Educational, Career & Life Direction

www.uregina.ca/careercentre/cxc

Exploring options? Re-evaluating? Career Exploration & Counselling supports informed decision-making. Career Direction Workshops and individual counselling are offered—contact us online or in person!

Know Yourself (self-knowledge)

a) Reflect for a detailed picture of you! 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 short- and long-term goals? How have you changed? What’s important to you now?

b) Complete career assessments. These online tools (see website) can help increase self-knowledge and identify options to consider. Critically review your results. Do you agree with them? Disagree? Not sure?

c) Consider the influence of all important factors in your situation. How do location, relationships, finances, preferences and other factors, affect your decisions? Need to compromise? When would you re-evaluate?

Know Your Options (options knowledge)

a) Review U of R programs and courses related to your interests. Identify program options and review details. Check online Academic Calendars, Schedules and the Course Catalogue: → Resources for Students

b) Not a U of R Student? Future students may book an appointment for Enrolment Counselling. Learn more about programs related to your interests, how to apply and special events. Book a tour too!

c) Explore career options with “Career Cruising.” Try out this online program for self-assessment, details on occupations of interest and more! Log in with your U of R account (see website): → Career Cruising

d) Explore some more with “myBlueprint SK.” Utilize this career/life planning portal for doing self-assessment, exploring occupations and education, and more! Sign up for an account online: → myBlueprint SK

e) Visit professional associations. Learn more about fields and occupations of interest by visiting related associations (see website): → More Resources → Associations with Student Memberships.

f) Wondering about future employment? Make it real. Find and keep checking current job postings. Search different job databases by keywords related to your interests (see website): → Job Searching

1. Job Searching – All Fields → LinkedIn Jobs, Saskjobs.ca, WowJobs.ca, and more!
2. Job Searching – Specialized Fields → Arts, Culture, Heritage; Bilingual; Business; Computer Science; Education; Government; Health; International; Journalism; Science & Engineering; Sport, Recreation & Health

g) Volunteer. Acquire valuable knowledge and skills through service. Review organizations and opportunities related to your interests (see website): → Volunteer → Arts, Human Service, Medical, Nature, Sports and more!

h) Crosscheck information. Critically review information gathered from different sources and experiences. Notice your stronger areas of interest. What would you like to learn more about? How can you learn more?

Re-Evaluation & Informed Decisions for Career Satisfaction (decision-making)

a) Reflect, analyze and assess again. How are things going? What did you learn from the experience? Were expectations met? What’s the feedback? Next steps? Explore a related or different field? Pros and cons?

b) Uncertain? Self-assess and explore some more. Identify more potential options. Talk with an Academic Advisor about keeping options open and taking courses that transfer to the most programs of interest.

c) “Test the waters” in fields of interest. Consider doing related part-time or volunteer work. Visit employers (in person or online) to gather more information. Talk with others about their career experiences. What else?

d) Skillfully self-manage your journey. Over time, things change. Career management is a long-term activity. Re-evaluate, self-assess, explore and make informed re-decisions, as needed to maintain career satisfaction.

Enjoy skilfully managing your career development and realizing your potential!