YoUR Educational, Career & Life Direction

www.uregina.ca/careercentre

Not sure what to study? Re-evaluating your current direction? We can help you make informed decisions!

- Attend the session “Choosing or Re-Evaluating Your Career Direction,” (see schedule on the website)
- Get inspired with “Career Exploration & Counselling” services and activities for realizing your potential!

➡ Know Yourself: Do Self-Assessment

a) Reflect for a clear, detailed picture of yourself. Take time to notice your interests, skills and abilities, attitudes, personality and important values. What do you naturally enjoy doing? What are your strengths? What motivates and inspires you? What else is important to you? What’s changed?

b) Complete career assessments. Specialized Self-Assessments (e.g., interests, value) can help you increase self-awareness and identify options that fit. Be sure to critically review your assessment results.

c) Consider all important factors in your situation. How do location, relationships, finances and the job market influence your career decisions? What other factors are important? Need to compromise?

➡ Keep Exploring & Making Educational/Career Connections

a) Get details on U of R programs of interest and courses. Closely review descriptions in the current Undergraduate Calendar and Course Catalogues. (paper copy available at the Bookstore)

b) Not a U of R Student? Get UR Connected. Book a tour and an appointment with an Enrolment Counsellor to discuss your interests and related programs. Sign up for special events too!

c) Go Career Cruising. Online career planning resource for self-assessment, and exploring educational and career options in any field. Log in to Career Cruising with your U of R account.

d) Visit Saskcareers.ca. Online career planning resource with a Saskatchewan focus: www.saskcareers.ca.

e) Visit professional associations. Research associations related to your interests and get firsthand information on the field. Here are a few to check out: Associations with Student Memberships.

f) Wondering about jobs? Keep checking job postings. Write a list of keywords related to your interests.

Use them to search our collection of databases for Job Searching:

1. Job Searching – All Fields → LinkedIn Jobs, Saskjobs.ca, WowJobs.ca and more!

2. Job Searching – Specialized Fields → Arts, Culture & Heritage; Education; Government; Health; International; Journalism; Science & Engineering; Sport, Recreation & Health, and more!


h) Crosscheck information. Critically review information gathered from different sources and experiences. Notice the themes in your educational and career interests. What would you like to learn more about?

➡ Re-Evaluate & Adjust as Needed

a) How are things going? Were your expectations met? What have you learned from this experience?

Ask: Do I want to continue my current direction? Transfer to a related field? Change to a new direction?

b) Uncertain? Take time for more self-assessment and exploration. Talk with an Academic Advisor in your Faculty about keeping options open while taking courses that transfer to the most programs of interest.

c) “Test the waters” in interest area. Do some related part-time or volunteer work, visit employers of interest (in-person or online), and talk with others about their educational and career experiences.

d) Skillfully navigate your lifelong journey. People and situations change over time. For the future, plan to re-evaluate again, do more self-assessment, explore more options and make even more new connections.

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