

WINTER 2019



**CAREER
DEVELOPMENT
ACTIVITY GUIDE**

www.uwindsor.ca/cdel



University
of Windsor

**WINDSOR
PROUD.**

CAREER DEVELOPMENT & EXPERIENTIAL LEARNING

Our team of professionals bring expertise in career planning, job search strategies, resume writing, interview preparation, and labour market information. They are here to help you build bridges between the classroom and the world of work by supporting your career development and connecting you with resources and opportunities to prepare for whatever your goal for after your time at University of Windsor might be.

YOUR CAREER PLANNING GUIDE

A solid career plan will help to ensure you develop the skills and gain the experience you need to be on the right track to the career and lifestyle you want.

• FIND
• A JOB

• ASSESS
• YOURSELF



• MARKET
• YOURSELF

• EXPLORE
• CAREERS

EXPAND SKILLS

This is a fluid, dynamic, and continuous process. As you come to new decision points, you may return to an earlier stage in the cycle. It is also possible to be moving through multiple cycles simultaneously, like looking for a summer job while planning for your long-term career.

ASSESS YOURSELF



- Analyze your interests, skills, values, personality, and strengths and begin to relate them to your educational and career plans.
- Consider what type of lifestyle you want and how it relates to your work.

APPOINTMENTS:



CAREER EXPLORATION PROGRAM

If you are struggling to find a career path that is right for you, looking to become more aware of occupations related to your field, or in need of goal-oriented career planning, participate in this multi-session series of appointments for thorough support and guidance from a career consultant. **Register for an intake appointment to get started.**

NEW



CAREER PLANNING AND WHAT CAN I DO WITH MY DEGREE?

Discuss what kinds of careers you can go into with your major and some viable long-term plans based on your interests, aptitudes, and academic profile.



INTEREST/CAREER ASSESSMENT INITIAL APPOINTMENT

Learn more about your interests, skills, and values and how to link them to possible careers. Investigate what options are out there in the world of work and gain answers to common career questions like, "What can I do with my major?" and, "Where am I going with my career?" Work with a career advisor to develop a plan for how to get there.



WORKSHOP



CAREER INTEREST ASSESSMENT

Unsure of your career or degree options?

Complete the most widely used career interest assessment to gain insight into your career interests and match them with occupations and educational options in this interactive workshop. Explore nearly 300 occupations using the Strong Interest Inventory with the guidance of a career advisor.

"Find out what you like doing best, and get someone to pay you for it."

EXPLORE CAREERS

STAGE



- Identify and research careers that interest you and explore trends by looking at the labour market.
- Meet with people working in jobs or companies that interest you to get a feel for their work.
- Get involved in the community to build your interests, skills, and contacts.

APPOINTMENTS:



CAREER PLANNING AND WHAT CAN I DO WITH MY DEGREE?

Discuss what kinds of careers you can go into with your major and some viable long-term plans based on your interests, aptitudes, and academic profile.

NEW



CHECK OUT OUR NEW APPOINTMENT SERIES:

CAREER EXPLORATION PROGRAM

Refer to p.2



WORKSHOPS



FOLLOW US

f @CCESUWindsor
t @CCES_UWindsor
i @uwindsorcces

Check out the **Using Social Media to Leverage Your Career** workshop to discover how you can use tools like LinkedIn to network and do valuable career research.

WEBINAR: WHAT IS LABOUR MARKET INFORMATION?

Learn what labour market information is, why it is important, how to find it, and how to use it to give you an advantage in your career.

@ Visit experience.uwindsor.ca to access the webinar.

EXPAND SKILLS

STAGE



- Build your skills, knowledge, and reputation by gaining valuable experience through working, volunteering, joining clubs, or participating in experiential learning opportunities.
- Consider pursuing further education to develop skills specific to the career you want.

APPOINTMENTS:



CONSIDERING FURTHER EDUCATION

Discuss the various options that may exist and explore things you may want to consider when determining program options. If you already intend to apply for additional schooling, you can discuss tips for your application materials or have your personal statement reviewed.



INTERVIEW PREP FOR PROFESSIONAL/GRADUATE SCHOOL

Do you have an admission interview coming up for Medicine, Law, Dentistry, Pharmacy, Physical Therapy, etc...? Learn how to prepare for school entrance interviews and effectively discuss your skills and experience related to your program of choice.



