

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

Second Year – Start Filling in the Gaps

- **This is a big year:**
 - You have 1 year of university under-your-belt
 - You're beginning to specialize academically
 - Your opportunities for obtaining science-based experiences are increasing with advancing education...
- **You need to go after some of those science-based experiences!**
- **You need to research academic and career options further to lay foundations for future decisions...**
- **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 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:

Make sure you are strategic in choosing courses and modules...
See a Science Academic Counsellor!

Do you need to change anything about your module(s)? After 2nd Year, this is much harder to do – see a Science Academic Counsellor.

1) Assess Your Degree Program:

- Are you enjoying your module(s)?
- Are you succeeding academically?
- Are you more or less confident /directed in a career path?
and/or
- Are you keeping many doors open?

2) Begin considering graduate school:

- At UWO, investigate research programs through dept. web-sites; contact professors and graduate students
- Check out www.schoolfinder.com

3) Find out about standardized tests required for professional or graduate programs (e.g. MCAT, DAT, GMAT, etc.):

- When to write them; how to study for them; costs

4) Apply for NSERC grants (Undergraduate Student Research Awards) for the coming summer and develop your research skills

- Find out how your department manages this

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

Career Planning:

Be purposeful in building science-based experience...

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

1) Up-date your job search tools:

- Skills' Inventory – up-date this including what you've learned at school
- Resume – do this early, so you're ready to apply for summer jobs
- Visit Science Career Services (make an appointment or come in during Office Hours) for a **resume review**
- Attend Science Career Events & Workshops (see careercentral.uwo.ca – Events)

2) Go after experience:

- Attend the Fall Career Fair and meet companies that might need a summer science student (September 29, 2011)
- Attend any relevant Company Information Sessions (see careercentral.uwo.ca – Events)
- Start your summer job search early – i.e. January – see careercentral, government and company web-sites and contact companies directly; attend the “Summer Jobs Workshop for Science and BSc Students”
- Volunteer for a professor – show initiative and ask!
- Volunteer for a science-based, not-for-profit organization
- Investigate the Science Internship Program as an option for third year...
 - Attend an Information Session (Sept. 20 or 21st)
 - Attend Science Internship Day (Sept. 24th)
 - Visit www.uwo.ca/sci/iip and/or speak with Science Career Services (contact [sci-internship @uwo.ca](mailto:sci-internship@uwo.ca))

3) Network & Explore Career Options:

- Attend company information sessions to learn more about possible careers
- Visit Science Career Services for some resources for career exploration...
- Check out success.uwo.ca – Careers
- Set-up informational interviews with professionals in your field of interest or in a company or organization of interest (Visit Science Career Services to learn how)
 - This exercise may help you to solidify a very specific career choice or it may simply open your eyes to the types of jobs that could be available to you...At the end of the day, you don't need a specifically defined career, necessarily, but you do need strong self-marketing tools and the ability to “network”.
- This year, try very hard to meet your professors and teaching assistants...
- Set-up your d-base of contacts