



# Mapping Out Your Career 1



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*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 ten kilometres on each side of the Grand River.*

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# Let's make this a safer space

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Listen and learn from each other with grace

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Ask questions throughout the training

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Participate in a way that works for you!

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Remain respectful of others – we do not tolerate harmful behaviour in this space

# Learning Outcomes

- Recognize and apply the elements of the career planning cycle
- Identify challenges that exist in the world today that you have an interest in

# What is “career”?

- Evolving sequence of a person’s work experiences over their lifetime
- Only one career
- Paid and unpaid experiences
- Continuity and change

Myth:

Your degree determines your career

Fact:

Three quarters of university grads don't end up in jobs relating to their majors

Myth:

The occupational choice I am making now will be for the rest of my life

Fact:

It is estimated that students graduating now will have 3-5 different occupations over their lifetime (and up to 13 or more jobs)



“In choosing an occupation one is, in effect, choosing a means of implementing a self-concept.”

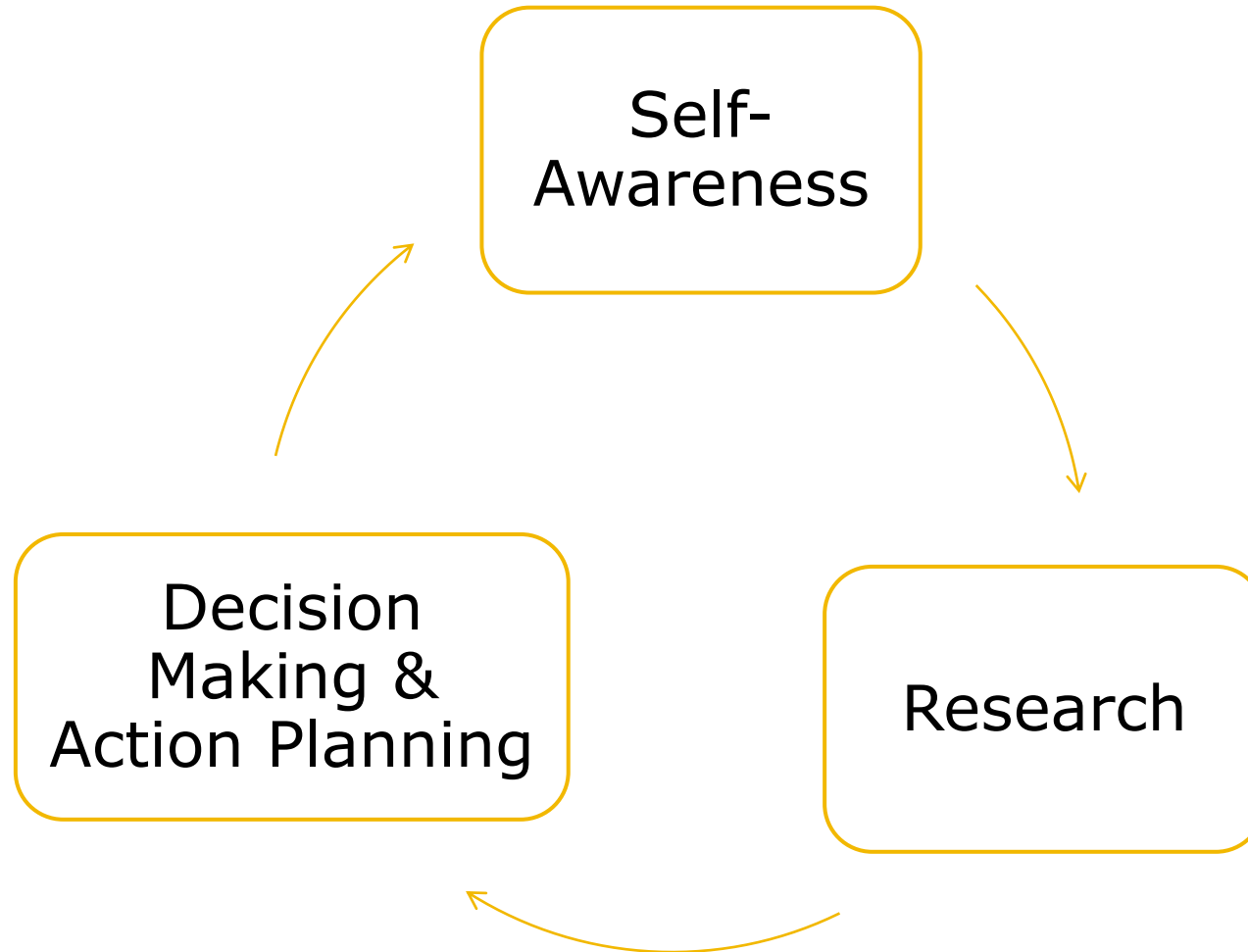
- *Donald Super*

# The Career Planning Cycle

Involves 3 main aspects:

- » **Self-awareness:** know yourself, your goals, your abilities, interests and potential barriers.
- » **Research:** know the world of work and how it is changing; examine choices in academic and occupational options.
- » **Decision making:** develop a plan and put it into place.

# The Career Planning Cycle



# Self Assessment

- Process of collecting and analyzing relevant self data
  - interests
  - skills/abilities
  - personal preferences
  - values/beliefs
  - personal circumstances

# Self Assessment

Why?

- To define type of position best suited for
- To enable you to effectively communicate goals and qualifications to prospective employers

# Self Assessment

How?

- Creative visualization
- Sharing ideas with others
- Examine past accomplishments
- Career-related measures:
  - Interest inventories (Strong)
  - Personality assessments (MBTI)
  - Skills checklists
  - Values identification

# Self Assessment

Where?

- Career Planning appointment (@Centre for Career Action)
- Self-help:
  - CareerHub: [careerhub.uwaterloo.ca](https://careerhub.uwaterloo.ca)
  - Websites: [uwaterloo.ca/career-action](https://uwaterloo.ca/career-action)

# Career Exploration Sites

- TypeFocus.com (access code: uw74)
- Career Cruising (careercruising.com)
  - username: uwaterloo
  - password: crc



