Educational, Career & Life Direction

Not sure what to study? Re-evaluating your direction? Realize your potential with informed decisions!

Visit the Career Centre for Career Exploration & Counselling Services and Resources
Attend session Choosing or Re-Evaluating Your Career Direction (session schedule online)

→ 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 values. What do you naturally enjoy doing? What are your strengths? What motivates and inspires you? What are your goals? What else is important to you? Anything changed?
  b) Complete career assessments. Specialized Self-Assessments (e.g., interests, values) can help you increase self-awareness and identify options that fit. Critically review assessment results (details on website).
  c) Consider all the factors in your situation. How do location, relationships, finances and the job market influence your career decisions? What other factors are important? Any compromises needed?

→ Keep Exploring & Notice Inspiring Connections
  a) Get details on U of R programs and courses. Closely review program details and course 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 an appointment with an Enrolment Counsellor to discuss your interests, related programs and admission requirements. Sign up for special events too!
  c) Get informed with “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 professional associations. Explore associations related to your interests and get firsthand information on developing a career in the field. Here are a few to check out: Associations with Student Memberships.
  e) Visit professional associations. Explore associations and careers related to your interests (details on website). Select: More Resources → Associations with Student Memberships.
  f) Wondering about jobs? Make it real by checking current job postings. List keywords related to your interests and 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!
  g) Volunteer. Review w Volunteer Opportunities in different fields: Arts, Human Service, Medical, Nature, Sports, and more! (details on website). Get valuable experience while contributing to your community.
  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) Pause. How are things going? How well were expectations met? What did you learn from this experience? Ask: Do I want to continue my current direction? Consider a related field? Change to a new direction?
  b) Uncertain? Take time for more self-assessment and exploration. Talk with an Academic Advisor about keeping you options open and 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 evolve and change over time. Plan time to re-evaluate again, do more self-assessment, explore more options and make new connections.