

A photograph of three business professionals in a meeting. A woman in a white blazer is on the left, a man in a dark suit is on the right, and a woman with her back to the camera is in the center. Large, semi-transparent white arrows and circular graphics are overlaid on the image, suggesting a process or flow. A black banner with white text is positioned across the middle of the image.

CENTRE FOR CAREER ACTION

Mapping Out Your Career 2



**UNIVERSITY OF
WATERLOO**



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THIS
↓
workshop **IS A**
SAFE
SPACE

I respectfully acknowledge that I live and work on the traditional territory of the Attawandaron (Neutral), Anishnaabeg, and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, land promised to Six Nations, which includes six miles on each side of the Grand River.

<http://swarthmorephoenix.com/2016/09/08/safe-spaces-unsafe-for-ideas/>

Last week...

- » Introduced to the elements of the career planning cycle
- » Completed the Values activity

This week

- » Identify challenges existing in the world that inspire you
- » Learn and apply occupational research strategies
- » Develop your career action plan

The Challenge Perspective

- » Doesn't box you into a specific job title
- » Encourages thinking about what you really want to do vs what you can do
- » Can remove status from consideration
- » You don't need to know every career path/job title
- » There's more than one option
- » Can speak to values and interests

Activity: What Challenges Inspire Me?



- » Go to app.mysparkpath.com
- » Click *Sign Up*
- » Create a Student account and insert University of Waterloo's code **SparkChallenge799**
- » Follow the instructions to sort the cards (10 minutes)

Questions to Consider

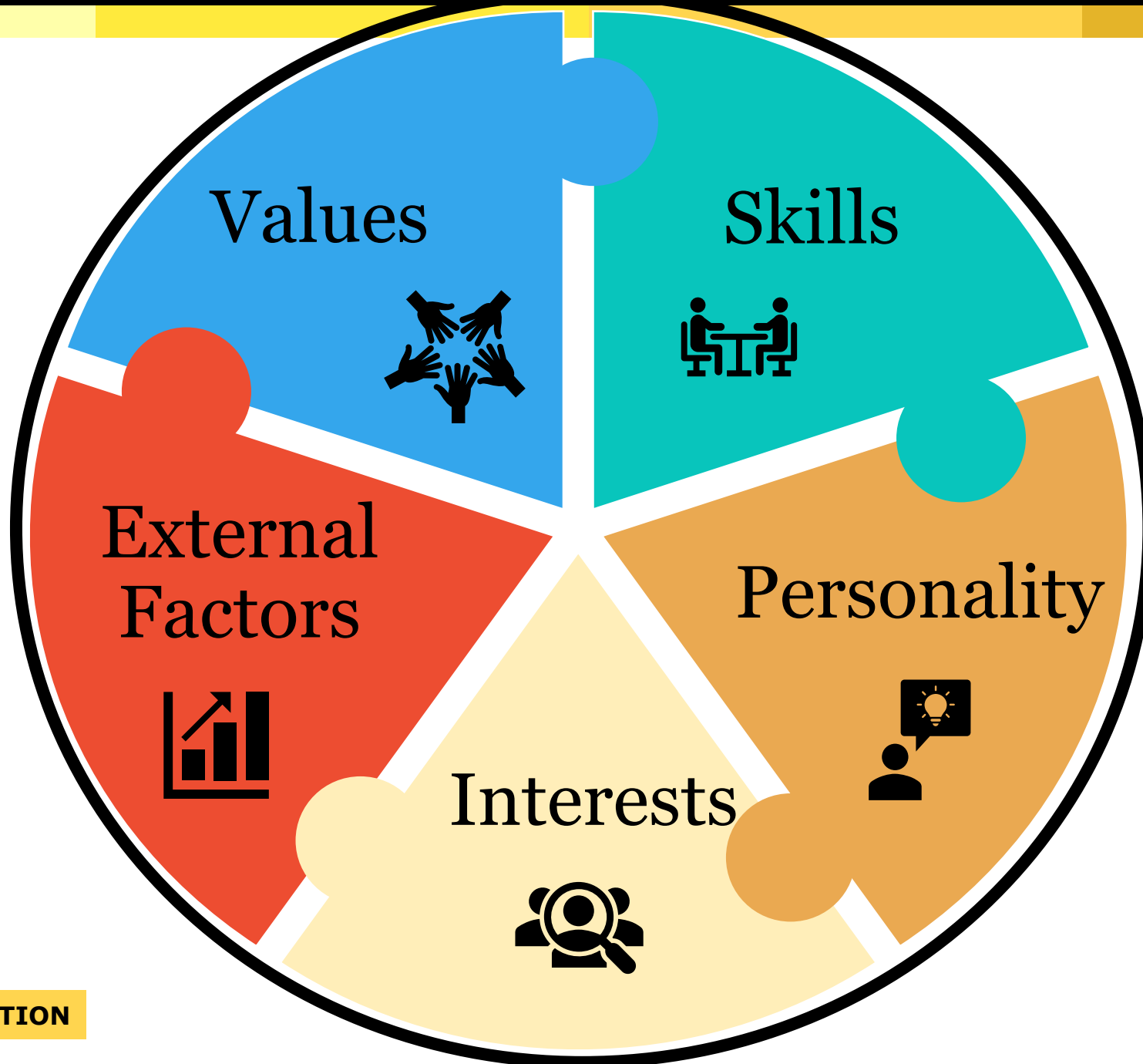
Think about the cards you selected:

- » What does each card mean to you?
- » What was it that interested you about each card?
- » Did anything about your selection surprise you?
- » Was it easy or challenging to select these cards?
Why do you think it was easy/challenging?
- » Do the ideas on your cards relate to one another? How?

Breakout rooms - (10 minutes)

- » In groups, share your top chosen challenges and brainstorm ways you might combine them or find ways they could work together

QUESTIONS?



Interests / Beliefs / Values / Personal Preferences

- » If I could do anything, and there were NO barriers, what would it be?
- » What is my “Dream Job”
- » What is my “Nightmare Job”?

Additional Factors and Considerations

- » Personal (goals, grades, support, health, finances, time, cost versus payback)
- » Family/relationships/community
- » Society in general
- » Peers
- » Economy
- » Labour market

OCCUPATIONAL RESEARCH

Identifying Occupational Options

- » Assessment tools
- » Daydream/fantasy jobs
- » Occupation lists
- » Brainstorming with friends, family
- » Information interviews
- » Job shadowing, summer/part-time/co-op jobs, volunteering

Sources of Occupational Information

- » Employers
- » Career planning websites
- » LinkedIn
- » Job postings
- » Professional & industrial associations
- » Career fairs

Career Exploration Sites

- typefocus.com (access code: uw74)
- careercruising.com (username: uwaterloo; password: crc)
- <https://alis.alberta.ca/>
- <https://www.canada.ca/en/employment-social-development/services/noc.html>
- onetonline.org

Occupational Research

- » Nature of the work
- » Education, training and experience required
- » Personal qualifications, skills and abilities required
- » Personal characteristics of typical people working in the occupation
- » Values expressed in or by occupation

Occupational Research

- » Current and potential earnings, benefits
- » Working conditions
- » Location
- » Employment outlook, advancement opportunities
- » Related occupations

Occupational Research

- Broaden
- Narrow

CAREER DECISION MAKING

Career Decision Making Model

- » Identify decision to be made
- » State your goal clearly
- » Identify options
- » Gather information and data

CDM Model (cont'd)

- » Compare and evaluate alternatives
 - » pros and cons
 - » values and needs satisfied
 - » risks involved
 - » visualize
- » Select one of the options
- » Develop an action plan
- » Review choice

Career Decision Making Worksheet

<u>Criteria</u>	<u>Alternatives</u>			
	<i>A</i>	<i>B</i>	<i>C</i>	<i>D</i>
<u>Must-haves:</u>				
1. Helping others				
2. Writing opps				
<u>Wants:</u>				
1. Advancement				
2. Autonomy				
3. Variety				
4. Prestige				
Totals:				

ACTION PLAN

Action Plan

» Identify long-term goals:



Action Plan

- » Establish short-term goals
- » Put plans in writing
- » Affirm your plan

Action Plan

Insert your responses in the boxes provided. If you cannot complete your response in the space provided (one page total), adjust the template but try not go beyond 2 pages.

