Career Check-up
How Healthy Is Your Career Plan?

Elizabeth Boyle,
CAREER CONSULTANT

Lisa MacPherson,
CAREER CONSULTANT
CAREER SUCCESS CHECKLIST

- KNOW YOURSELF
- KNOW YOUR CAREER OPTIONS
- STRATEGICALLY DESIGN EDUCATION
- A PLAN TO BUILD EXPERIENCE
WE HELP STUDENTS:

- **Learn about Occupations & Industries**
- **Explore Self & make Career Decisions**
- **Plan Career & Education Pathways**
- **Find Meaningful Work & Volunteer roles**
- **Reach their career & employment Goals**
CAREER PLANNING PROCESS

Know yourself

Gather career information

Gain experiences

Goal Setting

Decision Making

Choose an Occupation(s)

Select an educational pathway

Implementing a success plan
YOUR INTERESTS ➔ DEGREE OPTION(S) AND COURSES

IT’S YOUR CAREER!
IT’S YOUR DEGREE!
CAREER PLANNING EARLY...

- MOTIVATES YOUR STUDIES
- FOCUS YOUR TIME & TARGET YOUR EXPERIENCES
WHO AM I?
WHAT MATTERS TO ME?
WHAT DOES THE WORLD NEED?
So, you love Biology?

National Occupational Classification

1. Business, finance and administration occupations
2. Natural and applied sciences and related occupations
3. Health occupations
4. Occupations in education, law and social, community and government services
CAREER PLANNING PROCESS

YOU

SUBJECT PREFERENCES

INTERESTS

PERSONALITY

VALUES
INVESTIGATIVE
Research-oriented, analytical, curious

ENTERPRISING
Influential, energetic, sociable, leader

ARTISTIC
Expressive, creative, visual

HOLLAND CODE
*REFER TO P. 2 OF HANDOUT PACKAGE

DATA
Practical, hands-on, tangible work

IDEAS
Structured, organized, careful

PEOPLE
Helping, empathetic, communicative, friendly

THINGS
Structured, organized, careful

HOW DO YOU LIKE TO WORK?
CAREER PLANNING PROCESS

YOU

SUBJECT PREFERENCES

INTERESTS

PERSONALITY

VALUES
# Your Values: What Motivates You to Work?

<table>
<thead>
<tr>
<th>Help Others</th>
<th>Provide direct support to people individually or in groups.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advancement</td>
<td>Grow and move into positions of higher pay and responsibility.</td>
</tr>
<tr>
<td>Change &amp; Variety</td>
<td>Have frequently changing tasks, settings or other factors.</td>
</tr>
<tr>
<td>Adventure</td>
<td>Work in an exciting or risky job where I may deal with hazards or uncertainty.</td>
</tr>
<tr>
<td>Structure &amp; Predictability</td>
<td>Complete work that predictable, with a high level of structure or routine.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Work Under Pressure</th>
<th>Be involved in work with time limitations or little margin for error.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Security</td>
<td>Have a high likelihood that my job is secure and normally in steady demand.</td>
</tr>
<tr>
<td>Competition</td>
<td>Compete to win or be compared against others.</td>
</tr>
<tr>
<td>Work with Others</td>
<td>Be involved in teamwork or work with others to achieve shared goals.</td>
</tr>
<tr>
<td>High Earnings</td>
<td>Earn a high salary and have the ability to purchase desired luxuries or accumulate wealth.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Public Contact</th>
<th>Frequently interact with the public or community.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job Tranquility</td>
<td>Have peaceful work with minimal pressure or stress.</td>
</tr>
<tr>
<td>Location</td>
<td>Live and work where I want. (E.g. a specific location or urban vs. rural, etc.)</td>
</tr>
<tr>
<td>Intellectual Stimulation</td>
<td>Complete work with a high degree of mental activity in the form of problem solving, analyzing, researching or continuous learning.</td>
</tr>
<tr>
<td>Artistic Creativity</td>
<td>Utilize one or several art forms to express ideas.</td>
</tr>
</tbody>
</table>
TRY A VALUES ACTIVITY.