University of Windsor

EXPERIENCE MAPS

With so many opportunities available to you, the University of Windsor has created experience maps, tailored to your field(s) of study, to help you explore your options for gaining experience and building your skills throughout your UWindsor experience.

Pick up your Experience Map at the Office of Career Development & Experiential Learning (JEC 100) or visit: uwindsor.ca/experiencemaps to download a digital version.

PREPARING FOR PROFESSIONAL SCHOOLS INTERVIEWS



Discuss preparation tips for professional school admission interviews and learn strategies to effectively answer questions. Ideal for students applying to professional programs requiring an admission interview (e.g. medical school).

January 22 and February 8. See p. 10 for more details.

MARKET YOURSELF + FIND A JOB

- Network with professionals working in your desired field.
- Build your personal brand and develop an effective cover letter and resume.
- Learn about and develop job search techniques to build an effective strategy to find your next opportunity.

APPOINTMENTS:



INTERVIEW PREP

This half-hour career advising appointment gives you the opportunity to discuss strategies and best practices with a knowledgeable, objective party ahead of your interview.



MOCK INTERVIEW

After completing an Interview Prep appointment, you can schedule an in-person mock interview with a member of the Career Development team. A one hour mock interview gives you an opportunity to practice interviewing with a trained professional who is well versed in the job interview process.



COVER LETTER AND RESUME

Guidance and tips will be provided on the purpose of a resume/cover letter, how they are viewed by potential employers, and the construction and formatting of an eye catching, industry specific resume.



CURRICULUM VITAE

Guidance and tips will be provided on the purpose of a CV, when to use one, and the construction and formatting of an eye catching CV for applying to opportunities in academia and research.



JOB SEARCH TECHNIQUES

Receive information on effective job search techniques. Learn how to identify employment goals, match skills and experience, research and access employer information, and develop a personalized job search plan that gets results.



LINKEDIN PROFILE CRITIQUE

LinkedIn can be a powerful tool for networking and connecting with job opportunities. Review your LinkedIn profile with a career advisor and get some guidance and tips on how to enhance it and increase your chances of impressing employers and recruiters in your desired field.



PERSONAL STATEMENTS AND LETTERS OF INTENT

Learn more about graduate and professional schools and the purpose of preparing a written personal statement or letter of intent as a part of the application process. Explore what needs to go into the documents and gain an understanding of how to tailor your work to the specific information each program is looking for. Have your statement reviewed for content, style, and professionalism.



WORKSHOPS

STAGE



RESUME 101



Learn how to create powerful resumes that will get noticed by employers. This introductory workshop is recommended before attending Skills Statements & Cover Letter Creation Lab.

SKILLS STATEMENTS & COVER LETTER CREATION LAB



Learn how to create effective skill statements and cover letters that will communicate your value to employers. It is recommended that you attend Resume 101 before this workshop.

INTERVIEW SKILLS



Learn what steps to take before, during, and after an interview to successfully sell yourself to an employer.

USING SOCIAL MEDIA TO LEVERAGE YOUR CAREER



Learn how you can effectively network with professionals and market yourself through social media.

JOB SEARCH 101

Learn how to effectively use job boards and online searches to start your job search.

ADVANCED JOB SEARCH THE HIDDEN JOB MARKET

Searching for a full time job can itself be a full-time job! Learn how to work smarter, not harder, by tapping into potential job opportunities before they are advertised.

JOB POSTINGS ON MYSUCCESS

Log in to mySuccess to review current job postings for full-time, part-time, and summer employment opportunities in and around Windsor-Essex and beyond!



InterviewStream is a free, online video interviewing tool available to all UWindsor students. This software allows you to practice your interview skills 24/7, anywhere you have an Internet connection paired with a web cam, smart phone, or tablet.
uwindsor.interviewstream.com

CAREER DEVELOPMENT ACTIVITY CHECKLIST

Use this checklist to create a career preparation plan and track your progress. Participate in workshops, meet with trained advisors, utilize career readiness resources, and attend events to work your way through the different stages of the career mapping guide.

