STARTING TO THINK ABOUT YOUR FUTURE CAREER?
EXPLORE YOUR OPTIONS
uvic.ca/coopandcareer/explore

USE THE EXPLORE YOUR OPTIONS CHECKLIST TO CONNECT YOUR COURSES WITH YOUR CAREER

To start exploring potential careers on my own, I can…
- Work through the journey kit online resources to research careers and chart my path (uvic.ca/coopandcareer/journeykit)
- Check out “What can you do with your degree?” resources for my program (uvic.ca/coopandcareer/degree)
- Join the Horizons Program, a free self-paced online program for exploring career possibilities (uvic.ca/coopandcareer/horizons)

To access career support on campus, I can…
- Meet with a career educator for help with career planning and more (uvic.ca/coopandcareer/advice)
- Attend free career workshops on résumés, cover letters and using social media in my work search (uvic.ca/coopandcareer/workshops)
- Attend Co-op and Career events like “What can you do with your degree?” sessions, employer info sessions, career fairs and more (uvic.ca/coopandcareer/events)
- See Counselling Services about their Career Exploration Program and career counselling (coun.uvic.ca/career)
- Participate in hands-on learning and co-curricular opportunities available in my program area (uvic.ca/coopandcareer/explore)
- Join the co-op program or work experience program to gain paid, relevant work experience before graduation (uvic.ca/coopandcareer/coop)
- Check out job postings on the Co-op and Career portal (learninginmotion.uvic.ca)
- Look into volunteer opportunities (uvic.ca/coopandcareer/volunteer)
- Take part in international work and study opportunities (uvic.ca/coopandcareer/abroad and uvic.ca/international)

GAIN EXPERIENCE BEFORE YOU GRADUATE!

We’ve pulled together a list of hands-on learning and co-curricular opportunities available in your program so you can discover your interests, boost your résumé and explore potential careers during your degree.

“Hands-on learning” is…
- … opportunities to engage in experiential education within your academic program — whether it’s in the classroom, research projects, the workplace or the community.
- Possibilities include:
  - Co-op Program and Work Experience Program
  - Community Service Learning courses
  - Field schools
  - Practica
  - Study abroad or exchange
  - … and many more!

“Co-curricular opportunities” are…
- … ways you can gain experience at UVic outside your academic program — including in the workplace, in academics and in the campus community.
- Possibilities include:
  - Para-professional program positions (orientation leader, peer helper, Residence Life community advisor, etc.)
  - Research assistant positions
  - UVSS clubs
  - Work Study Program
  - … and many more!

See opportunities available in your program area at uvic.ca/coopandcareer/explore

USE OUR KITS TO BE A HIT!

uvic.ca/coopandcareer/journeykit (career motivators, career options, work search resources, professional development and grad school info)

uvic.ca/coopandcareer/competencykit (assess, develop and describe your competencies: core, program-specific, cross-cultural and professional)

uvic.ca/coopandcareer/toolkit (résumés, cover letters, interviews, portfolios and networking)

CONTACT US
Phone: 250-721-8421    Email: careers@uvic.ca    Web: uvic.ca/coopandcareer

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@uviccoopcareer

Learning in motion