# 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](http://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?

# UN's Sustainable Development Goals

*What motivates you?*



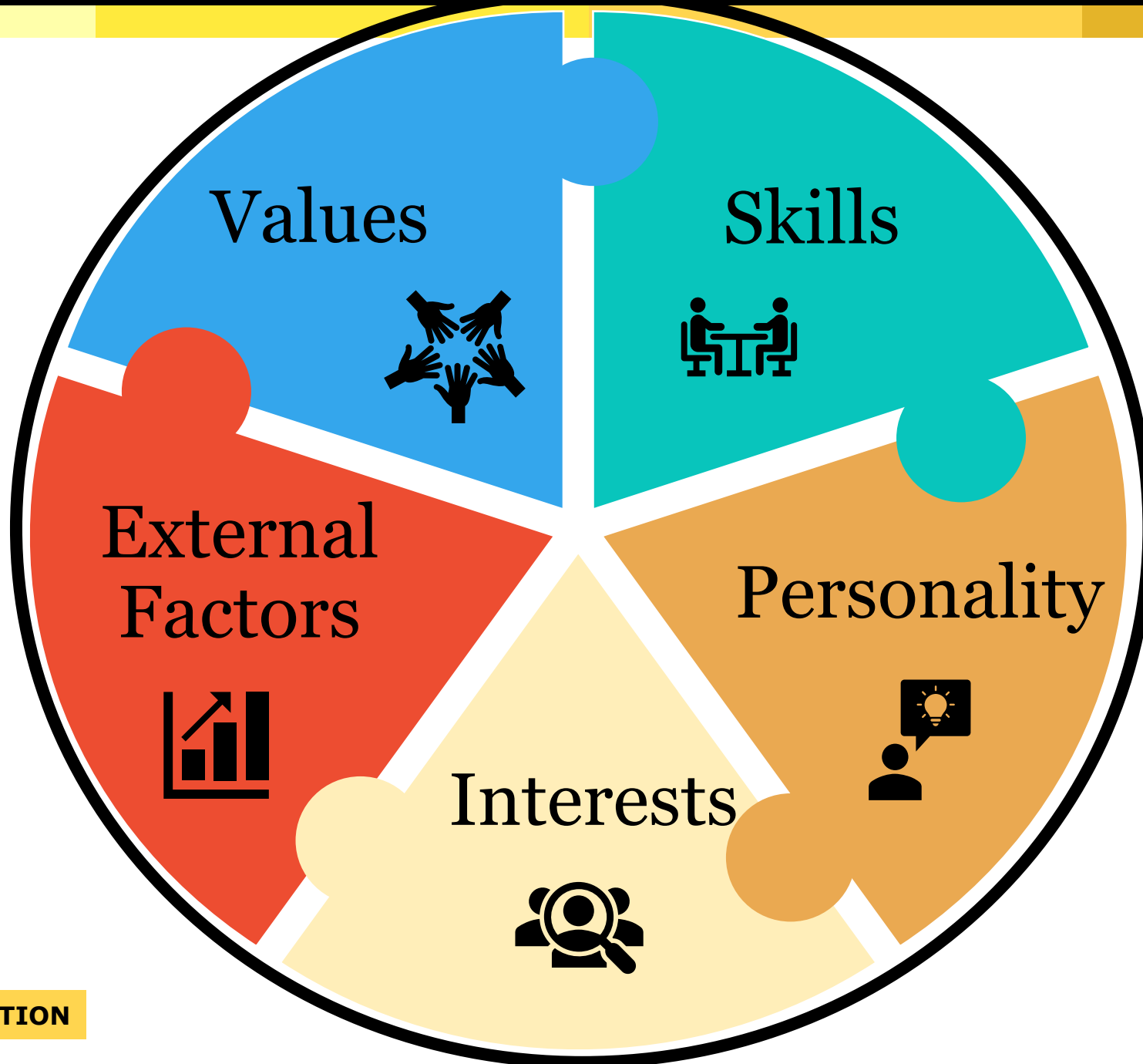
**CENTRE FOR  
CAREER ACTION**

**SUSTAINABLE  
DEVELOPMENT GOALS**

Centre for Career Action supports the Sustainable Development Goals

# 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



# Interests

- Favourite classes
- Conversations you pay attention to
- What you watch or listen to
- Activities you attend by choice
- Where you like to spend your money, time and energy
- Who you choose to be with
- Proudest accomplishments
- Reading that captivates you
- Stuff that's really exciting, rewarding, fun



# Personal Preferences

- What am I like as a person?

- MBTI

- » creative
- » curious
- » diplomatic
- » discreet
- » easy going
- » efficient
- » emotional
- » empathic
- » enthusiastic
- » friendly
- » good-natured
- » helpful
- » honest
- » humorous
- » imaginative
- » intelligent
- » inventive
- » kind
- » likeable
- » logical
- » loyal
- » mature
- » methodical
- » meticulous
- » modest
- » motivated
- » open-minded
- » optimistic
- » organized

# Skills

- Things you're good at
- Examining past experiences and accomplishments
- Seeking feedback from others
- SkillScan:
  - how proficient?
  - how much do you want to use them?

# Next Week: Mapping Out Your Career: Part 2

- Values
- Identifying Occupational Options
- Making Decisions
- Developing a Career Action Plan

**QUESTIONS?**



**Regular  
Co-op  
Undergrad  
Grad – All Levels  
Alumni  
Employees**



**Job Search Tactics  
Résumé  
Cover Letter  
Interview Prep  
Career Exploration  
Grad School Prep**



**Individual Appointments  
Drop-ins  
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**[uwaterloo.ca/career-action](http://uwaterloo.ca/career-action)**



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from you!**

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