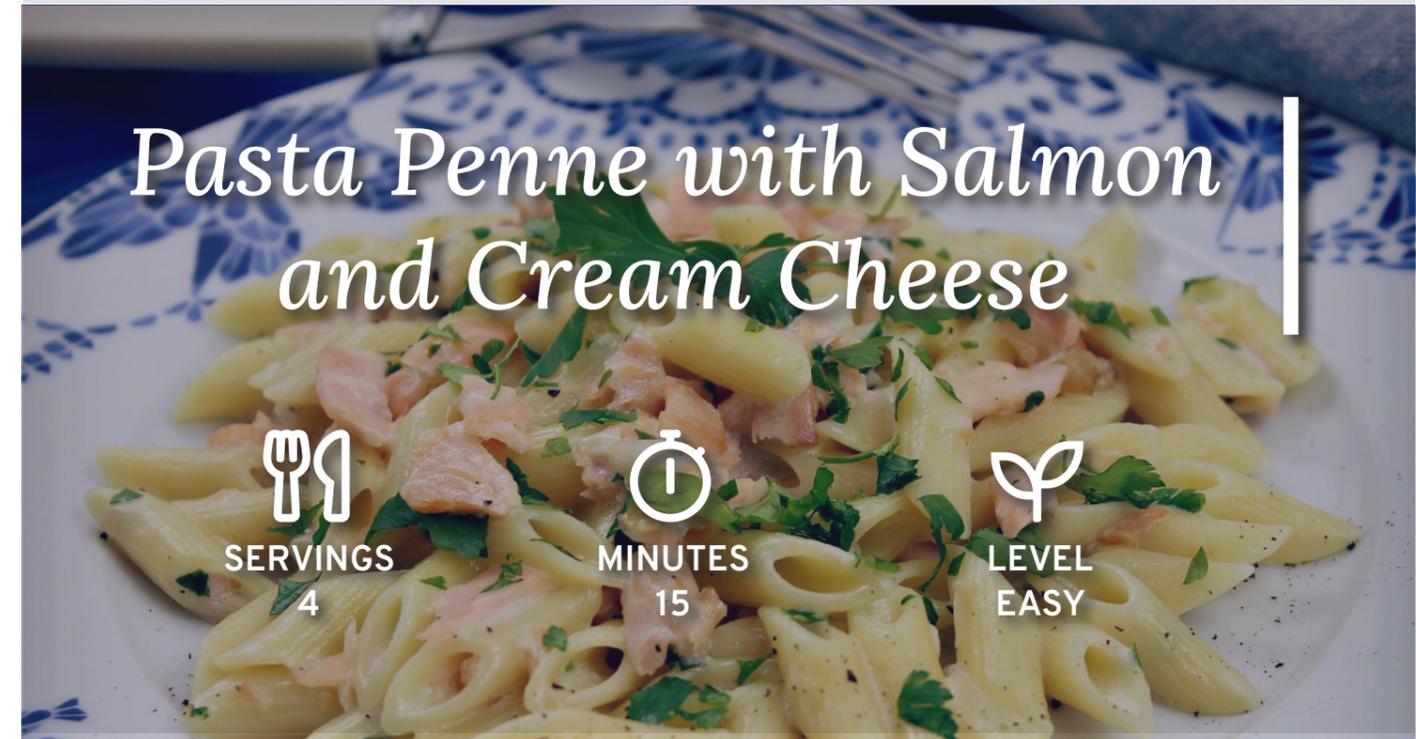
Koen Pijpers

My Name is Koen Pijpers. It is already a staggering 4 years ago since I finished my degree in the combustion department. Although my heartbeat still raises when I hear an engine rumble, I did exactly nothing with my combustion skills.

Currently, I am working in a company in the automotive sector as a quality manager. As a company, we specialize in cast iron parts. In my job, together with my team, we solve problems in the production with methods as six sigma and improve our quality with lean and kaizen projects.

MY MOST VALUABLE CAREER TIPS

1. Remember that all people are different. At the university, all people are clever, ambitious, and dedicated to getting the job done. Although it depends on your new company, you meet people in your work setting that do not have the same pace of working or the same ambition.
2. Dare to be different when looking for a job. Determine if you are the standard starting professional or not. Now is the time to look for that opportunity abroad, that project that has nothing to do with mechanical engineering or that small scale-up you believe in. The further your career goes, the more you're constrained. So go for it now.



