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?

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

Make use of resources:
- See a Science Academic Counsellor!
- Talk to professors and graduate students

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

Make a decision in February!

Rev. Date: July 22, 2014.
1) Increase Your Experience: DEVELOP YOUR ‘TRANSFERABLE’ SKILLS!
   • Consider Volunteering
     o On Campus – e.g. labs., professors, hospitals
     o Community Organizations – e.g. schools, shelters, clubs, etc.
   • Get Involved On Campus
     o Clubs – e.g. Science Student Council, undergraduate student associations
     o Residences
     o Check out opportunities through the Student Success Centre (UCC210)
   • Get a part-time job (only if you can handle it!)
   • Learn about future opportunities
     o Science Internship Program – [www.uwo.ca/sci/iip](http://www.uwo.ca/sci/iip)
       ▪ Attend Science Internship Day (September 27, 2014)
     o Undergraduate Student Research Awards (through NSERC)
   • Find a summer job! – start looking in January (see [westerncareercentral.ca](http://www.westerncareercentral.ca) – Job Postings; gov.’t websites, etc.)

2) Develop Your Job Search Tools:
   • Start a “Skills Inventory” (Include your degree program as an experience)

<table>
<thead>
<tr>
<th>Past/Current Experience</th>
<th>Activities/Tasks</th>
<th>Demonstrated Skill(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales Associate</td>
<td>• Sold clothing to clients, made suggestions on selections</td>
<td>• Communication</td>
</tr>
<tr>
<td></td>
<td>• Worked on cash register</td>
<td>• Interpersonal</td>
</tr>
<tr>
<td></td>
<td>• Participated in inventory counts</td>
<td>• Customer Service</td>
</tr>
<tr>
<td></td>
<td>• Attended training sessions</td>
<td>• Team Work</td>
</tr>
<tr>
<td></td>
<td>• Processed returns and dealt with customer complaints</td>
<td>• Flexibility</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Resourcefulness</td>
</tr>
</tbody>
</table>

   • Have your resume/cover letter reviewed (make an appointment with Science Career Services)
   • Attend Science Career Services Workshops – see [westerncareercentral.ca](http://www.westerncareercentral.ca) – Event Calendar

3) Learn About Networking:
   • Attend Science Career Services Workshops
   • Develop your “Elevator Speech”
   • Attend Fall Career Fair (September, 2014)
   • Attend Company Information Sessions (see [westerncareercentral.ca](http://www.westerncareercentral.ca) – Event Calendar)
   • 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!
   • Investigate the professional networking tool “LinkedIn” – see [ca.LinkedIn.com](http://ca.LinkedIn.com)