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!

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 [http://www.schoolfinder.com/](http://www.schoolfinder.com/)
- Attend the Graduate & Professional School Fair – October, 2014
  (see westerncareercentral.ca – Event Calendar)

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 (deadlines tend to be in January)

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

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

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Career Planning:
Be purposeful in building science-based experience…

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 westerncareercentral.ca – Event Calendar)

2) Go after experience:
   - Attend the Fall Career Fair and meet companies that might need a summer science student (September, 2013 see westerncareercentral.ca – Event Calendar)
   - Attend any relevant Company Information Sessions (see westerncareercentral.ca – Event Calendar)
   - Start your summer job search early – i.e. January – see westerncareercentral, government and company web-sites and contact companies directly; attend the “Summer Jobs Workshop for Science and BMSc Students”
   - See if you qualify for “Work Study” (http://www.registrar.uwo.ca/student_finances/work_study.html) – there are often research opportunities available through this program!
   - 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. 16th or 17th, 2014-B&GS 0153)
     - Attend Science Internship Day (Sept. 27th, 2014, PAB-106)

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
   - Start a professional profile on “LinkedIn” – see ca.LinkedIn.com