Ingredients

- * 400 g penne
- * 200 g of salmon (preferably smoked)
- * 1 courgette
- * 300 g of cream cheese
- * 1 large onion
- * 1 clove of garlic

METHOD

1. Cook the pasta until "al dente".
2. Fry the onion and garlic for a few minutes.
3. Add the salmon and fry on both sides. Cut into pieces with a spatula.
4. Dice the courgette and bake for about 5 minutes.
5. Add the cream cheese and the pasta to the pan. Wait until the cream cheese is warm and sticks to the pasta.
6. Add salt and pepper to taste.
7. Don't forget a nice glass of white wine.

THE LAST STEP

And last but not least, once you went through all the steps in the application procedure, it's time to settle on your contract and salary! Below the most important do's and don'ts to keep in mind in order to get the most out of your contract and salary talk.

DO'S

- Research what a typical salary for your type of job/industry is. Visit websites such as www.glassdoor.com or www.loonwijzer.nl (Dutch). Ask peers/acquaintances in your field of work what they would consider a fair offer. Before talking with your future employer about your salary, make sure you know what your wants and needs are. Write down your salary goal, what your salary range is (the minimum amount of money that you need per month plus your ideal salary) and what your first offer could be. Be realistic, yet don't be afraid to ask for what you deserve.
- Think of the strengths, skills and knowledge you bring to the organization and have your explanation ready. When the moment of truth arrives and you would have to explain to the organization why they should give you a certain salary, you have a solid and convincing answer. Win-win!
- Be creative in your wants and needs. In quite some organizations, the salary for a starter position is fixed. However: that doesn't mean you should automatically settle! Besides salary, you can negotiate about fringe benefits too (e.g. gym membership, leave days, discount on products, flexible working hours)!

DON'TS

- Avoid putting everything on the table in the first minutes of a negotiation meeting. Give yourself some space and come up with a starting offer that leaves room for negotiation (e.g. don't start with giving away your final offer, start with an amount 10% higher than you desire to end up with)
- Do not ask for a crazy, unrealistic salary or benefits. Don't call for 5000 euro per month when you know that 2500 euro would be a typical salary for the position. If you do, you will come across as unprofessional and only money driven and this could be disastrous in the relationship with the employer.
- Stay away from focusing on the money alone. Look at the bigger picture, including fringe benefits, growth opportunities and most importantly: choosing a job you really love!
- Backing out once you've said yes to an offer is not done. When you agreed to an (oral) agreement, you cannot break the negotiation open again. So make sure you fully know what you give your consent to (salary, fringe benefits, other agreements) before saying yes. And don't say no to quickly, take time to consider an offer.

MORE INFO?

Join **SFC61 Contract & Salary negotiations** to get a full overview of the elements that could be part of a labor contract in the Netherlands and to learn more on negotiating salary and fringe benefits.

CLOSING THE DEAL

SFC61 CONTRACT & SALARY NEGOTIATIONS

TU/e

**CAREER
ACADEMY**



Salih Elhag Adam Yousif

Hello! My name is Salih Elhag Adam Yousif and I am 29 years old. I have done multiple different studies to prepare for my career. I have a BEng in Mechanical Engineering at the Sudan University of Science and Technology.

Then, I went to Cranfield University (UK), where I studied for an MSc in Automotive Mechatronics. Finally, I did a PDEng in Automotive Systems Design at the TU/e.

MY MOST VALUABLE CAREER TIPS

1. Jim Rohn's most valuable advice is: "To develop an above average income and become an above average person, you have to start with developing an above average handshake, an above average smile and an above average excitement".
2. Read a lot or watch documentaries about the thing you want to do or the thing you want to be.
3. Be nice to everyone.