*REFER TO P. 4 OF HANDOUT PACKAGE
CAREER PLANNING PROCESS

YOU

SUBJECT

PREFERENCES

INTERESTS

VALUES

PERSONALITY
PERSONALITY TRAITS & TYPES

HOW YOU INTERACT WITH THE WORLD

EXTRAVERSED  INTROVERTED

HOW YOU EVALUATE INFORMATION

SENSING  INTUITION

HOW YOU MAKE DECISIONS

THINKING  FEELING

HOW YOU TACKLE LIFE OR WORK PROJECTS

JUDGING  PERCEIVING
KNOW YOURSELF:
MORE SUPPORT

✓ MEET WITH A CAREER CONSULTANT!
✓ TRY ONLINE ASSESSMENTS TO START
- P. 5 & 6 OF THE HANDOUT PACKAGE

OUR FAVOURITE ASSESSMENTS: Personality, Interests & Values

YOUR INTERESTS
The Holland Code can be used to connect occupations to an individual’s interests. Assessments using this theory measure your interest level in 6 areas then generate a list of careers that are typically enjoyed by people with similar interests to yours. The idea is that if you are similar to people who usually like that job, you might like it too.

<table>
<thead>
<tr>
<th>MyNextMove</th>
<th>Strong Interest Inventory</th>
</tr>
</thead>
<tbody>
<tr>
<td>MyNextMove is a free web-based assessment tool that provides your Holland Code and a list of corresponding occupations. All labour market information is American.</td>
<td>A trained professional at Career Services can administer this empirical assessment for a $30 fee.</td>
</tr>
<tr>
<td><a href="http://www.mynextmove.org/explore/ip">www.mynextmove.org/explore/ip</a></td>
<td>Identify options that correspond to interests, determine preferred learning settings, and explore your preferences.</td>
</tr>
</tbody>
</table>

The Holland Code assesses your interests according to six dimensions:

- **Investigative** (Research-oriented, knowledgeable, curious)
- **Artistic** (Expressive, creative, visual)
- **Realistic** (Practical, hands-on, tangible work)
- **Enterprising** (Structured, organized)
- **Conventional** (Helping, empathetic, communicative)
- **Social** (Sociable, community-oriented)
WHO AM I?
WHAT MATTERS TO ME?
WHAT DOES THE WORLD NEED?
1. O*NET Advanced Search
Browse Occupations
matching tool – select **Interests**


<table>
<thead>
<tr>
<th>Industry – Occupational Groups</th>
<th>Work Interests (including but not limited to...)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business, Finance &amp; Administration</td>
<td>Conventional, Enterprising</td>
</tr>
<tr>
<td>Natural &amp; Applied Science</td>
<td>Investigative, Realistic</td>
</tr>
<tr>
<td>Health Care</td>
<td>Social, Realistic, Investigative</td>
</tr>
<tr>
<td>Social Services, Law, Education, Government</td>
<td>Social, Investigative</td>
</tr>
<tr>
<td>Art, Culture, Recreation &amp; Sport</td>
<td>Artistic, Realistic</td>
</tr>
</tbody>
</table>
O*NET Advanced Search

Match occupations to Interests

Interests Search for:
Investigative, Realistic

Selected occupations matching your chosen interest areas are displayed below. Occupations are sorted by Job Zone, to help you find occupations that match your current or expected level of education, training, and experience.

Have a three-letter interest code? You can focus your search by choosing up to three interest areas, to see the occupations which match your choices.

1st — Investigative (I) ▼  2nd — Realistic (R) ▼  3rd — None selected ▼  Go

Want to discover your interests? Take the O*NET Interest Profiler at My Next Move.

You have chosen: IR

63 occupations displayed.

