

WHAT'S YOUR LEADING EDGE?

The Leading Edge is reflective hands-on learning that helps you bring together your academic, co-curricular and work experiences to answer these **4 big questions**:

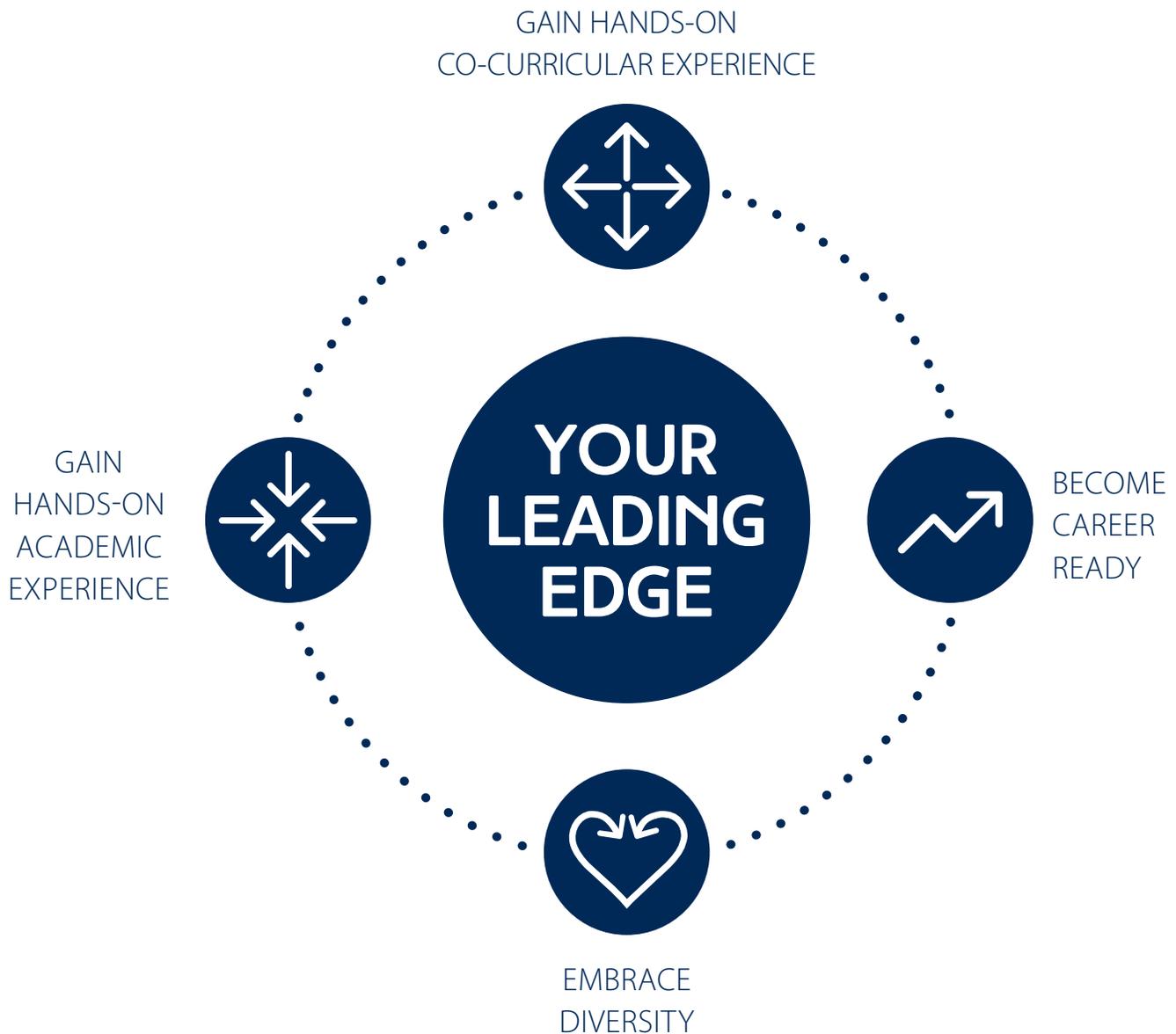


Take the Leading Edge challenge while you study at UVic to develop a strong understanding of yourself and your strengths and a clear plan for your future. You'll learn why your talents are important, where they are needed most and how to use them to make a purposeful impact on the world. You'll also receive a Leading Edge record to include on your résumé.