One specific longer-term goal (within 1-5 years) that relates to my career development is:

Possible **internal** barriers/conflicts related to this goal (e.g., self-knowledge, self-efficacy, fears/concerns, motivation/readiness):

Possible **external** barriers/conflicts related to this goal (e.g., occupational knowledge, influence of others, economic/geographic factors, finances):

Support that might be enlisted to help achieve this goal (e.g., family, friends, experts, financial):

Compromises that may need to be made to achieve goal:

Shorter-term (within next year) action steps (minimum 5) toward goal (may address internal/external barriers, garnering support; may require more self/occupational research, work/volunteer experience, education):	Date to be completed:
1)	
2)	
3)	
4)	
5)	

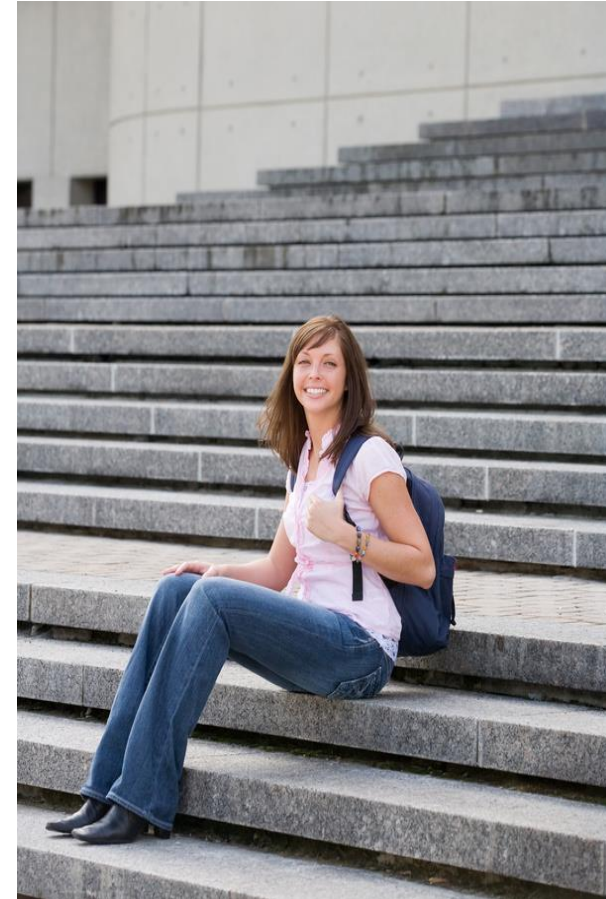
PARTING TIPS

Some Tips for the Road

- » Don't forget the "big picture"
- » Be alert for interfering attitudes and behaviours
- » Don't ignore your intuition
- » Expect and celebrate mistakes
- » Be flexible
- » Begin again....

Next Steps...

- » Sign up for additional workshops
- » Make an appointment to meet a career advisor individually
- » Start exploring!





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Résumé
Cover Letter
Interview Prep
Career Exploration
Grad School Prep**



**Individual Appointments
Drop-ins
Workshops
Online Resources**

uwaterloo.ca/career-action

QUESTIONS?



**We want to hear
from you!**

Please complete our survey!



**UNIVERSITY OF
WATERLOO**

HOW DID WE DO?

We are always looking for ways to improve and your feedback is important. Complete the feedback survey delivered to your inbox at the end of this week.

Our mission is to educate and motivate all members of the University of Waterloo community to develop and take action to achieve current and future career goals.