<table>
<thead>
<tr>
<th>Interests</th>
<th>All ▼</th>
<th>Job Zone</th>
<th>Code</th>
<th>Occupation</th>
</tr>
</thead>
<tbody>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>25-1041.00</td>
<td>Agricultural Sciences Teachers, Postsecondary</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>29-1069.01</td>
<td>Allergists and Immunologists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>29-1061.00</td>
<td>Anesthesiologists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>19-1011.00</td>
<td>Animal Scientists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>19-391.02</td>
<td>Archeologists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>19-2011.00</td>
<td>Astronomers</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>19-1021.00</td>
<td>Biochemists and Biophysicists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>19-1029.01</td>
<td>Bioinformatics Scientists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>19-1020.01</td>
<td>Biologists</td>
</tr>
<tr>
<td>IR</td>
<td>5</td>
<td></td>
<td>25-1052.00</td>
<td>Chemistry Teachers, Postsecondary</td>
</tr>
</tbody>
</table>
National Occupational Classification

CANADA'S ENCYCLOPEDIA OF CAREER OPTIONS

Hierarchy and structure

Filter items:

0. Management occupations
1. Business, finance and administration occupations
2. Natural and applied sciences and related occupations
3. Health occupations
4. Occupations in education, law and social, community and government services
5. Occupations in art, culture, recreation and sport
6. Sales and service occupations
7. Trades, transport and equipment operators and related occupations
8. Natural resources, agriculture and related production occupations
9. Occupations in manufacturing and utilities
<table>
<thead>
<tr>
<th>Occupation</th>
<th>Holland Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanical Engineer</td>
<td>Investigative, Realistic, Conventional</td>
</tr>
<tr>
<td>Accountant</td>
<td>Conventional, Enterprising, Investigative</td>
</tr>
<tr>
<td>Landscape Architect</td>
<td>Artistic, Investigative, Realistic</td>
</tr>
<tr>
<td>Food Scientist</td>
<td>Investigative, Realistic, Conventional</td>
</tr>
<tr>
<td>Clinical Psychologist</td>
<td>Investigative, Social, Artistic</td>
</tr>
<tr>
<td>School Social Worker</td>
<td>Social, Enterprising</td>
</tr>
<tr>
<td>Graphic Designer</td>
<td>Artistic, Realistic, Enterprising</td>
</tr>
<tr>
<td>Performer/Singer</td>
<td>Artistic, Enterprising</td>
</tr>
<tr>
<td>Human Resource Specialist</td>
<td>Enterprising, Conventional, Social</td>
</tr>
<tr>
<td>Carpenter, Construction</td>
<td>Realistic, Conventional, Investigative</td>
</tr>
<tr>
<td>Computer Programmer</td>
<td>Investigative, Conventional</td>
</tr>
<tr>
<td>Recreational Therapist</td>
<td>Social, Artistic</td>
</tr>
</tbody>
</table>
OCCUPATIONS:
WHAT DO YOU WANT TO KNOW?

• What are the tasks and duties at work?
• What does a typical day look like?
• Can I specialize or move into different roles?
• What are the educational requirements?
• What does it take to be successful?
• What is the average salary?
• What is the job demand?
• Who would hire me? Where can I work?
HOW DO WE LEARN ABOUT OCCUPATIONS?

- First-hand experience (work & volunteer)
- U of M Occupations Library
- Academic Calendar (umanitoba.ca/calendar)
- Job postings
- Career mentor program
- LinkedIn
NOC
HIERARCHY AND STRUCTURE
Community pharmacists and hospital pharmacists compound and dispense prescribed pharmaceuticals and provide consultative services to both clients and healthcare providers. They are employed in retail and health centre pharmacies, or they may be self-employed. Industrial pharmacists participate in the research, development, promotion and manufacture of pharmaceutical products. They are employed in pharmaceutical companies and government departments and agencies.

### Example titles
- Clinical pharmacist
- Community pharmacist
- Hospital pharmacist
- Industrial pharmacist
- Pharmacist
- Retail pharmacist

### Main duties
This group performs some or all of the following duties:

**Community pharmacists and hospital pharmacists**
- Check prescriptions for proper dosage
- Compound prescribed pharmaceutical products by calculating, measuring and mixing the quantities of drugs and other ingredients required and filling appropriate containers with correct quantity
- Dispense prescribed pharmaceuticals to customers or to other health care professionals and advise them on indications, contra-indications, adverse effects, drug interactions and dosage
- Maintain medication profiles of customers including registry of poisons and narcotic and controlled drugs
- Ensure proper preparation, packaging, distribution and storage of vaccines, serums, biologicals and other drugs and pharmaceuticals
- Order and maintain stock of pharmaceutical supplies
- Advise customers on selection and use of non-prescription medication
- Renew existing prescriptions in limited circumstances
- May adapt the formulation, regimen, duration or route of administration of prescribed pharmaceuticals

