Applied Health Sciences Advisors

Undergraduate advisors in the Faculty of Applied Health Sciences are in a perfect position to support EDGE.

**WHAT ARE THE BENEFITS OF EDGE?**

- EDGE supports rich student learning. Students who connect academic study and experiences outside of the classroom are more satisfied and engaged.
- EDGE helps students understand the value of professional skills like communication, teamwork and problem solving.
- EDGE encourages students to pursue personal growth by reflecting on their experiences and giving back to the campus community.
- EDGE supports long-term graduate success by helping students develop core career skills and market themselves to employers.
- EDGE is an opt-in program. Students can use EDGE to bolster their existing academic and extra-curricular pathways with professional development.

**Examples of EDGE courses:**

- Sociology of Activity, Health, and Well-being (AHS 107)
- Community Learning Project (HLTH 481)
- Clinical Kinesiology: Cardiac Rehabilitation Practicum (KIN 492A and B)
- Practicum in Therapeutic Recreation (REC 253)
- Career Fundamentals (PD1)

**HOW CAN YOU HELP EDGE?**

- Refer students in regular programs to EDGE. You can encourage them to invest in their personal and professional development by completing the program.
- Help students interested in EDGE navigate the registration process.
- Support students who choose to complete professional development (PD) courses as part of EDGE. Students who have only enrolled in regular academic courses may be unfamiliar with the process.
- Become familiar with your department and faculty’s collection of EDGE courses. Students may not be aware of every course they can use to complete EDGE.
- Help students understand how completing EDGE can benefit them during their time at Waterloo and beyond.
- Support co-op students who are transitioning to regular programs of study and want to use EDGE to maintain their investment in experiential education.

Want to learn more?

Contact Jessica Lang with questions, comments, or concerns at j6lang@uwaterloo.ca.
# What is EDGE?
EDGE is a certificate program for students in traditional (non-co-op) programs who want to augment their academic study with experiential opportunities on campus, in the community, and in the workplace. Students who complete EDGE will develop professional skills like communication and teamwork, explore their career options, and learn how to market their skills to employers.

## How do students complete EDGE?

<table>
<thead>
<tr>
<th>Skills Identification and Articulation Workshop</th>
<th>Students identify the skills they develop through academic study and practice expressing them in a confident, concise manner.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Career Development Course</td>
<td>Students build résumés, complete mock interviews, and sharpen other core career-seeking skills.</td>
</tr>
</tbody>
</table>
| Three Work or Community Experiences (any combination) | 1) Academic Courses: Some courses involve hands-on work with industry partners and/or community groups. Students who take courses with these experiential components use them to complete EDGE.  

2) On-campus Experiences: Students pair a wide range of on-campus opportunities (both paid and volunteer) with online professional development courses.  

3) Off-campus Experiences: Students pair full- or part-time employment, internships, volunteer work, and temporary opportunities with online professional development courses. |
| Capstone Workshop | Students reflect on their undergraduate experiences and develop a plan of action for post-graduation success. |

Find your EDGE at uwaterloo.ca/edge.