HOW THE LEADING EDGE WORKS

Over the course of your degree:

- + Take part in at least 1 hands-on experience in each of these 4 categories.
- + Reflect on each experience to answer the 4 big questions.



CHOOSE YOUR EXPERIENCES



GAIN HANDS-ON ACADEMIC EXPERIENCE

Many UVic courses and programs provide dynamic, hands-on learning—these experiences take place in the classroom, in the community, in research settings and in the workplace. Academic experiences include:

- + Academic courses
- + Academic exchanges
- + Community service learning courses (CSL)
- + Co-operative education (co-op) work terms
- + Field schools
- + Internships
- + Work Experience Program terms
- + Practica

+ See the full list of eligible [academic](https://uvic.ca/coopandcareer/hands-on) and [co-curricular](https://uvic.ca/coopandcareer/hands-on) experiences at uvic.ca/coopandcareer/hands-on.



GAIN HANDS-ON CO-CURRICULAR EXPERIENCE

Co-curricular experiences take place outside your academic program and help you contribute to your communities, gain valuable experience and discover your strengths. Co-curricular experiences include:

- + Community Leader positions (UVic Residence)
- + Global Community Mentor positions (International Student Services)
- + Orientation Leader positions (UVic Orientation)
- + Recreation positions (Vikes Athletics)
- + Research assistant positions (across campus)
- + Student club participation (Vikes, etc.)
- + and more...



EMBRACE DIVERSITY

UVic offers many opportunities to help you become a stronger global citizen and make positive contributions to the world around you. Samples include:

- + Academic courses (e.g., Gender, Power and Difference/ GNDR 100)
- + Diversity and inclusion workshops
- + Global Community Student Advisory Council participation
- + International exchange programs
- + International work experiences (co-operative education work terms, internships, etc.)
- + LE, NONET Program experiences (for Indigenous students)
- + Part-time or summer work experiences that support and engage with diverse individuals

+ [Diversity-focused](https://uvic.ca/coopandcareer/hands-on) and [career-ready](https://uvic.ca/coopandcareer/hands-on) experiences could include [academic](https://uvic.ca/coopandcareer/hands-on) and [co-curricular](https://uvic.ca/coopandcareer/hands-on) experiences (see uvic.ca/coopandcareer/hands-on) as well as opportunities offered by Career Services and other UVic departments.



BECOME CAREER-READY

A range of UVic programs, courses and experiences can help you develop the skills and confidence to manage your career and personal development. Samples include:

- + Career coaching with your career educator
- + Career Curiosity Workshop (Counselling Services)
- + Career Workshop Series (Ace your Interviews, Résumé Lab, LinkedIn Essentials)
- + Global Community Para-professional Training Program
- + Horizons (career exploration) and Navigator (work search) programs
- + Introduction to Professional Practice courses (for co-op students)
- + and more...

Want to include an experience that isn't listed? Email a description of the experience to leadingedge@uvic.ca.

TAKE THE LEADING EDGE CHALLENGE

Start with 1 hands-on experience and see where it takes you.

Reflect on your experience to discover answers to the 4 big questions.

Start another experience and keep building—we'll guide you along the way.

HOW TO GET STARTED

STEP 1: Learn more and register for the Leading Edge challenge. Send an email with your name, V# and what inspired you about the Leading Edge questions to leadingedge@uvic.ca.

STEP 2:

- + Start to answer the 4 big questions
- + Explore hands-on and co-curricular experiences (uvic.ca/coopandcareer/hands-on)
- + Meet with your career educator to create your student experience record and to see which Leading Edge experiences you've already completed (uvic.ca/coopandcareer/career/educator)

STEP 3: Take part in and reflect on at least 1 experience in each of the 4 categories—which experiences will you choose?

- + Academic experience
- + Co-curricular/extra-curricular experience
- + Diversity experience
- + Career-ready experience

STEP 4: Pull it all together to create your Leading Edge statement and complete the Leading Edge challenge! By participating in experiences and reflecting on the 4 questions, you'll know:

WHAT YOU LOVE

You'll know what motivates you, what you're passionate about and how your interests align with possible career paths.

WHAT YOUR GREAT AT:

You'll recognize your strengths and will be able to clearly explain the competencies that you've gained through your education and experience.

WHAT THE WORLD NEEDS:

You'll know how to connect with communities to understand what is needed and find opportunities where you can make a vital impact.

WHAT YOU CAN BE PAID FOR:

You'll know how to align your skills and knowledge with employment opportunities and how to engage in a productive work search.