**Breakdown summary**

**Broad occupational category**
3 - Health occupations

**Skill level**
1 - Occupations usually require university education

**Major group**
31 - Professional occupations in health (except nursing)

**Minor group**
313 - Pharmacists, dietitians and nutritionists

**Version**
2016
NOC COMPREHENSIVE OVERVIEW

Industrial pharmacists
- Participate in research for the development of new drugs
- Formulate new drug products developed by medical researchers
- Test new drug products for stability and to determine absorption and elimination patterns
- Co-ordinate clinical investigations of new drugs
- Control the quality of drug products during production to ensure that they meet standards of potency, purity, uniformity, stability and safety
- Develop information materials concerning the uses, properties and risks of particular drugs
- Evaluate labelling, packaging and advertising of drug products
- Promote pharmaceutical products to health professionals.

Employment requirements
- A university degree in pharmacy and a period of supervised practical training are required.
- Licensure is required in all provinces and territories for community and hospital pharmacists.

Exclusions
- Chemists (2112)
- Chiefs of pharmacy and pharmacy directors (in 0211 Managers in health care)
- Pharmaceutical sales representatives (in 6221 Technical sales specialists - wholesale trade)
- Pharmacologists (in 2121 Biologists and related scientists)
- Pharmacy and drugstore managers (in 0621 Retail and wholesale trade managers)
- Pharmacy technicians (in 3219 Other medical technologists and technicians (except dental health))
- Pharmacy aides (in 3414 Other assisting occupations in support of health services)
Explore occupations

Lawyer, teacher, doctor, nurse. How many occupations can you name? What the heck does an occupational therapist do anyway? How about a valuator, conservator, arborist or orthoptist?

Good career decisions require good information—about your personal traits and preferences and about the world of work. Career Consultants can get you started by helping you to identify and articulate your skills, aptitudes, values, personality traits and interests as they relate to career choice.

Information about the world of work is everywhere—not just in libraries and career centres. Even television shows can influence your views of specific occupations. Government departments, sector councils, and professional associations publish great labour market information. Personal contacts are extremely valuable, often providing “up-close and personal” views of occupations. Mentorship and job shadowing programs can help you develop professional networks. Don’t forget to speak with teachers, professors, friends and relatives!

We’ve provided information on approximately two hundred occupational options. Thousands more exist! Be creative. Remember—good research can lead to more informed and satisfying career decisions!

*REFER TO P. 7 & 8 OF HANDOUT PACKAGE*
Does this suit me?

What is the job like?

Related occupations?

What are the educational requirements or degree options?

What is the job outlook and salary?

Where could I work?

Potential employers?

Where to look for work?
MENTOR PROGRAMS

Career Mentorship:
• Career Services’ Career Mentor Program (all students)
• Faculty of Science Mentoring Program
• Ten Thousand Coffees: UM Café
• Faculty of Agricultural and Food Sciences Mentorship Program (for women)
• Rady Faculty of Health Sciences Student-Student Mentorship (MD, PT, OT, RT, Pharm, Dentistry, Dental Hygiene)

Student Success Mentorship:
• Neechiwaken Indigenous Peer Mentor Program
• New Student Mentorship Program
• Summer Buddy (Int’l students)
• Medtorship Program (Year 1 Med students)

Off-campus: Professional & Industry Associations
University of Manitoba

Winnipeg, MB • 78,170+ alumni • 88,622 followers

Overview

Jobs

Rebecca Balakrishnan
Career Consultant at University of Manitoba

3 jobs posted recently

Life

Company photos

About us

The University of Manitoba is a place where you can define yourself. Come to us if you have the curiosity to learn about the world or the will to make a difference.

