

# Exploring Your Career Options

...start discovering the opportunities in your first year!!

**What is a career? A career is the sum of experiences, including work, learning and leisure activities that one engages in throughout a lifetime.**

What is career planning? Career planning is the process of learning about your current and future interests and abilities and exploring the different options. It is a process that will be continually re-evaluated throughout your life. When exploring career choices 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

## Don't Wait Until You Graduate...

First and Second Year - Try to explore curriculum and career options, develop academic skills through course work, and become involved in campus activities. The Careerspace can help you explore your career and/or major. Take advantage of available resources to find out more about how your skills, interests, personality, and values match with potential career paths.

### Resources:

- Check out the academic, occupational and career planning resources in the Careerspace.
- Explore information & links on this website.
- Check out 'What can I do with my Trentdegree...'  
(Discipline specific tip sheets).
- Make an appointment for career counselling or a résumé critique.
- Attend a career planning workshop.
- Talk with people in career fields.

### Tips For Success:

1. Focus on good grades from the start; it is difficult to recover if you fall behind. If you are experiencing difficulty, contact the Academic Skills Centre right away.
2. Enroll in courses you enjoy. Get to know your professors.
3. Develop skills through involvement in student organizations, summer/p/t work, volunteering.
4. Begin compiling a record of your achievements and skills.
5. During the summer, your jobs should help you develop a good work ethic, career-related skills, and key contacts for future job searches. Start your summer job search early!

## Careerspace

3<sup>rd</sup> floor Student Centre

[www.trentu.ca/careers](http://www.trentu.ca/careers)

748-1011 x6012

## Don't Wait Until You Graduate...

### A. Discover Yourself

Consider your interests, skills, values, personality and more. Self-discovery can be accomplished through personal reflection, observations from those who know you, and career quizzes.

### B. Discover Your Options

Career exploration involves learning more about occupational fields.

- Print and online resources
- Informational interviews
- Work and volunteer experience

### C. Making Choices

To begin you will want to narrow your focus to a few career options. This occurs through your research. Although some people will have one specific career in mind, it is probably best to keep your options open as long as possible.

### D. Taking Action

Taking action involves planning how to reach your goal. This will involve creating an effective résumé and cover letter, tapping into the advertised and unadvertised job markets, and preparing for your interviews.

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## The High Five Messages

Canada Prospects 2001-2002

### 1. Change is constant

The notion that you have to choose one occupation no longer applies.

### 2. Focus on the journey

It's not about where you end up, rather how you get there.

### 3. Keep on learning

Learning comes in many forms.  
You will find learning is forever.

### 4. Team up with others

Develop a strong support system.

### 5. Follow your heart

Find out what you really want and go after it!!!

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## Did you know...

- You can expect many career changes in your life. This allows for increased opportunity to develop skills.
- Self-responsibility is key...
  - everyone knowing they have to chart their own career direction;
  - increased need for self-marketing.
- There will be more career opportunities, with freedom to choose from a variety of jobs and tasks.