

# WHAT CAN YOU DO WITH YOUR DEGREE?

## SOCIOLOGY



University  
of Victoria

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](http://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:

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| <ul style="list-style-type: none"> <li>• Human resources assistant</li> <li>• Social activist</li> <li>• Healthcare administrator</li> <li>• Addictions counsellor</li> <li>• Market research analyst</li> </ul> | <ul style="list-style-type: none"> <li>• Fundraiser</li> <li>• Immigration settlement worker</li> <li>• Community services manager</li> <li>• Educational program coordinator</li> <li>• Public relations officer</li> </ul> | <ul style="list-style-type: none"> <li>• Social policy researcher</li> <li>• Probation officer</li> <li>• Teacher/instructor</li> <li>• Media analyst</li> <li>• Counsellor</li> </ul> |
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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](http://uvic.ca/coopandcareer/advice)
- ✦ Look for career ideas by searching for job postings with your program name at [learninginmotion.uvic.ca](http://learninginmotion.uvic.ca)
- ✦ Take part in the Horizons program to generate career ideas and decide on your next steps at [uvic.ca/coopandcareer/careerprograms](http://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"> <li>• <b>Co-op Program:</b> Alternate academic study with paid work terms to gain workplace experience</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Work Study position</b> (<a href="http://uvic.ca/work-study">uvic.ca/work-study</a>)</li> </ul>
<ul style="list-style-type: none"> <li>• Learn about a wide range of <b>hands-on learning opportunities</b>, including Community Service Learning courses, course-based experiences and more at <a href="http://uvic.ca/coopandcareer/hands-on">uvic.ca/coopandcareer/hands-on</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Volunteering</b> is a great way to gain work experience, give back to your community and build skills to boost your résumé—learn more at <a href="http://uvic.ca/coopandcareer/volunteer">uvic.ca/coopandcareer/volunteer</a></li> </ul>

### 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"> <li>• American Sociological Association (<a href="http://asanet.org">asanet.org</a>)</li> <li>• International Sociological Association (<a href="http://isa-sociology.org">isa-sociology.org</a>)</li> </ul> | <ul style="list-style-type: none"> <li>• Canadian Sociological Association (<a href="http://csa-scs.ca">csa-scs.ca</a>)</li> </ul> |
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**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):

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| <ul style="list-style-type: none"> <li>• Personal management</li> <li>• Communication</li> <li>• Managing information</li> <li>• Research and analysis</li> <li>• Project and task management</li> </ul> | <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Commitment to quality</li> <li>• Professional behaviour</li> <li>• Social responsibility</li> <li>• Continuous learning</li> </ul> |
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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](http://uvic.ca/coopandcareer/degree)).

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| <ul style="list-style-type: none"> <li>• Demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings and historical trends in sociology</li> <li>• Gain an understanding of the diversity and contributions of sociological inquiry</li> </ul> | <ul style="list-style-type: none"> <li>• Understand a variety of social research methods and are able to evaluate and disseminate empirical research findings</li> <li>• Understand sociological theory in the context of studying life, social change and the social causes and consequences of human behaviour</li> </ul> |
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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.

## 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)



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