Ingredients

- * 500 g kunafa dough (shredded pastry)
- * 500 ml water.
- * 250 g of sugar
- * 250 g of butter or ghee
- * Small tbsp. of salt
- * 340 g (puck) cream

METHOD

1. Preheat the oven to 200°C.
2. Dilute a tbsp. of salt in 50 ml of water.
3. In a large bowl, separate the shredded pastry and add the melted butter.
4. Crush and mix the pastry until it becomes almost like a powder, or like rice grains.
5. Butter an oven tray of about 35x25x5 cm.
6. Spread half of the pastry on the tray and tap it gently to form 1 solid layer of pastry.
7. Place in oven for 30 min. or until golden.
8. Spread the cream on top of the pastry and keep it at 1 cm distance the edges.
9. Spread a 2nd layer of pastry on top cream and ensure the cream is covered. Tap gently.
10. Put it in oven for 40 min. or until golden.
11. Mix the sugar and water in a saucepan and then heat it until it boils.
12. Pour the syrup on the pastry and distribute it evenly. Let it cool to room temperature.



Peter Lathouwers

My name is Peter Lathouwers, 27 years old and currently working as a packaging developer for FrieslandCampina. I joined the company straight after completing my MSc Mechanical Engineering and Chemical Engineering, originally as a Technology trainee. In my current role, I am working on developing new packaging and improving the efficiency and quality of our current packaging and packaging lines. I am formally based at our R&D Centre in Wageningen, but often I have to visit our factories for the projects I am working on. This also makes that my residence is still in Eindhoven as this is quite central regarding the different locations for my job.

MY MOST VALUABLE CAREER TIPS

1. There are many opportunities, that you have never thought of, but might be the perfect fit for you. For myself, this was definitely true, because working at FrieslandCampina only came to my mind, when it got mentioned by another company while being on an excursion with them.
2. Almost all students have done relevant extracurricular activities, but what makes those activities relevant is the added value that you had on this. So when you organized something, what skill did you have that made the event a success.
3. To see if you are a good match with the company, try to have a look there and follow your gut feeling if the company is a good fit.



Italian Tiramisu


SERVINGS
6-8


MINUTES
300


LEVEL
MEDIUM

Ingredients

- * 80 ml strong espresso
- * 40 ml Kahlua liqueur
- * 1 pack boudoir biscuits 'lange vingers'
- * 200 ml Campina cream (35% cream)
- * 250 g mascarpone
- * Cacao powder
- * 1 Can Friesche vlag condensed Milk
- * 3 bananas

METHOD

1. Start with the making of the Dulce the Leche. Put the can of condensed milk unopened in a pan and fill the pan with water above the can. Bring the water to the boiling point and gently cook the can for about 2,5 hours, the can should always be submerged in the water. After 2,5 hours, leave the can to rest and cool down in the water before taking it out.
2. Make the espresso and let it cool down.
3. Whip the cream until it is firm enough to flip the bowl above your head
4. Whip the mascarpone to make it a bit softer and mix it through the cream.
5. Add the Liqueur to the espresso and dip the biscuits for a few seconds in the mixture.
6. Fill the bottom of the bowl with a layer of biscuits. Add a layer of banana slices and coat it with a layer of dulce de leche. Add a thick layer of the cream and repeat this process. On top of the tiramisu drizzle some cacao powder to finish it off, or some more dulce de leche.



Maxi Breitinger

Hi, my name is Maxi and I am 26 years old. I am from Germany and moved to the Netherlands in 2017 to start my Master's program in Industrial Design following my Bachelor in Product Design in the U.K.

After I finished my studies I decided to stay in the Netherlands and started working as a software developer at CACI in Amsterdam. My work consists of both front-end and back-end development which I enjoy a lot.

MY MOST VALUABLE CAREER TIPS

1. My advice is to challenge yourself during your studies. Try out things you have not done before and join projects that give you the opportunity to grow. Learning new things can be fun and you might find surprising interests!
2. Another tip I can give you is to talk to other people about your career goals, maybe they have an idea on how to achieve those goals or - who knows - get you in contact with your future employer!



