

# LE.A.DE.R. Project

## LEARNING AND DECISION MAKING RESOURCES

KA2-Strategic Partnership - Project N. 2014-1-IT02-KA200-004105



<b>Partner Organization (project partner) and country:</b>	<b>Politehnica UNIVERSITY of BUCHAREST</b>
<b>Other organization involved in the Pilot Action (if not directly the partner organization):</b>	Department of Training for a teaching Career and Social Sciences ; Career Guidance and Counseling Center of University

### INFORMATION ABOUT GUIDANCE CENTER / SERVICE AND STAFF PROVIDING THE PILOT ACTION

<b>Career Guidance Center / Service</b> (NAME of the Service/Organisation)	POLITEHNICA University of Bucharest / Center for Advanced Technologies / Career Guidance and Counseling Center of University/ Department of Training for a teaching Career and Social Sciences
Address, e-mail, website	Splaiul Independenței, nr. 313, Bucharest/ Splaiul Independenței, nr. 290, Bucharest, <a href="http://www.ctanm.pub.ro/">http://www.ctanm.pub.ro/</a> <a href="http://ccoc.pub.ro/">http://ccoc.pub.ro/</a> <a href="http://www.dppd.upb.ro/">http://www.dppd.upb.ro/</a>
<b>Career Guidance Provision</b> Describe the service and the activities carried out by this organization (list of services and list of main target groups)	Counseling and Career Guidance Center of the University Politehnica of Bucharest facilitates the socio-professional integration of students and graduates, providing guidance on professional information and career guidance through specific activities. The goal of the center is to provide support to choose the best job, according to your aspirations and professional interests, with academic performances but also with the requirements of professions and occupations in the labor market. The Department of Training for Teaching Career and Social Sciences is a distinctive and functional organizational structure at the Politehnica University in Bucharest, empowered to provide professional training and continuous improvement for the teaching career in all domains integrated at the university.
<b>Staff and practitioners involved</b> Describe the main roles and professional	assoc. dr. ing. Teodora CHICIOREANU (career guidance counselor), Sl. dr. ing Paulina SPANU (career guidance counselor), Prof. dr. ing Tom SAVU

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<p>backgrounds</p>	<p>Professors/Researchers/ who have competences in the field of Career Guidance</p> <p>Trainers/counsellors who have competence in the field of e-learning and on line services</p>
<p><b>Resources and tools</b></p> <p>Describe main tools available and database, web sites, etc.</p>	<p>Tools:</p> <p>Books:</p> <ul style="list-style-type: none"> <li>● Andreson. W. (2012). Curs practic de încredere, Editura Curtea Veche, București</li> <li>● Barrett .J (2010). Teste supreme de aptitudini, Editura Meteor Press, București</li> <li>● Barrett .J (2002). Teste de autocunoaștere, Editura ALL Beck, București</li> <li>● Brennan L(2011). Eticheta în afaceri pentru secolul XXI, editura Curtea Veche, București</li> <li>● Carrera. F. (2010). Networking. Ghid de supraviețuire pentru profesioniști, Editura Rentrop &amp; Straton, București</li> <li>● Carter. P (2005). Teste de inteligenta psihometrice, Editura Meteor Press, București</li> <li>● Carter. P, Russell K. (2001). Teste de inteligenta psihometrice, Editura Meteor Press, București</li> <li>● D’Souza. S. (2009). Fii genial! Networking, Editura Rentrop &amp; Straton, București</li> <li>● Guy. K. , Peg. F. (2015). Arta rețelelor sociale. Sfaturi pentru utilizatori experimentați. Editura Publica, București</li> <li>● Janda L. (2003). Teste pentru alegerea carierei, Editura Business Tech, București</li> <li>● Littauer F.(1992). Personalitate Plus, Editura Business Tech, București</li> <li>● O’Brian L. (2015). Social Media. Sunt dinamită!. Editura Publica, București</li> <li>● O’Connell. F. (2015). Gestioneaza-ți timpul eficient, Editura Rentrop &amp; Straton, București</li> <li>● Reiman T (2010). Limbajul trupului, Editura Curtea Veche, București</li> <li>● Szilagyi, A. (2008). Manualul consultantului în carieră. Iași: Institutul European.</li> <li>● Thom. S. (2012). Networking de la A la Z, Editura Curtea Veche, București</li> <li>● Zack, D. (2014). Networking. Pentru cei care detestă să facă networking, Editura Bussiness Teach, București</li> <li>● Weisz. S (2010) - Cum să gestionezi personalități dificile, Editura C.H.Beck, București</li> <li>● Ghidul carierei pentru absolventii universitari, Sirley Genner, Traducator: Cristina Dragomir /2010, Editura Curtea Veche, ISBN: 978-973-669-951-1</li> <li>● Manualulul consultantului in carieră, Ana Maria Andreea Silagy/ 2008/ Editura Institutul European ISBN: 978-973-611-514-1</li> <li>● Identitatea profesionala, Herminia Ibarra, 2011, Editura Curtea Veche, ISBN: 978-606-588-194-5</li> <li>● Teste pentru alegerea carierei, Louis Janda, 2003 editura Busine\$\$ Tech</li> <li>● CV 30. Cariera ta pas cu pas, editura Golf Media</li> <li>● 50 de reguli de aur ale interviului, Jean-Yves Arrive, ISBN: 978-606-93081-9-6</li> </ul>

