



Statement of participation

Aleksander Nordgarden-Rodner

has passed the free course including all mandatory tests for:

Developing career resilience

This free 24-hour course focused on how to improve career resilience.

Issue date: 23 August 2017



www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification. This statement confirms that this free course and all mandatory tests were passed by the learner. Please go to the course on OpenLearn for full details:
<http://www.open.edu/openlearn/money-business/developing-career-resilience/content-section-overview>

COURSE CODE: DCR_1



Developing career resilience

<http://www.open.edu/openlearn/money-business/developing-career-resilience/content-section-overview>

Course summary

This free course, Developing career resilience, will help you to understand the factors that influence career resilience and offer examples and tactics for you to develop your own resilience further.

Learning outcomes

By completing this course, the learner should be able to:

- identify the strengths of resilient people and recognise which of these strengths you have already
- recognise how the need for resilience varies in different occupational sectors
- understand changing trends in the world of work
- identify tactics for goal setting and overcoming setbacks
- work with a model for career resilience and develop personal resources.

Completed study

The learner has completed the following:

Week 1

Introduction and guidance

Developing career resilience – a personal approach

Week 2

Personal resilience – born or made?

Week 3

Understanding the external challenge

Week 4

Making connections

Compulsory badge quiz (score 93%)

Week 5

Sources of support

Week 6

Self-belief and persistence

Week 7

Skills, networks and career adaptability

Week 8

Using your strengths

Compulsory badge quiz (score 99%)