Ingredients

- * 2 cups all-purpose flour
- * 1 pinch of salt
- * 1 cup soft unsalted butter, cut into small cubes
- * 3/4 cup powdered sugar
- * 3/4 cup finely ground almonds or hazelnuts or walnuts
- * 1/2 vanilla pod seed scraped out or 2 tsp. vanilla extract
- * 3/4 cup powdered sugar
- * 1 tbsp. vanilla sugar
- * Dusting: 1/2 cup powdered sugar, 1,5 tbsp. vanilla sugar

METHOD

1. In the bowl of a stand mixer fitted with the paddle attachment combine flour, salt, cubed butter, powdered sugar, ground nuts, and vanilla seeds. Mix at medium speed until a crumbly dough forms, about 1-2 minutes. If the dough is too crumbly add 1-2 Tbsp water.
2. Use your hands to press the dough together and wrap it in plastic wrap. Chill the dough for one hour in the fridge.
3. Preheat the oven to 350°F (177°C) and line one or two baking sheets with parchment paper.
4. Roll the chilled dough into a log approximately 1/2 inch thick. Cut the log into 1 1/2-inch pieces, form the pieces into small cylinders and bend each one into a crescent shape. Place 1 inch apart on a baking sheet.
5. Bake on the middle rack for 12-15 minutes or until the edges begin to turn golden.
6. Combine powdered sugar and vanilla sugar. After 1 min. of cooling dust them with the vanilla-powdered sugar, cool completely and then give them a second dusting.



Olga Goor

Hello everyone, my name is Olga Goor. I am a Dutch national with a passion for sustainability and circularity. I am very energetic and enthusiastic and always ready for a new challenge. I hold a PhD in Biomedical Engineering from the TU/e where I also did my bachelor and master. During this period, I was lucky to spend some time abroad as well, but now I am based in the Netherlands. Currently I work at Royal DSM, at the interface of R&D, Innovation and Business. Here, a lot of exciting things are going on. I truly believe that by collaboration and joint efforts we can make an impact on what our world would look like in the years to come.

MY MOST VALUABLE CAREER TIPS

1. I strongly live up to a 'life-long-learning' attitude, which means that my advice would be to always be open to different opportunities that cross your path. As long as there is a learning curve involved, I am convinced there are no 'bad choices'.
2. 'Let the beauty of what you love be what you do' (Rumi, Persian poet)
3. Always stay true to your own self and make sure to reflect on future perspectives with yourself, your peers, a mentor or your manager.



Ingredients

- * 100 g walnuts
- * 100 g hazelnuts
- * 2 eggs
- * 2 large bananas (ripe)
- * 1 tbsp. cinnamon powder
- * Whiff salt
- * 1 tbsp. lemon juice
- * 1.5 tbsp. baking soda
- * 50 g frozen fruit (blue berries/cranberries/..)

METHOD

1. Preheat oven at 175°C
2. Add walnuts and hazelnuts in a food processor and blend it into nut flour
3. Blend eggs and bananas in a bowl
4. Add nut flour, cinnamon powder, lemon juice and baking soda into the bowl and shortly blend them.
5. Mix in the fruit
6. Place baking paper into the muffin baking mold and fill the molds with the mixture.
7. Bake the muffins in the preheated oven for about 25 minutes until they are done.
8. Serve with some extra nuts and fruit and enjoy!



Maartje van Opstal

My name is Maartje van Opstal (26 years old) and I am happy to share my story, some tips & tricks, and of course a delicious dessert with you. I am born and raised in the beautiful city 's-Hertogenbosch and I would definitely advise you to visit it once if you didn't do it already.

I have a Master's degree in Human Resource Studies at Tilburg University and am currently part of the Campus Recruitment team of ASML. In this role, I am responsible for the recruitment of all interns at ASML, our future star colleagues. Enjoy reading this book and please feel free to connect with me!



MY MOST VALUABLE CAREER TIPS

1. Add your hobbies to your resume. I recognize students are often doubting about adding their hobbies to their resume, however, I would strongly advise them doing so. This as someone's hobbies gives us valuable insights about the person behind their (formal) resume.
2. Share your thoughts during interviews. It is not wrong when you do not have an answer to a question directly during an interview. In those situations, take the interviewer through your thoughts. Your way of thinking is valuable information as well.
3. Do an internship during your studies. Of course I am a bit biased, however, I would strongly advise every student to do an internship during their studies. This as an internship is an ideal way to develop yourself professionally and to level up your education.