- Consilierea carierei. Compendiu de metode si tehnici, Mihai Jigau, 2007, editura Sigma, ISBN: 978-973-649-340-9
- Managementul carierei. Ghid practic, Julie Jansen, 2007, Polirom, ISBN: 978-973-46-0552-1

**Databases:**

- <http://www.anpcdefp.ro/>
- <http://romania.testcentral.ro/ro/>

**Websites:**

- <http://ccoc.pub.ro/>
- <http://www.nbcc.ro/>
- <http://ccoc.pub.ro/index.php/student-kit/international-employers>
- <http://survey.potentialpark.com/s3/sbcareertest>
- <http://4career.ro/>
- <http://www.anofm.ro/informare-si-consiliere-in-cariera>
- <http://www.pemeserie.ro/promotie/>
- <http://www.consilierincariera.ro/>
- <http://www.ise.ro/wp-content/uploads/2002/08/Consilierea-carierei-adultilor.pdf>
- <http://www.go.ise.ro/>
- <http://www.euroguidance.net>
- <http://ec.europa.eu/eures/>
- <http://ec.europa.eu/ploteus>
- <http://www.eurodesk.org/>
- <http://www.europass-ro.ro>

**Other information**

(Opening time, on line services, etc.)

INFORMATION ABOUT PILOT ACTION	
<b>Title:</b>	<b>WORK-LIFE BALANCE</b>
<b>Short description of the Pilot Action:</b>	The pilot action aims to provide training in career guidance, developing the key skills of the students for a quick and effective integration into the labor market (communication skills, collaboration skills, social skills etc.), and a global perspective regarding personal and professional development opportunities.
<b>Target group</b> (with description of specific guidance needs)	25 participants: Undergraduate students and Postgraduate students, the Career Guidance and Counseling Center of University Collaborators who want to identify and improve their communication and (self) evaluation skills in the context of their own professional path
Expected <b>learning outcomes</b> , within the CMS framework	<p>By the end of this module participants will be able to:</p> <ul style="list-style-type: none"> <li>● Identify their own traits</li> <li>● Increasing wellness and personal/professional success through specific activities of valorization of traits</li> <li>● Assessment of personal resources (transferable abilities, skills, vocational interests)</li> <li>● Communication abilities , counseling and support</li> <li>● Facilitation of the process of making career decision</li> <li>● Improving the time management abilities</li> <li>● Forming a systemic way of thinking and a reflexive attitude in the professional development and career management</li> <li>● Enhancing personals actions for bringing them an added benefit in the personal life</li> <li>● Strategies for finding a job</li> <li>● training for the selection process – CV, portfolio, job interview</li> <li>● training for the employment (personal portfolio, selection and recruitment process)</li> <li>● Training and presenting abilities</li> </ul>

