

**First Year**  
**It's never too early to start planning for your future!**

**First Year – Draft a Rough Plan**

- You need to have a **broad** approach – one that considers all of your life's experiences, your interests, your skills, your values
- You need to have a **strategic** approach – one with **options** and with **back-up plans**
- You need to consider:
  - Do I have a definite, defined career in mind (e.g. doctor, actuary, research chemist)?
    - Ask, “Why? Am I flexible? Do I have a back-up plan?”
  - Do I simply want my science degree to open an employment door for me?
    - It's o.k. to be in this category. Many people use their degrees to get a job and their careers unfold after that. **You need to learn how to make this happen...**
- **You need to remember that academic and career planning go hand-in-hand**
- You need to recognize that your career aspirations and goals may change as you develop throughout your academic program, and this is good. **The main thing is to be thinking and strategizing, planning and modifying – not sitting back and waiting until the end...**

**Academic Planning:**

You're here to learn, and that's exciting! Be pro-active and make sure to get the most from your courses...

**1) Start considering module options:**

- What are you interested in academically?
- What do you enjoy doing?
- Where are your strengths?
- Which modules are options?
  - Which modules fit with any career paths you may have?
  - Which modules leave many doors open, career-wise?
  - Will you pursue a Major, Specialization or Honors Specialization module?

**Make use of resources:**

- **See a Science Academic Counsellor!**
- Talk to professors and graduate students

**Make a decision in February!**

**2) Start thinking about a back-up plan for professional schools.** (What if you don't get into medical school?)

- Go for it, but be realistic!

**3) Begin investigating Research Programs in your area of interest**

- Use department web-sites
- Learn about NSERC opportunities

**4) Work hard and do your best!**

## Career Planning:

Be purposeful in broadening your experiences and developing your skills...

- To book an appointment with **Science Career Services:**  
e-mail [scicareers@uwo.ca](mailto:scicareers@uwo.ca).  
- For a listing of **Office Hours:** visit  
[www.uwo.ca/sci/career/contact.html](http://www.uwo.ca/sci/career/contact.html)

### 1) Increase Your Experience: DEVELOP YOUR 'TRANSFERABLE' SKILLS!

- Consider Volunteering
  - On Campus – e.g. labs., professors, hospitals
  - Community Organizations – e.g. schools, shelters, clubs, etc.
- Get Involved On Campus
  - Clubs – e.g. Science Student Council, undergraduate student associations
  - Residences
  - Check out opportunities through the Student Success Centre (UC210)
- Get a part-time job (only if you can handle it!)
- Learn about future opportunities
  - Science Internship Program – [www.uwo.ca/sci/iip](http://www.uwo.ca/sci/iip)
    - Attend Science Internship Day (September 24<sup>th</sup>, 2011)
  - Undergraduate Student Research Awards (through NSERC)d
- Find a summer job! – start looking in January (see [careercentral.uwo.ca](http://careercentral.uwo.ca); gov.'t websites, etc.)
  - Attend “Summer Job Workshop for Science and BMSc Students”

Biology – Bugs  
Chemistry –  
ChemClub  
Physics – PASA  
Act. Sci. – ASUA

### 2) Develop Your Job Search Tools:

- Start a “Skills Inventory” (Include your degree program as an experience)

Past/Current Experience	Activities/Tasks	Demonstrated Skill (s)
Sales Associate	<ul style="list-style-type: none"><li>• Sold clothing to clients, made suggestions on selections</li><li>• Worked on cash register</li><li>• Participated in inventory counts</li><li>• Attended training sessions</li><li>• Processed returns and dealt with customer complaints</li></ul>	<ul style="list-style-type: none"><li>• Communication</li><li>• Interpersonal</li><li>• Customer Service</li><li>• Team Work</li><li>• Flexibility</li><li>• Resourcefulness</li></ul>

- Have your resume/cover letter reviewed (make an appointment with Science Career Services)
- Attend Science Career Services Workshops – see [careercentral.uwo.ca](http://careercentral.uwo.ca) - Events

### 3) Learn About Networking:

- Attend Science Career Services Workshop
- Develop your “Elevator Speech”
- Attend Fall Career Fair (Sept. 29<sup>th</sup>, 2011)
- Attend Company Information Sessions (see [careercentral.uwo.ca](http://careercentral.uwo.ca) – Events)
- Start talking to people (start building your network) – Professors and T.A.s are a good place to begin – they have valuable information about your field of interest; you may also need them as references some day!