TOPIC	1:1 APPOINTMENTS	WORKSHOPS	RESOURCES/EVENTS
<input type="checkbox"/> CAREER PLANNING & ASSESSMENT	<input type="checkbox"/> Career Planning/What Can I Do With My Degree? <input type="checkbox"/> Interest/Career Assessment <input type="checkbox"/> Career Exploration Program	<input type="checkbox"/> Career Interest Assessment <input type="checkbox"/> Using Social Media to Leverage Your Career <input type="checkbox"/> What Can I Do With a Graduate Degree?	<input type="checkbox"/> What is Labour Market Information Webinar <input type="checkbox"/> Career Destination Guides <input type="checkbox"/> Experience Maps
<input type="checkbox"/> CONSIDERING FURTHER EDUCATION	<input type="checkbox"/> Considering Further Education <input type="checkbox"/> Personal Statement & Letters of Intent <input type="checkbox"/> Interview Prep for Professional/Graduate School	<input type="checkbox"/> Preparing for Professional School Interviews	<input type="checkbox"/> Grad Fair (Fall only)
<input type="checkbox"/> RESUME, CV, & COVER LETTER	<input type="checkbox"/> Resume & Cover Letter <input type="checkbox"/> Curriculum Vitae	<input type="checkbox"/> Resume 101 <input type="checkbox"/> Skill Statements & Cover Letter Creation Lab <input type="checkbox"/> Resume Writing for International Students <input type="checkbox"/> Resume vs. CV	
<input type="checkbox"/> INTERVIEW	<input type="checkbox"/> Interview Prep <input type="checkbox"/> Interview Prep for Professional/Graduate School <input type="checkbox"/> Mock Interview (must first attend an Interview Prep appointment or workshop)	<input type="checkbox"/> Interview Skills	<input type="checkbox"/> InterviewStream
<input type="checkbox"/> JOB SEARCH	<input type="checkbox"/> Job Search Techniques <input type="checkbox"/> LinkedIn Profile Critique	<input type="checkbox"/> Job Search 101 <input type="checkbox"/> Advanced Job Search: The Hidden Job Market <input type="checkbox"/> Preparing for Job Fair <input type="checkbox"/> Using Social Media to Leverage Your Career <input type="checkbox"/> Canadian Workplace Expectations	<input type="checkbox"/> mySuccess Job Postings <input type="checkbox"/> LinkedIn Webinars <input type="checkbox"/> Job Fairs <input type="checkbox"/> mySuccess Events Calendar (for employer networking events)

Things to explore:

Notes:

Experience is key, so use these sections to take note of further activities and opportunities to engage in career exploration.

WINTER 2019 WORKSHOP SCHEDULE

Workshops are generally 1 hour and 15 minutes. When space permits, walk-ins are welcome. You may reserve a spot by registering in advance. Registration opens one week before the workshop on **mySuccess at success.uwindsor.ca**

Dates and locations are subject to change.
Check **mySuccess** for the most up to date info.

RESUME 101

Learn how to create powerful resumes that will get noticed by employers.

Fri. JAN 11, 10:00am	Fri. MAR 8, 11:30am
Thu. JAN 17, 2:00pm (Dillon Hall, 351)	Tue. MAR 19, 2:30pm
Mon. JAN 21, 4:30pm (Dillon Hall, 351)	Thu. APR 4, 10:00am
Wed. FEB 6, 2:30pm	Mon. APR 15, 11:30am
Thu. FEB 21, 10:00am	

SKILLS STATEMENTS AND COVER LETTER CREATION LAB

Learn how to create effective skill statements and cover letters that will communicate your value to employers.

Fri. JAN 18, 10:00am	Tue. MAR 12, 10:00am
Tue. JAN 29, 2:30pm	Tue. APR 16, 1:00pm
Wed. FEB 13, 2:30pm	Mon. APR 29, 11:30am

INTERVIEW SKILLS

Learn what steps to take before, during, and after an interview to successfully sell yourself to an employer.

Tue. JAN 8, 2:30pm	Fri. MAR 22, 1:00pm
Thu. JAN 24, 10:00am	Wed. APR 10, 10:00am
Thu. FEB 21, 2:30pm	Tue. APR 23, 1:00pm

PREPARING FOR PROFESSIONAL SCHOOL ADMISSION INTERVIEWS

Discuss preparation tips for admission interviews and learn strategies to effectively answer questions. This workshop is designed for students applying to Medical or Dental School or other professional programs where an admission interview is required.