<p><b>Learning plan</b>, with a list of guidance tools (please, describe the activities and the career guidance resources you will provide to users)</p>	<p><b>Activities</b></p>	<p><b>Career guidance resources</b></p>
	<p><b>Introduction</b> Activities</p> <ul style="list-style-type: none"> <li>• Presentation of the Project LEADER and the programme of the Pilot Action</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Presentation of the Project LEADER and structure the Pilot Program</li> <li>• <a href="http://www.eguidance.eu">http://www.eguidance.eu</a></li> </ul>
<p><b>Assessment of current situation</b></p> <ul style="list-style-type: none"> <li>• Personality tests</li> <li>• Skills test</li> <li>• There is place for improvement Fear of success Motivation Postponement Creativity</li> </ul>	<ul style="list-style-type: none"> <li>• Course support</li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=843">http://www.eguidance.eu/moodle/mod/resource/view.php?id=843</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=805">http://www.eguidance.eu/moodle/mod/resource/view.php?id=805</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=806">http://www.eguidance.eu/moodle/mod/resource/view.php?id=806</a></li> <li>• Workshop: Discipline daily.</li> <li>• 30 activities (one activity per day) - Personal Development</li> <li>• <a href="http://www.eguidance.eu/moodle/mod/choice/view.php?id=856">http://www.eguidance.eu/moodle/mod/choice/view.php?id=856</a></li> <li>• Additional materials <a href="https://www.ted.com/talks/brian_little_who_are_you_really_the_puzzle_of_personality">https://www.ted.com/talks/brian_little_who_are_you_really_the_puzzle_of_personality</a></li> </ul>	

		<p><a href="http://www.la-psihiolog.ro/teste-psihiologice/test-personalitate-jung-16-tipuri">http://www.la-psihiolog.ro/teste-psihiologice/test-personalitate-jung-16-tipuri</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/test-de-personalitate-cu-imagini">http://www.la-psihiolog.ro/teste-psihiologice/test-de-personalitate-cu-imagini</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/afla-ce-cred-ceilalti-despre-tine">http://www.la-psihiolog.ro/teste-psihiologice/afla-ce-cred-ceilalti-despre-tine</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/test-personalitate-jung-16-tipuri">http://www.la-psihiolog.ro/teste-psihiologice/test-personalitate-jung-16-tipuri</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/test-eq-inteligenta-emotionala">http://www.la-psihiolog.ro/teste-psihiologice/test-eq-inteligenta-emotionala</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/gaseste-cariera-de-vis">http://www.la-psihiolog.ro/teste-psihiologice/gaseste-cariera-de-vis</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/dominanta-creierului-tau">http://www.la-psihiolog.ro/teste-psihiologice/dominanta-creierului-tau</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/testarea-emotiilor">http://www.la-psihiolog.ro/teste-psihiologice/testarea-emotiilor</a>  <a href="http://www.la-psihiolog.ro/teste-psihiologice/cat-de-vulnerabilitati-la-la-stres">http://www.la-psihiolog.ro/teste-psihiologice/cat-de-vulnerabilitati-la-la-stres</a></p>
	<p><b>Choosing a successful career!</b></p> <p>Activities</p> <ul style="list-style-type: none"> <li>• Career             <ul style="list-style-type: none"> <li>◦ Career importance</li> <li>◦ Career values</li> </ul> </li> <li>• The profile identification</li> <li>• Time management</li> </ul>	<ul style="list-style-type: none"> <li>• Course support</li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=808">http://www.eguidance.eu/moodle/mod/resource/view.php?id=808</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=844">http://www.eguidance.eu/moodle/mod/resource/view.php?id=844</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=809">http://www.eguidance.eu/moodle/mod/resource/view.php?id=809</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=810">http://www.eguidance.eu/moodle/mod/resource/view.php?id=810</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php">http://www.eguidance.eu/moodle/mod/resource/view.php</a></li> </ul>