Ingredients

- * 150 g unsalted butter
- * 125 g quality dark chocolate (70%)
- * 4 eggs
- * 100 g sugar
- * 75 g plain white flour, sifted
- * mixer
- * 6 muffin cases

METHOD

1. Preheat the oven to 200°C.
2. Snap the chocolate into a heatproof bowl, add the butter and melt slowly.
3. In a separate bowl, whisk the sugar and eggs together until thick and fluffy.
4. Stir the white flour through the mixture very gently and add the chocolate sauce to it.
5. Divide the mixture between the 6 muffin cases and bake for 9 minutes in the middle of the oven.
6. Remove from the oven and wait for 2 minutes, then very carefully remove the cakes from their cases.
7. Serve straight away.



Yves Houben

Education: Bachelor Applied Mathematics (TU/e),
Master Science Education and Communication
(4TU)

Current Job Titles and companies: Team Lead
Center for Academic Advising MCS (TU/e), Trainer
for Ratio Academy, Owner of Escape Helmond and
Coffee Experiences



MY MOST VALUABLE CAREER TIPS

1. I learned a lot about my skills and capabilities by “just doing it”. Give yourself during your education and professional life the space, time and money to try new things. After a couple of iterations, I got to the point where I realized that I have some skills that I do not enjoy using. For example, writing documents is something I am good at, but really do not enjoy.
2. Take time to really get to know your professional connections. Show what you can do and what you love at any time: during your high-school jobs, during committee work, during hobbies, during family weekends, during conferences and... whenever there is an opportunity. You are the most important brand you are building. So, if applicable, add the tag-line: “and I am looking for a new job”. Or “and you can hire me to do this for you”.

Ingredients

- * 1 Dutch Cold drip machine
- * 10 g course coffee grounds
- * 60 ml cold water
- * 40 ml ice cubes
- * 10 mint leaves
- * 1,5 tsp. lime juice
- * 1,5 tsp. cane sugar
- * 60 ml Spiced rum
- * Ice cubes (with mint leaves frozen into them)

METHOD

1. Dutch Cold Drip: Use the coffee grounds, water and ice cubes with the machine as indicated in the instruction of the machine. (it will take 2 to 3h for a 300ml machine and up to 6 hours for a 600ml machine.)
2. Keep the cold drip coffee chilled until you use it for this after dinner drink. (you can store it for at least 2 weeks)
3. Muddle together 8 mint leaves, lime juice and cane sugar
4. Add 90ml cold drip coffee and the spiced rum and stir
5. Add ice cubes and mint leaves as garnish
6. Enjoy your luxury refreshing after diner drink!

EPILOGUE

We hope you had a lot of fun reading and cooking our recipes! We would like to thank all recruiters, TU/e alumni and students for sending in their favorite recipe for us to share. We hoped you also liked all the tips that were given throughout the booklet, we certainly think they are very useful.

Want to know more? Do not hesitate to join one of our workshops. We host workshops in job interviews, contract negotiations and many more interesting subjects! You can read more about this in all the TU/e Career Academy sections throughout this booklet. We also provide you with CV, cover letter and LinkedIn checks. You can email your files to careeracademy@tue.nl and we are happy to help you with some feedback.

One final tip from our side: Be sure to have fun in your career! Follow your passion and improve in things you are already talented in. As Mark Twain, famous novelist and writer said in more fancy words than we ever could: "Find a job you enjoy doing, and you will never have to work a day in your life."

We would like to finish this booklet with one last dessert. One final toast to the amazing people, trainers and colleagues who make organizing these workshops possible. Here is to the development of career skills, connecting to others and delicious food!

On behalf of the Career and Skills Team,

Anna, Christina, Coby, Eline, Fabiënne, Hilde, Iona,
Koen, Lonneke, Luc, Mariana, Mitchel, Niki, Sonja and Tom



Ingredients

- * 5 scoops vanilla sorbet
- * 5 scoops lemon sorbet
- * 30-50 ml of limoncello
- * 250 ml of prosecco
- * 1 sliced lime

METHOD

1. Put 4 champagne glasses in the fridge a couple of hours before serving the dessert. Take the ice cream out of the fridge a couple of minutes before serving
2. Put everything in a blender except for the slice of lime, which will act as garnish. Distribute over the 4 glasses and enjoy your delicious scroppino.

