

How To Talk To Strangers About Career Stuff: Part 2

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Also known as
"I Hate
Networking"!



Who Are We?

Anika (she/her)

How Do I Locate Myself?

Black cis-woman of the African Diaspora. Born in Canada to immigrant parents.

A Little More About Me

- Deep passion for equity and social justice advocacy and uplifting student voice
- Loves singing musical theatre poorly and loudly and dressing up for Halloween!
- Pandemic hobbies: bad reality tv, puzzles and raising plant babies





Who Are We?

Eden (she/her)

How Do I Locate Myself?

Black cis-woman of Ethiopian-Canadian descent and daughter of refugees. Also, of the African Diaspora!

A Little More About Me

- A big enthusiast of equity, diversity, and inclusion! Also empowering students!
- Lover of all thing's food!
- Favourite hobbies: Trying new foods, playing sports, fitness, and spending time with family and friends

Who are we?

Paulina (she/her)

How Do I Locate Myself?

Latina cis-woman, Mexican born and raised, mother, culturally Catholic, neither from here nor there

A Little More About Me

- I am all about naming, identifying and eliminating barriers to living full lives
- I love learning about AI, tech, and the intersection of that with our society
- For fun, I'm a big sport watcher. NFL, F1 are my mains and then NBA, Tennis are my seconds. Any other sport in playoff season is my dessert



Whose territory are we on?

We respectfully acknowledge that we work on the traditional territory of the Neutral, Anishinaabeg, and Haudenosaunee peoples. The main campus of the University of Waterloo is situated on the Haldimand Tract, land granted to the Six Nations that includes six miles on each side of the Grand River.

Some incredible local community members on IG: Bangishimo Johnston @bangishimo, Amy Smoke @amysmoke, C. Elizabeth Best @lizbot5000

Support: O:se Kenhionhata:tie – Land Back Camp, @ose.kenhionhatatie on IG

Reports: TRC Calls to Action, National Inquiry Into MMIWG

Reading: 21 Things You May Not Have Known About the Indian Act, This Place: 150 Year Retold

What land are you on? : native-land.ca

DJ SHUB!

Godfather of PowWow Dub

@DJSHUB



Support for Indigenous Students

- Shatitsirótha' Waterloo Indigenous Student Centre (WISC)
 - Monday-Fridays 8am-8pm for student use, staff is in centre 10-3pm
 - Located at St. Paul's University College but accessible to all Indigenous students
 - Holistic supports: Elder services, tutoring, academic advocacy, peer mentorship, indigenous residency, food hampers, medicine garden, ceremonial fireground, cultural programming, feasts/gathering and more!
- Laura Belben, Indigenous Student Support Counsellor, UW Counselling Services
 - Email directly at lbelben@uwaterloo.ca or via UW Counselling Services
- Office of Indigenous Relations
 - Scholarships/bursaries, academic programming
- Indigenous Students Association (ISA) @isa.uw
 - "student run collective that supports the needs and interests of Indigenous undergraduate and graduate students on campus"
- .caISES - Canadian branch of AISES American Indian Science and Engineering Society, UW chapter
 - Goal: to support and create community for Indigenous, Metis and Inuit students in STEM

Gratitude for this knowledge shared by Robin Stadelbauer (Office of Indigenous Relations) and Jaydum Hunt (WISC)!

How might we **co-create** this safe(r) space?

- Participate in the way that feels most comfortable for you!
- Please feel free to add your pronouns to your screen name
- Please use the chat during presentation time! You can go mic on or mic off during the Q&A time.
 - Feel free to send Anika, Eden or Paulina a direct message if you have a question or comment you would like to share anonymously
- Ask questions whenever!
- If having tech issues then Maha will be able to help with that!
- Take what works for you, leave what doesn't.

What Will We Talk About Today?

- Checking-in and Would You Rather
- Brief Overview of Networking
 - Why should we connect? How should we connect?
- Networking Exercise (30 Mins Total)
- Debrief
- Tools and Resources
- Conclusion
- Q&A

Checking In & Games on Mentimeter!



Brief Overview of Networking

- Connecting with people vs. networking
- Being vulnerable allows for moments of human connection
- Use those strategies we mentioned last time if you are anxious (e.g. grounding, affirmations, deep breathing, etc.)
- Awkward moments will happen and that's totally fine!!
- Folks are generally happy to share about themselves

Be Yourself!!!



Talking with Strangers Practice!

- Heading over to Google Jamboard
- Work through scenarios exploring Talking to Strangers about Career Stuff!
- Think through each step of the connecting process
- Work together!

- Getting to Know Each Other
- Understanding Each Other's Career/Academic Journeys
- Building Further Connections