	<ul style="list-style-type: none"> <li>• Ready for the suitable job             <ul style="list-style-type: none"> <li>◦ Assessment of current situation</li> <li>◦ Difficulties inventory</li> <li>◦ Managerial style</li> <li>◦ The decision-making process</li> </ul> </li> </ul>	<p>?id=813</p> <ul style="list-style-type: none"> <li>• <a href="http://www.eguidance.eu/moodle/course/view.php?id=34&amp;notifyeditingon=1">http://www.eguidance.eu/moodle/course/view.php?id=34&amp;notifyeditingon=1</a></li> <li>• Platform: <a href="https://romania.casaid.co.uk/iwp/default.aspx">https://romania.casaid.co.uk/iwp/default.aspx</a></li> <li>• <b>YouTube</b></li> <li>• Brian Tracy- How to Find Your Dream Job and Select The Right Career Path</li> </ul> <p><a href="https://www.youtube.com/watch?v=5jNUqw2hgRO">https://www.youtube.com/watch?v=5jNUqw2hgRO</a> Career Advice: How to choose the RIGHT career - #BelieveLife</p> <p><a href="https://www.youtube.com/watch?v=nJTvkleULzU">https://www.youtube.com/watch?v=nJTvkleULzU</a> Selecting a Mentor: Building a Successful Career</p> <p><a href="https://www.youtube.com/watch?v=IE0rm4yBTsE">https://www.youtube.com/watch?v=IE0rm4yBTsE</a> How to choose your Career?</p> <p><a href="https://www.youtube.com/watch?v=tqvSHqR7pjU">https://www.youtube.com/watch?v=tqvSHqR7pjU</a></p>
	<p><b>Presentation abilities</b></p> <p>Activities</p> <ul style="list-style-type: none"> <li>• Speech elements</li> <li>• Structure of the presentation</li> <li>• Stress control</li> <li>• Ways of preparation for communication</li> <li>• Audiovisual support</li> </ul>	<p>Course support</p> <ul style="list-style-type: none"> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=845">http://www.eguidance.eu/moodle/mod/resource/view.php?id=845</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=846">http://www.eguidance.eu/moodle/mod/resource/view.php?id=846</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=847">http://www.eguidance.eu/moodle/mod/resource/view.php?id=847</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=848">http://www.eguidance.eu/moodle/mod/resource/view.php?id=848</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=849">http://www.eguidance.eu/moodle/mod/resource/view.php?id=849</a></li> <li>• Additional materials</li> </ul>

- **TED Talks- Ghidul oficial TED pentru vorbit în public**, autor Chris Andreson, Editura Publica
- [https://issuu.com/editurapublica/docs/ted\\_talks\\_lookinside](https://issuu.com/editurapublica/docs/ted_talks_lookinside)
- [www.slideshare.com](http://www.slideshare.com)
- [www.docstoc.com](http://www.docstoc.com)
- [www.slideworld.com](http://www.slideworld.com)
- [www.authorstream.com](http://www.authorstream.com)
- Prezi Desktop:
- [http://www.youtube.com/watch?v=2o3tHGla9c&feature=player\\_embedded](http://www.youtube.com/watch?v=2o3tHGla9c&feature=player_embedded)
- Prezi Desktop:
- [http://assets.cdn01.prezi.com/assets/desktop/Prezi\\_Desktop\\_3\\_Guide.pdf](http://assets.cdn01.prezi.com/assets/desktop/Prezi_Desktop_3_Guide.pdf)
- <http://www.powtoon.com/>
- [www.emaze.com](http://www.emaze.com)
- <http://creately.com/>
- <https://www.gliffy.com/>
- <http://www.spicynodes.org/>
- <https://www.lucidchart.com>
- <http://www.mywebspiration.com/>
- <http://www.webspirationpro.com/>
- <https://catalyst.mindjet.com/>
- <http://www.comapping.com/>
- <http://www.dipity.com/>
- <http://allmyapps.com/apps/spinscape>
- <https://cacao.com/>
- <http://www.mindmeister.com/>



