

Universitetspladsen

# RUglobal

Information and debate from Roskilde University

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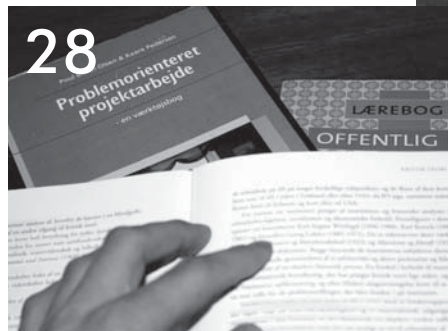
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## News in brief

# New international magazine – “The Papaya”

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RU has introduced a new magazine named “The Papaya”. The people behind the initiative are primarily international students, but the magazine is also targeting Danish students, says Aino Maria Huxley, an SIB student and one of the ideas people behind “The Papaya”.

– The magazine works as an interactive platform for both Danish and English speaking students.

It was first published on 13 May and will only be released on the internet.

– It is the idea that students should write articles for the magazine once it is up and running, says Aino Maria Huxley.

# Editor's Desk



It is almost June.

We all know what that means. The sun's peeking out a little more frequently and a little longer. But it also means exams are looming right around the corner.

**NOW, SOME MASTER** the art of exams. They waltz right in – unfazed, seemingly! – own the room and step right out with a fantastic result in hand.

For mere mortals, things can get a little more arduous when the nerves creek in. You start to sweat, the heart pounds like a heavy hammer and you're easily confused. Some even freeze and forget everything they've studied in the examination room. Not a pleasant scenario, exactly.

There's a simple way to cope with this, however. Psychologist Mette Harpsøe Nielsen reveals how inside...

**IS YOUR BACHELOR's** degree coming up soon? And do you need a break for studies?

Some months ago we focused on what you could do with a bachelor's degree. This issue, you'll see who wants Danish bachelors – now! – and how they are used.

In our feature from the International Career Fair in Malmö April 13, get a glimpse of how your BA/BSc can be your entry level into global companies such as Ebay, Coca Cola and IBM – and the pathway to an international business career.

**ON A FINAL NOTE**, I'd like to say welcome to the **Papaya**, RU's new international student online magazine. International Club is behind the Papaya and I've had the pleasure to meet the staff personally.

While it's an international magazine – like us, RUGlobal – it's targeted towards the entire RU community. Personally, I can't wait to see what this energetic and dynamic team pulls out of their sleeves.

Till next time...

Philip Michael

## Publishing information

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**Opening hours:** RUCnyt/RUGlobal does not have any regular office hours. To get in contact with the editorial staff please e-mail us or contact the information office, which is located in building 04.1.

**Articles:** need to be handed in by e-mail. Please enclose suggestions for illustrations. Discs and other material are normally not returned. The editorial staff is allowed to shorten articles and to reject articles which are not of common interest. Articles of more than 8000 characters (about 2 pages) can normally not be expected to be published un-shortened. There is no minimum length for an article to be published. Anonymous articles are not accepted.

### Upcoming deadlines:

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1	11/8	16/8	29/8

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# International opportunities at career fair

Global powerhouses were in full recruit mode at the annual Bilingual People Language Recruitment Fair

By: *Philip Michael Shange, RUGlobal*

A surprisingly short 30 minutes from Copenhagen Central Station brings RUGlobal to Bilingual People's international career fair at Malmö Konserthus.

Despite being only a few kilometers east, the international atmosphere is instantly felt. As RUGlobal enters the fair, several flags wave and multiple languages are spoken.

Coming up the stairs to second floor, the eyes meet an impressive scene as familiar logos stand out while eager listeners stand by. A prominent list of names is here, including Coca Cola, IBM, PayPal and Oracle.

The international crowd on hand is a coveted commodity.

"We're looking for people who are willing to relocate," PayPal representatives say. "Scandinavians aren't afraid to do that."

## A global event

Bilingual People Language Recruitment Fair is the largest career fair targeted at international recruitment in Europe. An annual event, the career fair is held at different venues, including Berlin, Amsterdam and London. This year it takes place April 13.

With hundreds of jobs available, global companies set up a booth and hope to recruit candidates the very same day.

A quick glance around the room of Konserthus's second floor reveals an interesting sight. A wide assortment of working fields mingle with students of multiple nationalities. Working professionals explore their options under the guise of networking. Some out of curiosity, some with career prospects in mind.

"I just want to see what's going on," says Victoria Li, a government worker from China. Being a former international student herself, she's landed a job in Sweden after taking a master's degree at Lund University. "International opportunities are always fascinating."

## BA to HR

While jobs can be hard to come by domestically without a Master's degree, a Bachelor's is enough to jumpstart your career abroad.

"The subject is not the most important thing, even though business studies and communications obviously help," an Oracle representative says. Recruiting for Human Resource jobs are needed to accommodate a growing global market.

