

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

Third Year – Get Your Strategy Together

- **This year, decide which camp you're in and determine your strategy:**
 - Do you have a defined career in mind?
 - Put the necessary things in place towards this goal
 - Are you hoping that your Science/BMSc degree will open yet unknown doors for you?
 - Put yourself in a position that will make this happen
- **You should strongly consider participating in the Science Internship Program!**
 - **No matter where you're headed, having science-related work experience can't hurt**
- **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:

While it's harder to change your module(s) now, without extending your stay, it's important to like what you're doing and to set yourself up for long-term satisfaction and happiness...See a Science Academic Counsellor.

1) Tweak Your Degree Program:

- Should you add a minor?
- Should you up-grade to Honors?

4) Apply for government grants for the coming summer and develop your research skills (e.g. Undergraduate Student Research Awards)

2) Start thinking about undergraduate research course topics and supervisors (where applicable):

- This may not be finalized until the beginning of 4th year – find out how it works in your department

5) Register and then Write your MCAT, DAT, GMAT, etc. as planned...

3) If planning ahead for graduate school, begin narrowing research of faculty and programs both at UWO and elsewhere:

- Check out www.schoolfinder.com
- Know your professors so that you can ask them to be references
- Investigate application requirements (at UWO see grad.uwo.ca – Prospective students; see also success.uwo.ca – Careers\Grad School & Other Options)
- Attend the Graduate & Professional School Fair – Oct. 27th, 2011 (see careercentral.uwo.ca – Events)
- In the summer, begin writing your “Personal Statement”

6) Work hard and do your best!

Career Planning:

Be deliberate about 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) Apply for the Science Internship Program:

- Apply early in September – Approval is in mid-October; to learn more:
 - Attend an Information Session (Sept. 20th or 21st)
 - Attend Science Internship Day (Sept. 24th)
 - Visit www.uwo.ca/sci/iip and/or speak with Science Career Services
- Science 3391 begins late in October (Preparation for the job search process and for performance on-the-job)
- Job posting-application-interview process begins in the fall and continues through August, with first-round offers presented at the end of February
- 8, 12 and 16-month positions start anytime after May 1st.
- Don't let going to graduate or professional school stop you from having this experience – many students go on to graduate or professional school after completing an internship

If not participating in the Science Internship Program, then...

2) Get Science-Based Experience:

- Up-date your resume and visit Science Career Services to have it reviewed (www.uwo.ca/sci/career/contact.html)
- 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 websites and contact companies directly; attend “Summer Jobs Workshop for Science and BMSc Students”
- Set up an NSERC position for the summer, either with a faculty member or through industry
- Volunteer for a professor – show initiative and ask!
- Volunteer for a science-based, not-for-profit organization

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”.
- Ensure that you meet your professors and teaching assistants...
- Set-up or up-date your database of contacts