Tue. JAN 22, 2:30pm	Fri. FEB 8, 10:00am
---------------------	---------------------



UNLESS OTHERWISE SPECIFIED,
ALL WORKSHOPS ARE LOCATED IN:
JEC 100 (Joyce Entrepreneurship Centre)

PREPARING FOR THE JOB FAIR

This is your first impression to an employer. Find out what to bring, what to wear and how to present yourself in a professional manner.

Tue. JAN 15, 10:00am (Dillon Hall, 351)	Mon. JAN 21, 5:30pm (Dillon Hall, 351)
Thu. JAN 17, 1:00pm (Dillon Hall, 351)	

JOB SEARCH 101

Learn how to effectively use job boards and online searches to start your job search.

Wed. JAN 9, 10:00am	Thu. MAR 7, 10:00am
Fri. JAN 25, 10:00am	Tue. APR 9, 1:00pm
Tue. FEB 12, 1:00pm	Wed. APR 24, 11:30am

ADVANCED JOB SEARCH: THE HIDDEN JOB MARKET

Searching for a full time job can itself be a full time job! Learn how to work smarter – not harder – by tapping into potential job opportunities before they are advertised.

Thu. JAN 10, 10:00am	Mon. MAR 18, 2:30pm
Mon. JAN 28, 10:00am	Fri. APR 12, 10:00am
Thu. FEB 21, 1:00pm	Thu. APR 25, 11:30am

USING SOCIAL MEDIA TO LEVERAGE YOUR CAREER

Discover how you can use social media and LinkedIn to brand and market yourself, network, and do valuable career research that can give you an advantage.

Wed. JAN 16, 10:00am	Thu. MAR 14, 2:30pm
Thu. JAN 31, 1:00pm	Thu. APR 11, 10:00am
Fri. FEB 15, 11:30am	Fri. APR 26, 2:30pm

CAREER INTEREST ASSESSMENT WORKSHOP

Preregistration Required and open on January 1. Open to students in FAHSS, Sciences, and HK. Complete the Strong Interest Inventory® to gain insight into your interests and match them with occupations and educational options in this interactive workshop.

Wed. JAN 30, 2:30pm	Fri. MAR 29, 10:00am
Tue. FEB 26, 10:00am	

To book a career appointment or to preregister for any of our workshops, please visit:

SUCCESS.UWINDSOR.CA

BOOK A 1:1 CAREER APPOINTMENT

1:1

Book a half hour appointment in advance with one of our expert career advisors.

1. Log on to mySuccess
2. Select "Book an Appointment" from the dashboard
3. Select "Career Appointments" to see your available appointments.

REGISTER FOR WORKSHOPS & EVENTS



You are welcome to drop-in to attend most of our workshops. However we encourage you to preregister to secure your spot.

1. Log on to mySuccess
2. Select "Register for an Event" from the dashboard
3. Select "Career Events" to view calendar
4. Select a workshop or event that you are interested in
5. Click the "Register for this event" button to register for the workshop
6. Click "Cancel Registration" to unregister

Registration opens one week in advance for career workshops. Registration deadlines for all other events vary.

MORE THAN
750

hours of career advising appointments were conducted in 2018.

ONE-ON-ONE SUPPORT

PROFESSIONAL 1:1 CAREER ADVISING APPOINTMENTS

Looking for job search and career planning support? We offer scheduled one-on-one appointments to help with all of your career development needs.

Book a half hour appointment in advance with one of our expert career advisors.



Resume Critique



Job Search Techniques



Cover Letter Development



Career Planning



Interview Preparation



Considering Further Education



Mock Interviews



Assessments

...and much more!



CAREER **PEER**
ADVISING



DROP IN

Not sure where to start? Meet with a trained student peer advisor during our expanded drop-in hours for brief introductory tips and resources.

JEC (Joyce Entrepreneurship Centre) 100
10a-4p EVERY: MONDAY - FRIDAY*

*Hours may vary during reading week and the exam period. Check mySuccess for updates.

"Help others achieve their dreams and you will achieve yours."

