

WHAT CAN YOU DO WITH YOUR DEGREE?

RECREATION AND HEALTH EDUCATION



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:

<ul style="list-style-type: none"> • Personal trainer • Fitness and wellness coordinator • Outdoor programmer • Camp leader/director • Occupational therapist 	<ul style="list-style-type: none"> • Aquatic program assistant • Athletic coach • Community support worker • Recreation programmer, adults • Community recreation coordinator 	<ul style="list-style-type: none"> • Cardiac rehabilitation • Policy analyst • Rehabilitation specialist • Facilities supervisor • Recreation therapist
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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.

Opportunities <u>within</u> your academic program	Opportunities <u>outside</u> your academic program
<ul style="list-style-type: none"> • Co-op Program: Alternate academic study with paid work terms to gain workplace experience 	<ul style="list-style-type: none"> • Work Study position (uvic.ca/work-study)
<ul style="list-style-type: none"> • Learn about a wide range of hands-on learning opportunities, including Community Service Learning courses, course-based experiences and more at uvic.ca/coopandcareer/hands-on 	<ul style="list-style-type: none"> • Volunteering 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

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:

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| <ul style="list-style-type: none"> • BC Recreation and Parks Association (bcrpa.bc.ca) • Canadian Parks and Recreation Association (cpa.ca) | <ul style="list-style-type: none"> • Recreation Facilities Association of BC (rfabc.com) • BC Therapeutic Recreation Association (bctra.org) |
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TIP: Learn all about effective networking (plus other work search resources) at 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):

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| <ul style="list-style-type: none"> • Personal management • Communication • Managing information • Research and analysis • Project and task management | <ul style="list-style-type: none"> • Teamwork • Commitment to quality • Professional behaviour • Social responsibility • Continuous learning |
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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).

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| <ul style="list-style-type: none"> • Understand and apply psychological and social determinants to the delivery of programs and services • Explore, plan and coordinate action strategies that meet community health and recreation goals • Identify and implement a personal and professional philosophy of recreation, leisure and health promotion | <ul style="list-style-type: none"> • Research, describe and adapt to cultural and social trends that influence the field of recreation and health education • Recognize diversity, equity and inclusiveness as they relate to community development • Able to identify key values and shared visions and use these principles to guide action |
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You can also develop intercultural competencies and professional competencies.

TIP: Visit uvic.ca/coopandcareer/buildskills to learn how to assess and describe your competencies.

LOOKING FOR MORE SUPPORT?

Job postings: uvic.ca/coopandcareer/career

Events and more: learninginmotion.uvic.ca



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