

U of R Career Education

Services, Programs & Resources

ACE → www.uregina.ca/careercentre

*From first semester to graduation, keep connected with Advising & Career Education (ACE).
We guide and support you in skilfully navigating a rewarding educational and career journey!*

Indigenous Career Education

Supporting the success of Indigenous Students—talk with Sandy!

- **Full Circle Summer Internship Program.** For career-related summer work placements.
- **Co-op Education.** Alternate semesters of career-related work terms (paid) with semesters of courses.
- **Career Development Skills.** Assistance with resumes, job searching, interviews and more.

Career Exploration & Counselling

Exploring options? Re-evaluating your direction? We help with making informed decisions!

- **Specialized Career Resources.** Info and tools for doing self-assessment and exploring options (all fields).
- **Career Direction Webinar.** Intro to career assessment, exploration and decisions (schedule on ACE website).
- **Individual Career Counselling.** For U of R Students and Alumni—contact us to book an appointment.
- **Volunteer Database.** Be inspired! Volunteer for work experience in your interest areas and contribute.

Co-operative Education & Internship Programs

Seeking paid, career-related work experience? Participate in an undergraduate Co-op program!

- **Career-Related Experience.** Alternate semesters of work terms (paid) and semesters of courses.
- **Undergraduate Co-op Programs.** Offered in a broad range of fields and specializations:

Indigenous Co-op (U of R and First Nations University)

Business Administration

Engineering & Applied Science

La Cité Co-op (French and Francophone Intercultural Studies)

Liberal Arts: Economics, English, Geography, History and other Arts majors

Science: Biology, Chemistry, Math and other Science majors

Accredited by *Co-operative Education and Work-Integrated Learning Canada* (CEWIL Canada)

Student Employment Services

Seeking part-time, summer or full-time work? We help you find more jobs of interest!

- **Job Search Databases.** Explore database collections (ACE website) to find current jobs (all fields).
- **U of R Job Board (PlacePro).** Register to access a job database for U of R Students and Alumni.
- **Career Fairs.** Meet employers at *Careers Day* (Fall), the *Spring Career Fair* (Winter) and other fairs.
- **Employer Info Sessions.** Talk with employers and entrepreneurs for firsthand career info.
- **Monthly Career Webinars.** Build your career strategies, skills and resources. Attend free webinars on job searching, customizing resumes and preparing for interviews (schedule on ACE website).

U of R Advising & Career Education (ACE)

Advising • Career Exploration & Counselling • Indigenous Career Education
Co-operative Education & Internships • Student Employment Services

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@URCareerEd



URCareerEducation

Career Education builds rewarding lifelong careers.



University
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Advising and
Career Education



Educational, Career & Life Direction

ACE → www.uregina.ca/careercentre → Career Exploration & Counselling

Exploring options? Re-evaluating your direction? We support students in making informed decisions. Connect with Career Education for career webinars and resources, and individual career counselling.

Know Yourself (self-knowledge)

- a) **Reflect to keep a clear picture of yourself.** Notice your unique interests, skills and abilities, attitudes, personality and values. What do you naturally enjoy? What are your strengths? Your style? Preferences? What motivates and inspires you? Career and personal goals? Any changes? Now what's important to you?
- b) **Complete career assessments.** (ACE website) Self-knowledge is essential for identifying and narrowing down suitable options. Critically review all assessment results. Do you agree with them? Disagree? Not sure?
- c) **Take into account important factors in your situation.** How do location, relationships, preferences, finances and other factors, affect your career decisions? Need to compromise? When would you re-evaluate?

Know Your Options (options knowledge)

- a) **Review U of R programs and course details.** Learn more about programs of interest and read the course descriptions. Visit the U of R Home page: www.uregina.ca: search "Academic Calendars."
- b) **Are you a Future Student?** Connect with an Enrolment Counsellor. Get info on admissions and programs related to your interests, and sign up for special events and presentations: <https://urconnected.uregina.ca>.
- c) **Explore via "Career Cruising."** Learn more about career planning with comprehensive info and resources on: Assessment, Careers, Education and Employment. Log in with your U of R account: ACE website.
- d) **Explore via "myBlueprint SK."** Visit this career/life planning portal for info and resources with a Saskatchewan focus on educational options and employment. Sign up: <https://app.myblueprint.ca/sk>.
- e) **Learn from professional associations.** Visit websites of related local, provincial and national associations. Visit the ACE website: select "More Resources" then "Associations Offering Student Memberships."
- f) **Wondering about future employment?** Consider the Co-op program for work experience and networking. Keep checking current jobs of interest. Visit the ACE website: select "Job Searching" and search databases:
 1. **Job Searching – All Fields:** LinkedIn Jobs, Saskjobs.ca, WowJobs.ca, and many more databases.
 2. **Job Searching – Specialized Fields:** Arts, Culture, Heritage; Bilingualism Required; Business; Computer Science; Education; Government; Health; International; Journalism; Science & Engineering; Sport, Recreation, Health
- g) **Volunteer.** Research opportunities related to your interests. Visit the ACE Website: select "Volunteer" and explore opportunities in a broad range of fields: arts, human services; medical, nature, sports, and more.
- h) **Crosscheck information.** Critically review info gathered from a variety of sources and experiences. Notice your stronger areas of interest. What would you like to learn more about? How could you do this?

Re-Evaluate: Informed Decisions for Satisfaction (decision-making)

- a) **Reflect, analyze and assess again.** How are things going? What did you learn from this experience? What's the feedback? Were your expectations met? Considering a related or different field? Weighing the pros and cons?
- b) **Uncertain?** Do more self-assessment and exploration. Any new options? Talk with an Academic Advisor about keeping your options open while taking courses that transfer to the most programs of interest.
- c) **"Test the waters" in your interest areas.** To get experience, consider related part-time or volunteer work. Learn more by researching related employers and associations (online, in person). What else could you do?
- d) **Skilfully self-manage your journey.** Career development is a lifelong journey. You and your situation can change. Maintain career satisfaction: re-evaluate, self-assess, explore and make informed re-decisions as needed.

Skilfully narrow down and direct a rewarding educational and career path!



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