Your career is a journey and there’s more than one “right” path. This resource includes some of the ways that you can explore your career journey—find even more at uvic.ca/coopandcareer/degree.

EXPLORE POTENTIAL CAREERS
Your education, experience, knowledge, skills and attributes can help you excel in many directions. Here are a few sample jobs and fields of work that relate to your program:

<table>
<thead>
<tr>
<th>Opportunities within your academic program</th>
<th>Opportunities outside your academic program</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <strong>Co-op Program:</strong> Alternate academic study with paid work terms to gain workplace experience</td>
<td>• <strong>Work Study position</strong> (uvic.ca/work-study)</td>
</tr>
<tr>
<td>• Learn about a wide range of <strong>hands-on learning opportunities</strong>, including Community Service Learning courses, course-based experiences and more at uvic.ca/coopandcareer/hands-on</td>
<td>• <strong>Volunteering</strong> is a great way to gain work experience, give back to your community and build skills to boost your résumé—learn more at uvic.ca/coopandcareer/volunteer</td>
</tr>
</tbody>
</table>

Some of these roles may require post-graduate studies or training.

What steps can you take to find a career that fits?
» Explore how your interests align with career paths during an appointment with a career educator at uvic.ca/coopandcareer/advice
» Look for career ideas by searching for job postings with your program name at learninginmotion.uvic.ca
» Take part in the Horizons program to generate career ideas and decide on your next steps at uvic.ca/coopandcareer/careerprograms

GAIN EXPERIENCE AND MAKE CONNECTIONS
Gaining experience in the community and workplace can help you gain insight and build your network. We’ve put together a list of some of the hands-on learning opportunities available in your program area.
What networks can you connect to?
Your friends, family, professors and colleagues are all part of your network—ask them how they’ve navigated their career paths. You can also connect with professional associations related to your field—here are just a few:

- Social Sciences and Humanities Council of Canada (sshrc.ca)
- National Humanities Alliance (USA) (nhalliance.org)
- Canadian Federation for the Humanities and Social Sciences (ideas-idees.ca)

**TIP:** Learn all about effective networking (plus other work search resources) at [uvic.ca/coopandcareer/worksearch](http://uvic.ca/coopandcareer/worksearch).

**BUILD YOUR SKILLS**
Every experience helps you develop competencies—knowledge, skills and attributes that are valuable to employers. We can help you understand and describe your competencies, which comes in handy when you’re searching for work.

What competencies do all employers look for?
Here are the 10 core competencies that are valuable in every workplace (these align with UVic’s Learning Outcomes):

- Personal management
- Communication
- Managing information
- Research and analysis
- Project and task management
- Teamwork
- Commitment to quality
- Professional behaviour
- Social responsibility
- Continuous learning

What competencies will you develop through your program?
Here are some of the competencies specific to your academic program (full list at [uvic.ca/coopandcareer/degree](http://uvic.ca/coopandcareer/degree)).

- Explore ethical issues in social, political, economic, scientific and aesthetic contexts
- Demonstrate knowledge and understanding of the central concepts of epistemology (the theory of knowledge) and investigate the ultimate nature of reality
- Generate deductively valid arguments and detect invalid arguments
- Use methodologies and techniques to think carefully about difficult material and identify its most significant features

You can also develop intercultural competencies and professional competencies.
**TIP:** Visit [uvic.ca/coopandcareer/buildskills](http://uvic.ca/coopandcareer/buildskills) to learn how to assess and describe your competencies.

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**LOOKING FOR MORE SUPPORT?**

Job postings: [uvic.ca/coopandcareer/career](http://uvic.ca/coopandcareer/career)

Events and more: [learninginmotion.uvic.ca](http://learninginmotion.uvic.ca)  
[uviccoopandcareer](https://twitter.com/uviccoopcareer)  
[@uviccoopcareer](https://twitter.com/uviccoopcareer)