

Evidence-based approach to career management

Course Workload		Assessment form (examination/ graded test/ ungraded test)
ECTS	Hours	
1	36	Ungraded test

Most of the time, while looking for career options individuals rely on outdated knowledge acquired during their education, longstanding yet unproven traditions, patterns drawn from experience, familiar methods, and information from various sources. At the same time, they could draw inspiration from practitioners of evidence-based medicine. A growing number of physicians are moving away from unreliable resources and instead prioritizing the application of well-researched and clinically relevant studies. Why not to follow the same in career management? The primary task is to base decisions on the most current and reliable knowledge of what truly works. Although the evidence base in career management is less robust and almost anyone can assert themselves as an expert in the field, it stands to reason that in career management sound reasoning and solid evidence, will enable professionals to outperform their competitors.