This works for Singh, who graduated from the Technical University of Denmark after coming from India. "I'm actually looking to find a new job in a new country. Jobs are hard to come by here," he says, referring to the lack of jobs global recession.

## Calling Coca Cola

While a recession can empty the available job pool, no one told the companies at the Bilingual People Language Recruitment Fair.



The venue for this year's career fair in Sweden, Malmö Konserthus.





Talent Acquisition Specialist Denise Rogers answers in delight as prospects flock



Global powerhouses in recruit mode

“We have several job openings,” Coca Cola Enterprises Talent Acquisition Specialist Denise Rogers says. “And we need people to fill them.”

Despite other companies’ feelings of the contrary, Rogers says recruiting in a foreign country is harder than it may seem. “At first people are excited about the prospect of a

going,” she says. “But when it’s time to make the commitment to move, many get cold feet.”

Mary Hanson, a Swedish accountant, is unfazed about working in a different country.

“At the moment, I work in Denmark,” she says. “But I wouldn’t hesitate to move to London for

the right opportunity. In today’s day and age, London is just a short hour away...”

A surprisingly short one at that.

## Student life

# Don't be afraid – it is just an examination

Finally, it is here – spring. For most students, the advent of spring also means time for examinations. Students nationwide are to be tested, measured and weighed, and for some, this results in the fear of being weighed and found wanting

By: **Andreas Wraae, RUGlobal**

The time is approaching when students in the entire country are to be tested at the examination venue. The knowledge they have acquired from months’ and years’ of laborious study at an endless number of lectures and from reading bulky academic books is put to the test.

For some, this means that examination anxiety sets in, resulting in sleepless nights, stomach ache and shaking hands. But don’t despair,

because we can help you, says Psychologist Mette Harpsøe Nielsen, Head of the RU and Frederiksberg departments of the Student Counselling Service.

### Sleepless nights

According to Mette Harpsøe Nielsen, there are several degrees of examination anxiety:

“Most students are nervous before examinations which is completely normal. However, if you suffer from sleeplessness for weeks before

an examination, have no appetite, don’t take breaks to drink coffee with your friends or don’t take time off at night because you focus excessively on the upcoming examination, then it is a sign of examination anxiety”, she explains.

She points out that it is necessary to relax from time to time and adds:

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“If you study for more than twelve hours a day, you just overburden yourself and don’t even perform any better from it. You can study intensely the last few days before an examination, but it shouldn’t last for weeks”, she says. Unfortunately, this is sometimes what happens when students suffer from examination anxiety.

According to Mette Harpsøe Nielsen tools are available to handle such anxiety.

Only in very severe cases, may it be necessary to take relaxation medication such as Beta blockers. However, such drugs should only be taken if anxiety has an impact on your physical welfare, if for example speech is inhibited, she says.

### It is just an examination

If you suffer from examination anxiety – also in a mild form – the Student Counselling Service can help you.

Apart from a hotline service for students who are in desperate need of help in handling examination anxiety, the Student Counselling Service also offers a more prolonged course of treatment, teaching students how to handle examination anxiety.

“We start by having a dialogue to find out what exactly is required. After that, you can choose to participate in one of our examination anxiety groups”, says Mette Harpsøe Nielsen.

According to her, it is important to get your anxiety into perspective.

## If you are afraid of examinations:

- If you suffer from examination anxiety, you can seek advice from the Student Counselling Service.
- Don’t put it off – contact the service at an early stage before you are completely burnt out.
- If you are in desperate need of help, you can contact the Student Counselling Service using their hotline to get the advice and guidance you need to proceed.
- Each semester, the Student Counselling Service also holds workshops that teach you how to handle your examination anxiety.
- The Student Counselling Service is a self-governing institution under the Danish Ministry of Science, Technology and Innovation.
- The Student Counselling Service offers social, psychological and psychiatric advice and guidance to students free of charge.
- For further information, visit the Student Counselling Service’s website: <http://www.studraadgiv.dk/>

“Some students seem to think that scoring below the highest marks means that you are completely useless; it proves that you are stupid and that you can just as well discontinue your studies,” she explains.

The treatment offered helps students reconsider this way of thinking and realise that it is not the end of the world if they do not score top marks.

Apart from specific courses of treatment, the Student Counselling Service holds workshops at RU and other educational institutions each semester where help is offered in how to handle examination anxiety in the form of presentations and one-to-one dialogues.

“It is not a question of being bossed about as a character in a therapeutic game. You have the option of participating actively, or you can just sit listening on the back-row”, says Mette Harpsøe Nielsen, adding that usually up to forty students participate in such a session.



Examination anxiety drives some students to study round-the-clock. However, it doesn't improve the examination performance. Taking breaks is important says Psychologist Mette Harpsøe Nielsen