

CAREER INFORMATION BRIEF #48 CHOICES



The Centre for Career Education is excited to present the 48th monthly career information brief. The purpose of these career information briefs is to provide faculty and staff with timely information which they can use to assist students who are inquiring about more career specific information.

I walk down the street
There is a deep hole in the sidewalk
I fall in
I am lost... I am hopeless
It isn't my fault
It takes forever to find a way out

I walk down the same street
There is a deep hole in the sidewalk
I pretend I don't see it
I fall in again
I can't believe I am in the same place
But, it isn't my fault
It still takes a long time to get out

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in.... it is a habit
My eyes are open
I know where I am
It is my fault
I get out immediately

I walk down the same street
There is a deep hole in the sidewalk
I walk around it
I walk down another street

...Portia Nelson

People love to say how someone is a "product of his or her environment." Often it is used as an excuse when someone does something wrong or commits a crime. It suggests the accused had no choice other than to become what their environment led them to be.

Everything in life boils down to choice, and the power to choose lies within the individual. Certain situations may increase the difficulty of the choice, but the freedom to choose one's actions – and one's attitude – remains.

First and foremost, one must assume all responsibility for everything that's happened or has failed to happen to them. As soon as this philosophy is adapted and used for governing one's life, they become empowered. They will begin to see that they alone decide their future through the choices they make. This philosophy is the key to unlocking one's true potential.

Knowing that your choices directly affect the quality of your life will allow you to fight through much adversity. Successful people choose to learn from adversity and allow it to make them stronger, while weaker people use adversity as a crutch to blame their failures on. Yes, bad things may happen to you that appear to be beyond your control, and you may not always be able to control those instances. But you can always control how you react to them. You can see them as learning experiences and opportunities to grow into something better, or you can use them as excuses that will ultimately hold you back from reaching your true potential and lead you down a path to mediocrity or worse.

There are many factors that play into success, but one of the single most important factors is hard work. This relationship between hard work and success applies to career success, athletics and scholastics. There's no disputing that hard work is a choice that anyone can make, but as you might have guessed or experienced, hard work is difficult.

Many people would rather make excuses or blame others instead of simply admitting that their lives are substandard because they've chosen the path of least resistance. Similarly, it's also much easier to temporarily escape one's problems with alcohol or drugs than it

is to get to work solving them, and as such, the temptation to self-medicate is too much for many to resist. In either case, it's choosing the path that presents the least challenge and the results will usually speak for themselves.

Adversity has the positive effect of making you stronger. Every time you overcome something difficult it makes the next challenge that much easier. Choose to use the adversity life throws at you to make better choices and build the kind of life you really wanted. Never take the path of least resistance. Anything is possible if you're willing to work hard enough and persevere when things are at their worst.

Choose to not be a product of your environment, but rather a product of your desires.

Resources Available to University of Windsor Students

The Centre for Career Education offers a wide variety of programs and services that can assist students with career development including:

- a. Vocational assessments to help identify potential career paths and choices
- b. 1-1 Career Advising
- c. Experiential learning programs such as Volunteer Internship Program and EXCEL Leadership Program
- d. Assistance with resume and cover letter writing, job search planning, and interview preparation and practice through Mock Interview sessions

For a complete list of services visit our website at <http://www.uwindsor.ca/cce>

To help students prepare for work the Centre for Career Education offers the following resources:

- Resume Clinic – Please check website for Fall hours
- Online resume critique – resume@uwindsor.ca
- Career/Vocational Advising (by appointment) Room 111 Dillon Hall. To register for an appointment go to <https://career.uwindsor.ca> or click on **myCareer** via the student portal at <https://my.uwindsor.ca>, create an account and review and register for appointments on the events calendar.
- 1-1 resume, job search, mock interview with employment advisor. To register for an appointment go to <https://career.uwindsor.ca> or click on **myCareer** via the student portal at <https://my.uwindsor.ca>, create an account and review and register for appointments on the events calendar.
- Pathways to Success instructional workshops focusing on career planning and development of employment readiness skills. To register for workshops go to <https://career.uwindsor.ca> or click on **myCareer** via the student portal at <https://my.uwindsor.ca>, create an account and review and register for workshops on the events calendar.
- CCE Resource Page on myCareer. Interactive modules provide a depth of information on the career planning process, self assessment, research and career exploration, developing a career plan, preparing for a job search, resume writing, interview skills development, salary negotiation, graduate school information etc... To access the CCE resource page, go to <https://career.uwindsor.ca> or click on **myCareer** via the student portal at <https://my.uwindsor.ca>, create an account and click on the resource page tab at the top of the dashboard.
- Optimal Resume and Optimal Interview. Located on the myCareer resource page, these online interactive resources take provide instruction and guidance through all of the steps of preparing an industry specific resume and preparing for an interview. Students can develop resumes and record interviews online which can be submitted to CCE staff for evaluation and critique. To access the Optimal Resume and Optimal Interview programs, go to <https://career.uwindsor.ca> or click on **myCareer** via the student portal at <https://my.uwindsor.ca>, create an account and click on the resource page tab at the top of the dashboard.