Post 'Talking with Strangers' Scenario Debrief

Debrief

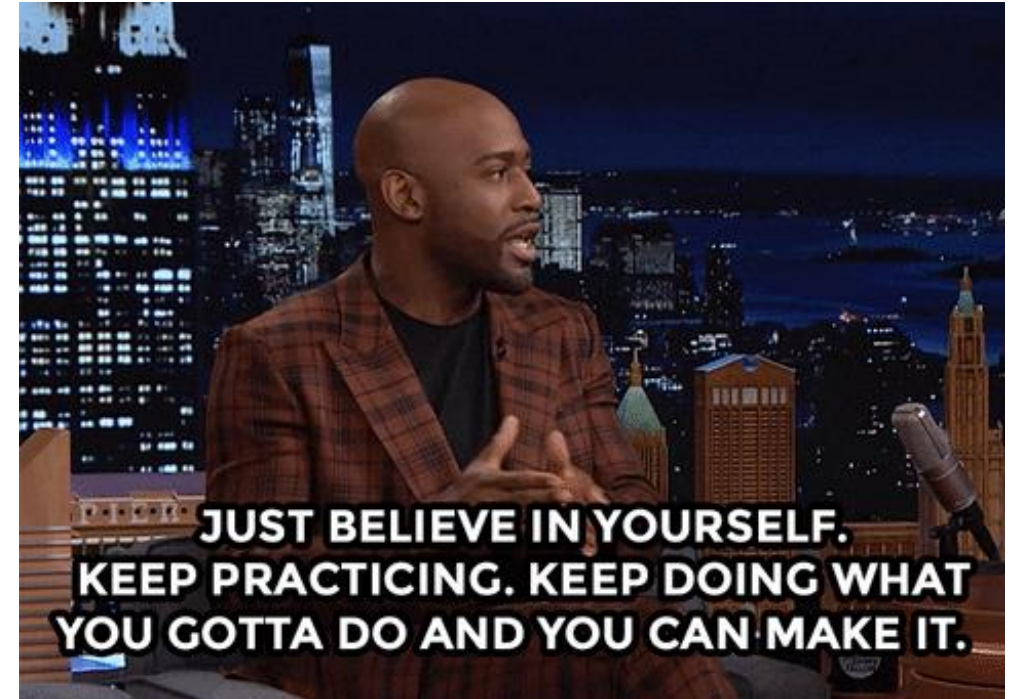
- What was your experience like?
- What were your takeaways from this exercise?

You can participate using your video + mic., just mic., the chat, reactions, etc.! Feel free to send encouraging words and reactions to others who are sharing about their experience!

Conclusion

Today we...

- Connected with other folks who want to talk to strangers about career stuff
- Practiced thinking through connecting scenarios and brainstormed ideas together
- Thought about how to build connections, ask questions and keep connected



Resources

- Connect with our **Harassment Advisors, Eden Mekonen**, eden.mekonen@uwaterloo.ca & **Graeme Beaton**, graeme.beaton@uwaterloo.ca
- **Jazz Fitzgerald, Manager, Student Equity and Community**, Student Success Office
jazz.fitzgerald@uwaterloo.ca
- Sexual Violence Prevention & Response Office (SVPRO)
- Equity, Diversity, Inclusion, and Anti-Racism Office (EDI-R)
- Waterloo Indigenous Student Centre
- Resource: If You Are Feeling Harassed in Your Co-Op Workplace
- Embedded Wellness Counsellors
- WUSA Peer Support
 - Racial Advocacy for Inclusion, Solidarity & Equity (RAISE)
 - The Glow Centre for Sexual and Gender Diversity (the Glow Centre)
 - The Women's Centre
 - Mentor Assistance Through Education and Support (MATES)

Structured Opportunities to Meet New Folks

- RAISE Mentors
- Start Proud
- Lime Connect
- Black Medical Leaders of Tomorrow
- Rendez Vous: Women x Nonbinary Digital Connect (Pride at Work Canada)
- Matrices: Trans, Non-binary & Agender Digital Connect (Pride at Work Canada)
- Ten Thousand Coffees - UWaterloo (there are also some program or faculty-specific Ten Thousand Coffees sites – check them out)
- Employer Information Sessions – Check out the calendar on WaterlooWorks
- If a field you are interested in has a professional designation, there are likely networking opportunities to be found there

Community Spaces

WUSA Peer Support - MATES, Glow Centre, RAISE, The Women's Centre

Co-Op Connection – peer support

Waterloo Indigenous Student Centre

Tri Cities Guelph and Area Indigenous Community Connection

Student Societies

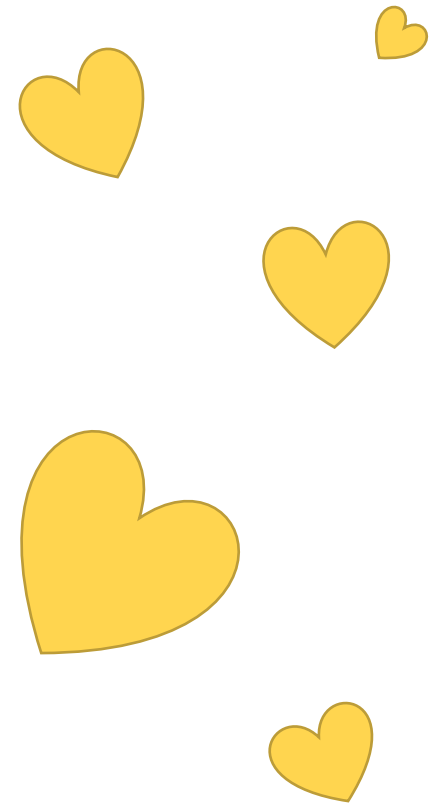
Student Clubs (e.g. cultural clubs, special interest clubs, etc.)

International Peer Community

Eventbrite - community meetups

Waterloo Public Library (or any local library) for events

...and more!



Check out CCA Appointments and Workshops!



Work Search
Résumé
Cover Letter
Interview Prep
Career Exploration
Further Education



Individual Appointments
Drop-ins
Workshops
Online Resources

uwaterloo.ca/career-action



Any Questions?

Don't hesitate to reach out! You can reach us
at eden.mekonen@uwaterloo.ca, anika.williams-hewitt@uwaterloo.ca,
paulina.cisneros@uwaterloo.ca



**We Want To Hear
From You!**

[Feedback Form](#)