		<ul style="list-style-type: none"> <li>• <a href="http://www.mindomo.com/">http://www.mindomo.com/</a></li> <li>• <a href="http://mind42.com/">http://mind42.com/</a></li> <li>• <a href="https://bubbl.us/">https://bubbl.us/</a></li> </ul> <p><b>TED</b></p> <p>How to speak so that people want to listen – Julian Treasure  <a href="https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen?language=ro?utm_source=tedcomshare&amp;utm_medium=referral&amp;utm_campaign=tedspread">https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen?language=ro?utm_source=tedcomshare&amp;utm_medium=referral&amp;utm_campaign=tedspread</a></p> <p>Dan Pallotta-The dream we haven't dared to dream  <a href="https://www.ted.com/talks/dan_pallotta_the_dream_we_haven_t_dared_to_dream#t-1731">https://www.ted.com/talks/dan_pallotta_the_dream_we_haven_t_dared_to_dream#t-1731</a></p> <p>The way we think about charity is dead wrong  <a href="http://www.ted.com/talks/dan_pallotta_the_way_we_think_about_charity_is_dead_wrong">http://www.ted.com/talks/dan_pallotta_the_way_we_think_about_charity_is_dead_wrong</a></p> <p>Steven Pinker and Rebecca Newberger Goldstein: The long reach of reason  <a href="https://www.ted.com/talks/steven_pinker_and_rebecca_newberger_goldstein_the_long_reach_of_reason?utm_source=tedcomshare&amp;utm_medium=referral&amp;utm_campaign=tedspread">https://www.ted.com/talks/steven_pinker_and_rebecca_newberger_goldstein_the_long_reach_of_reason?utm_source=tedcomshare&amp;utm_medium=referral&amp;utm_campaign=tedspread</a></p>
	<p><b>Self - marketing</b></p> <p>Activities</p> <ul style="list-style-type: none"> <li>• perseverance analysis in searching for a job</li> <li>• Portfolio employment</li> </ul>	<p>Course support</p> <ul style="list-style-type: none"> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=814">http://www.eguidance.eu/moodle/mod/resource/view.php?id=814</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=815">http://www.eguidance.eu/moodle/mod/resource/view.php?id=815</a></li> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php">http://www.eguidance.eu/moodle/mod/resource/view.php</a></li> </ul>

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|  | <ul style="list-style-type: none"> <li>○ CV</li> <li>○ Letter of intent</li> <li>○ Letter of gratitude</li> <li>• Job interview             <ul style="list-style-type: none"> <li>○ Types of interviews</li> <li>○ Stress during an interview / stress control</li> <li>○ Self-assessment scheme during job interview</li> </ul> </li> <li>• Promotion and public relations             <ul style="list-style-type: none"> <li>○ Networking</li> <li>○ Useful tools</li> </ul> </li> </ul> | <p>?id=816</p> <ul style="list-style-type: none"> <li>• <a href="http://www.eguidance.eu/moodle/mod/resource/view.php?id=817">http://www.eguidance.eu/moodle/mod/resource/view.php?id=817</a></li> <li>• Additional materials</li> <li>• <a href="https://www.kent.ac.uk/careers/">https://www.kent.ac.uk/careers/</a></li> <li>• <a href="https://www.kent.ac.uk/careers/cv/cvexamples.htm">https://www.kent.ac.uk/careers/cv/cvexamples.htm</a></li> <li>• <a href="http://www.myjob.ro/">http://www.myjob.ro/</a></li> <li>• <a href="https://www.themuse.com/advice/4-rules-for-creating-a-killer-infographic-resume">https://www.themuse.com/advice/4-rules-for-creating-a-killer-infographic-resume</a></li> <li>• <a href="http://www.hongkiat.com/blog/creative-designer-resume-curriculum-vitae/">http://www.hongkiat.com/blog/creative-designer-resume-curriculum-vitae/</a></li> <li>• <a href="http://fabricadecariere.ro/ce-scrii-in-cv-daca-nu-ai-experienta/">http://fabricadecariere.ro/ce-scrii-in-cv-daca-nu-ai-experienta/</a></li> <li>• <a href="http://formare-continua.ro/index.php/articole-si-editoriale/83-pregatirea-pentru-interviu">http://formare-continua.ro/index.php/articole-si-editoriale/83-pregatirea-pentru-interviu</a></li> <li>• <a href="http://www.hipo.ro/locuri-de-munca/vizualizareArticol/254/">http://www.hipo.ro/locuri-de-munca/vizualizareArticol/254/</a></li> <li>• <a href="http://www.gandul.info/financiar/ghidul-candidatului-cum-sa-raspunzi-corect-la-cele-mai-frecvente-intrebari-care-apar-in-timpul-interviului-de-angajare-9809187">http://www.gandul.info/financiar/ghidul-candidatului-cum-sa-raspunzi-corect-la-cele-mai-frecvente-intrebari-care-apar-in-timpul-interviului-de-angajare-9809187</a></li> <li>• <a href="http://inimafericita.ro/2014/07/15/stresul-ce-este-cum-actiunea-si-cum-il-recunoastem/">http://inimafericita.ro/2014/07/15/stresul-ce-este-cum-actiunea-si-cum-il-recunoastem/</a></li> <li>• <a href="http://www.topsanatate.ro/articol/cum-sa-faci-fata-stresului-20295.html">http://www.topsanatate.ro/articol/cum-sa-faci-fata-stresului-20295.html</a></li> <li>• <a href="http://calatoriiprinsunet.ro/scapa-de-emoții-inainte-de-interviu/">http://calatoriiprinsunet.ro/scapa-de-emoții-inainte-de-interviu/</a></li> <li>• <a href="http://www.hipo.ro/">http://www.hipo.ro/</a></li> </ul> |
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- <http://www.allinbound.ro/prezentari-social-media-slideshare/>
- <http://1cartepesaptamana.ro/cum-sa-folosesti-facebook/>
- <http://mashable.com/2012/11/28/social-media-time/>
- [www.linkedin.com](http://www.linkedin.com)
- <http://mad3.ro/2013/02/ce-poate-face-pinterest-pentru-brand-ul-tau/>
- <http://www.ucoz.ro/>
- <http://www.weebly.com/>
- <http://www.webs.com/>
- <http://www.wix.com/>
- <https://www.yola.com/>
- [www.sitepoint.com/books/photography1/](http://www.sitepoint.com/books/photography1/)