Recent update
PEOPLE WITH PSYCH DEGREES

Trevor Lubinski
Recruitment Advisor at Birchwood Automotive Group
Birchwood Automotive Group • University of Manitoba
Winnipeg, Manitoba, Canada • 496

Pamela Bachewich
Occupational Therapist at Riverview Health Centre and Vital Life Inc.
Vital Life Inc. • University of Manitoba
Winnipeg, Manitoba, Canada • 39

Sacha Nelson
Lawyer at MLT Aikins LLP
MLT Aikins LLP • University of Manitoba
Winnipeg, Manitoba, Canada • 182

David Cormack
School Psychologist at Frontier School Division
Frontier School Division • University of Manitoba
Winnipeg, Manitoba, Canada • 78

Gillian Sidon
Rehabilitation Counselor at Addictions Foundation Of Manitoba
Addictions Foundation Of Manitoba • University of Manitoba
Winnipeg, Manitoba, Canada • 141

Jane Puchniak
Director of Marketing, Communications & Digital Assets
Pipe & Hat Music Group • University of Manitoba
Winnipeg, Manitoba, Canada • 500+
PAY ATTENTION TO WHAT YOU LIKE
ENSURE INFO IS ACCURATE
EXPLORE SIMILAR OCCUPATIONS

WHILE YOU RESEARCH
YOUR INTERESTS → DEGREE OPTION(S) AND COURSES

IT’S YOUR DEGREE!
PLANNING YOUR PATHWAY

Bachelors
- Honours degree - 4 years / 120 credit hours (research)
- Advanced degree — 4 years / 120 credit hours
- General degree — 3 years / 90 credit hours

Masters
- Research / Thesis-based*
- Applied / Professional (courses, projects, clinical work)

PhD* - • Research / Thesis-based*

PARALLEL PLANNING

M.Sc. Public Health
(Pre-req: any 4-year degree)

Mental Health Outreach Specialist
(Req’t: Degree in Health or Social Sciences)

Note: A minor (18 credit hours of a second subject area) may be selected alongside a major

2nd degree options
Post-grad diplomas/certif.
PLANNING YOUR PATHWAY
PLANNING YOUR PATHWAY

Immigration Settlement Practitioner

**Education and Certification:**
Post-secondary degree in Human/Social Services or an equivalent combination of education and experience

<table>
<thead>
<tr>
<th>SINGLE ADVANCED MAJOR TOTAL: 48 CREDIT HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOC 1200 or SOC 1211 and SOC 1221</td>
</tr>
<tr>
<td>• SOC 2220, SOC 2290</td>
</tr>
<tr>
<td>• 6 credit hours from SOC 3310, SOC 3330, SOC 3350, SOC 3360, SOC 3380, SOC 3390, SOC 3700</td>
</tr>
<tr>
<td>• 0 credit hours in Sociology courses numbered at the 2000 or 3000 level</td>
</tr>
<tr>
<td>16 credit hours in Sociology courses numbered at the 2000 or 3000 level</td>
</tr>
</tbody>
</table>

**MINOR CONCENTRATION TOTAL: 12 CREDIT HOURS**

**Minor? Electives**

- Languages (FREN, SPAN, ASIA)
- PSYC (Social, Cross-cultural)
- FMLY (Conflict & Displacement)
- GEOG (Place, Populations and Mobility)
PLANNING YOUR PATHWAY
As a Business Analyst, you will have the opportunity to sharpen your analytical and business skills by working on real challenges alongside a team of professionals who are experts in their respective fields. In this role, you will work across a wide range of industries and service lines, performing research, data analysis and modeling to solve complex business problems. A typical day may also see you contribute directly to the development of proposals, presentations, and publications. This kind of on-the-job training will help you build the foundation for a successful career in management consulting and to keep your career development on track, we provide you with mentoring and counseling, training throughout your tenure, and an ongoing evaluation process to help steer your continued professional growth.