-Les Brown

VIP-Community Service Learning

VIP-CSL participants work with local community partners to have an impact on their community while gaining skills and experience for their future careers. Service learners will apply discipline specific knowledge while addressing community need. In addition to serving a minimum of 40 community hours, students will also complete a series of short professional development activities both online and in-person. This opportunity will take place during a single semester and is co-curricular (in addition to your academic courses).

uwindsor.ca/vip



Ignite is the University of Windsor's Work Study program and funds part-time jobs on campus for students. Positions offer an opportunity for both financial benefits and skill development.

uwindsor.ca/ignite



Designed to meet the unique needs of graduate students, Propel is a professional development initiative supported by Career Development and Experiential Learning and the Faculty of Graduate Studies that offers workshops, resources, events, and career advising to help grad students develop the skills and knowledge that help them find academic and career success.

 @PropelGradPD

uwindsor.ca/propel

EPICentre

Entrepreneurship + Practice + Innovation

EPICentre is the hub of all entrepreneurial activities on campus. From in-class education to extra-curricular events, EPICentre is giving students and recent graduates the opportunity to be their own boss with all of the resources required to run a successful business. This year, EPICentre is launching the EPIC Student Ambassador Program, giving students from all faculties the opportunity to learn, network with industry professionals and gain real, relevant experience. There is always something new going on, from workshops to competitions - visit our website to sign up for our newsletter today and stay up-to-date on all EPICentre activities.

epicentreuwindsor.ca

20th Annual

JOB Fair



WEDNESDAY, JANUARY 23, 2019
10AM-2PM | SPORTSPLEX, ST. CLAIR COLLEGE



Download the official event mobile app to stay up to date with all things Job Fair 2019



NETWORK WITH DOZENS OF LOCAL & REGIONAL EMPLOYERS

EXPLORE CURRENT & UPCOMING JOB OPPORTUNITIES

LEARN ABOUT EMPLOYERS WHO ARE HIRING AND HOW TO APPLY

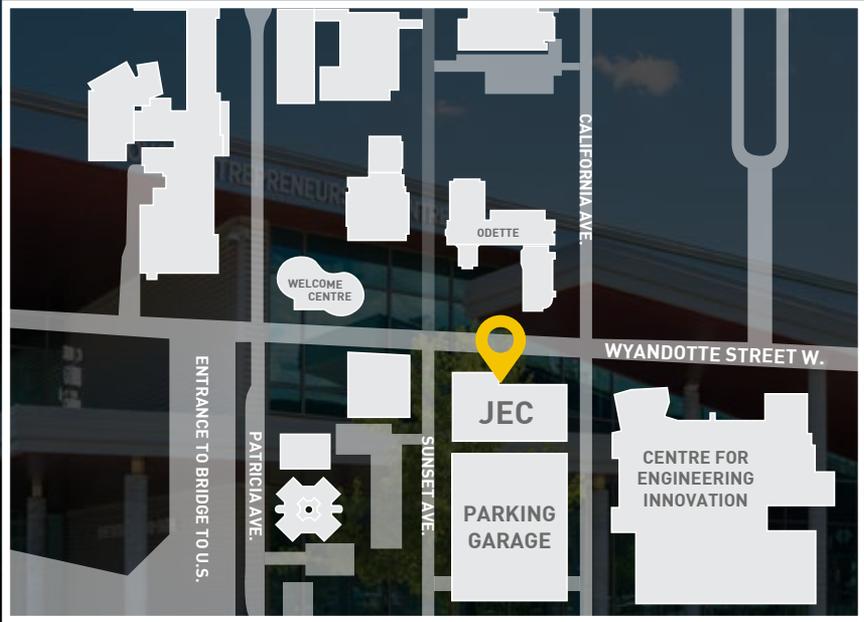
PRE-REGISTRATION IS NOW OPEN!
ALL STUDENTS & ALUMNI OF ST. CLAIR COLLEGE & UNIVERSITY OF WINDSOR ARE INVITED TO ATTEND

FOR EMPLOYER LISTS, PREPARATION TIPS, BUS SCHEDULES, & MORE, VISIT:

www.uwindsor.ca/jobfair

92%

of nearly 900 executives surveyed by the Wall Street Journal said soft skills were equally important, or more important, than technical skills.
 -Wall Street Journal



- Joyce Entrepreneurship Centre
(Entrance on Wyandotte St. W)



Your **LINK** To Experience

CAREER DEVELOPMENT & EXPERIENTIAL LEARNING

Joyce Entrepreneurship Centre
Suite 100

uwindsor.ca/cdel
careerservices@uwindsor.ca

p: 519.253.3000 x3900



University
of Windsor