

Your Career Guide

...First Step in Learning What You
Can Do With Your Degree!

What is a Career?

A career is the sum of experiences, including work, learning, and extra-curricular activities that you engage in throughout a lifetime.

Career development is the process of learning about yourself, exploring different options, making choices, and taking action.

When exploring careers, remember:

- You will not be choosing one career for the rest of your life
- Create plans with flexibility... remember 'Plan B'
- Keep your eyes open for opportunity
- Focus on your next step
- Expect uncertainty
- Don't forget your dreams

Our Career Development Model

Career development is a continual, non-linear process. You will likely go back to revisit steps you have already taken because of new information you have discovered. Depending on your situation, you may start at a different point in the process.



Discover Yourself

Self-discovery can be accomplished through personal reflection, observations from those who know you, and self-assessment tools. This process can be supported through discussion with someone who knows you well or a career counsellor.

Personal Reflection. By reflecting on past experiences, you can begin to create a personal profile. Consider your interests, skills, values, personality and more. This profile will help you generate and evaluate career options.

Resources – Use our ‘Self-Assessment Tip Sheet’ to create your profile.

Career Quizzes. Quizzes interpret your responses, generate career suggestions, and offer a different perspective. Using a number of assessments can be helpful in providing you with different options to consider. More important than the specific careers, look for recurring themes and patterns.

Resources – Find links to our interest and personality inventories on myTrent (under the ‘Support’ tab, then ‘Careerspace’)

Explore Options

Knowing the educational and career options allows you to be better prepared when evaluating your choices. Your exploration may include talking with people in your fields of interest, identifying employment trends, learning the requirements needed to reach your goal, and trying out your options. It includes volunteering, part-time/summer work, informational interviewing and experiential learning.

Resources:

- What Can I Do With My Degree? – trentu.ca/careerspace, “Get Career Ready > Resources”
- Sector and Association Directories – trentu.ca/careerspace, “Get Career Ready > Resources”
- Occupational Profiles on [Career Cruising](#) (read interviews with real people)
- Labour Market Information – jobbank.gc.ca or esdc.gc.ca

Make Choices

At some point in the process, you will want to start to narrow your focus to a few career options. If you are struggling at this stage, it is often worthwhile to circle back to do more reflection or research. Making choices can be challenging. You may find it helpful to connect with a career counsellor.

Schedule a Career Counselling Appointment at: trentu.ca/sep, “Appointment Bookings”

Take Action

Depending on your career goals, taking action may look different. If your goal involves further education, your focus will be on application processes and choosing schools. If you are ready to start looking for work, then your focus will be on your work search strategy. Or if you are still evaluating your career options, your next step may be to start meeting with people in the field. Either way, the key is to develop a flexible plan for success that will help you stay motivated and on track.