Qualifications:

- Graduating by September 2017 with an Undergraduate Degree in Business, Economics, Engineering, Finance, Political Science, or other relevant Degree
- An exemplary record of achievement in school both academically and in extracurricular activities
- Effective communication skills, both verbal and written
- Excellent interpersonal skills and demonstrated ability to work with others effectively in teams
- Ability to thrive in an environment of pressing deadlines and changing conditions across a variety of industries
- Creative ability to conceptualize and articulate new approaches and solutions
- Service-minded attitude and desire to satisfy client needs while remaining committed to Deloitte’s vision and objectives
- Proven analytical and problem-solving skills
- Maturity and professionalism to properly represent Deloitte
EXPLORE JOB POSTINGS:
EXAMINE YOUR DESTINATION & COMPETENCIES REQUIRED

While employers are often open and flexible with degree requirements. They do want specific skills and experience!

After 1) Looking ahead at industry and occupational requirements, and 2) Reflecting on your past experiences, 3) Make note of the related competencies (skills, knowledge, attitudes) you already possess and those you are missing. Write those below.

**Related competencies that I already possess:**

- 
- 
- 
- 
- 

**Competencies that I can gain or enhance to increase my employability:**

- 
- 
- 
- 
- 

What work and volunteer activities, other extra-curriculars, and courses can help me bridge the gap and build the competencies I’m missing?

- 
- 

*REFER TO P. 9 OF HANDOUT PACKAGE*
Strategically align your part-time and summer work with your long-term goals!

What competencies do you still need to gain?

What skills, knowledge, and experience does the occupation or industry require?

What skills, knowledge, and industry exposure do you have already?

Your career goal

Skills
Knowledge
Industry exposure & networking
Map out your career pathway from the start of your academic journey!

Get the information you need for academic planning and connect with experiences to develop the knowledge, skills and attributes that employers are seeking.

PROGRAMS

- Astronomy
- Biochemistry
- Biological Sciences
- Biotechnology
- Chemistry
- Computer Science
- Criminology
- Economics
- French
- General Science
- Genetics
- German
- Human Geography
- Human Nutritional Sciences

CAREER COMPASS – umanitoba.ca/careercompass
HOW DO WE GAIN SKILLS AND EXPERIENCE?

- VOLUNTEER
- EXTRA CURRICULARS
- PAID WORK EXPERIENCE
- TRAINING/CERTIFICATIONS
- ADVISORY BOARDS
- WORK-INTEGRATED LEARNING
**Juvenile Counsellor – MB. Justice**

**Volunteer Experience**
- Crisis Line Volunteer – Klinic Community Health

**Work Experience**
- First Jobs 4 Youth Worker – Spence Neighbourhood Association
- Casual Youth Care Practitioner – Macdonald Youth Services (included Non-violent Crisis Intervention Training)

**Training**
- Mental Health First Aid Training (free from Selkirk Mental Health Centre)
- Non-violent Crisis Intervention Course – provided by employer
- CPR/First Aid – acquired independently

**Work Integrated Learning**
- Practicum in Sociological/Criminological Research – placement at the RCMP

**Fundraising Coordinator**

**Work Experience**
- Student Development Officer – Work Study Position on campus
- Student Fundraiser – University of Manitoba Call Centre

**Volunteer Experience**
- Registration Assistant, Teddy Bear Picnic, The Children’s Hospital Foundation
- Daffodil Days Volunteer, Canadian Cancer Society Winnipeg

**Training**
- Introduction to Volunteer Management, Volunteer Manitoba

**Advisory Board**
- Youth United Council Member – United Way of Winnipeg

**Extra-Curricular Activities**
- Director of Social Programming, Arts Student Body Council, University of Manitoba

**Titles from Sociology/Criminology Career Compass: umanitoba.ca/careercompass**
“TAKE-AWAYS” FROM TODAY’S SESSION?

WHAT ARE YOUR NEXT STEPS?

WHAT SUPPORTS ARE AVAILABLE?

- KNOW YOURSELF
- KNOW YOUR CAREER OPTIONS
- DESIGN YOUR EDUCATION
- PLAN TO BUILD EXPERIENCE

GOAL SETTING
CAREER SERVICES

474 UNIVERSITY CENTRE

OUR WEBSITE  
umanitoba.ca/careerservices

Resumé Learning Centre

One-to-one support

Attend a Workshop  
careerCONNECT
uofmcareerservices.ca

Book an appointment  
204-474-9456

Career Mentor Program  
Sept — Apr