### YouTube:

- 5 Ways to Evaluate a Company During an Interview  
<https://www.youtube.com/watch?v=pY5bicKur8A>  
<https://youtu.be/pY5bicKur8A>
- Job Interview Tips - Job Interview Questions and Answers  
<https://youtu.be/epcc9X1aS7o>
- Job Interview Tips & Techniques: How to Prepare for a First Impression  
<https://youtu.be/WRsYTMWaKhE>
- Job Interview Tips: How to Avoid the #1 Job Interview Disaster (Bad Breath)  
<https://youtu.be/upe24j0zju8>
- Here's How to Decide If It's Time to Change Jobs  
<https://youtu.be/4nywanO67ok>

		<ul style="list-style-type: none"> <li>• 8 Reasons That Tell You When It's Time To Quit Your Job <a href="https://youtu.be/0yX_cXoZ69I">https://youtu.be/0yX_cXoZ69I</a></li> <li>• How to Know When To Quit Your Job <a href="https://youtu.be/bd_Te7-ZMO8">https://youtu.be/bd_Te7-ZMO8</a></li> <li>• Top 41 interview questions and answers <a href="https://youtu.be/bLdb9_TITSw">https://youtu.be/bLdb9_TITSw</a></li> <li>• Can stress kill You? <a href="https://youtu.be/vzrjEP5MOT4">https://youtu.be/vzrjEP5MOT4</a></li> </ul> <p><b>Google +</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.youtube.com/watch?feature=player_embedded&amp;v=dB4Et1Yg30c">http://www.youtube.com/watch?feature=player_embedded&amp;v=dB4Et1Yg30c</a></li> </ul> <p><b>TED</b></p> <ul style="list-style-type: none"> <li>• How to make stress your friend <a href="http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-403509">http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-403509</a></li> <li>• 7 ways stress does your mind and body good <a href="http://ideas.ted.com/7-ways-stress-does-your-mind-and-body-good/">http://ideas.ted.com/7-ways-stress-does-your-mind-and-body-good/</a></li> </ul>
	<p><b>Questions / clarifications</b></p>	<ul style="list-style-type: none"> <li>• <a href="http://ccoc.pub.ro/">http://ccoc.pub.ro/</a></li> <li>• <a href="http://www.dppd.upb.ro/">http://www.dppd.upb.ro/</a></li> <li>• <a href="http://www.nbcc.ro/">http://www.nbcc.ro/</a></li> <li>• <a href="http://4career.ro/">http://4career.ro/</a></li> </ul>
<p><b>Evaluation</b></p>		