U of R Career Education
Services, Programs & Resources
From your first semester to the last, connect with Career Education for services and resources!
We can assist in many ways with skillfully navigating your educational, career and life journey.
www.uregina.ca/careercentre

Indigenous Career Education
Supporting the success of Indigenous Students—talk with Sandy!
- Full Circle Summer Internship Program. For career-related summer work placements.
- Co-op Education. Alternate semesters of career-related work terms (paid) and semesters of classes.
- Career Development Skills. Assistance with resumes, job searching, interviews and more!

Career Exploration & Counselling
Exploring options? Re-evaluating your direction? We can assist with making informed decisions.
- Specialized Career Resources. Information and tools for self-assessment and exploration (all fields).
- Career Direction Workshop. Guided session with a career counsellor. Join us! (schedule online).
- Individual Career Counselling. For U of R Students and Alumni. Contact us for an appointment.
- Volunteer Database. Try volunteering in fields of interest. Learn, be inspired and contribute!

Co-operative Education & Internship Programs
Seeking paid, career-related work experience? Participate in an undergraduate Co-op program!
- Career-Related Experience. Alternate semesters of work terms (paid) and semesters of classes.
- Undergraduate Co-op Programs: Offered in a broad range of fields and specializations:
  - Indigenous Co-op (U of R and First Nations University)
  - Business Administration
  - Engineering & Applied Science
  - La Cité Co-op (French and Francophone Intercultural Studies)
  - Liberal Arts: Economics, English, Geography, History and other Arts majors
  - Science: Biology, Chemistry, Math and other Science majors
Accredited by Co-operative Education and Work-Integrated Learning Canada (CEWIL Canada)

Student Employment Services
Seeking part-time, summer or full-time work? We help you find jobs related to your interests!
- Job Search Databases. Search our database collection to find current job postings (all fields).
- U of R Job Board (PlacePro). Register to access a job database for U of R Students and Alumni.
- Career Fairs. Explore opportunities at Careers Day (Fall), Spring Career Fair (Winter) and other fairs!
- Employer Info Sessions. Talk with employers and entrepreneurs for firsthand career information.
- Monthly Career Sessions. Build strategies, skills and resources for developing your career. Attend free sessions on job searching, customizing resumes and preparing for interviews (schedule online).

U of R Advising & Career Education
Advising • Career Exploration & Counselling • Indigenous Career Education
Co-operative Education & Internships • Student Employment Services
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Career development for realizing yoUR potential!
Educational, Career & Life Direction

www.uregina.ca/careercentre → “Career Exploration & Counselling”

Exploring options? Re-evaluating your direction? We can assist you with making informed decisions. For “Career Direction” Workshops and individual counselling, contact Career Education (see website)

Know Yourself (self-knowledge)

a) Reflect for a detailed picture of you! Notice your interests, skills and abilities, attitudes, personality and values. What do you naturally enjoy doing? What are your strengths? What motivates and inspires you? What are your short- and long-term goals? How have you changed? What’s important to you now?

b) Complete career assessment inventories. These online tools (see website) help increase self-knowledge and identify options to consider. Critically review all results. Do you agree with them? Disagree? Not sure?

c) Consider the influence of all important factors in your situation. How do location, relationships, finances, preferences and other factors, affect your decisions? Need to compromise? When would you re-evaluate?

Know Your Options (options knowledge)

a) Review related U of R programs and course details. Check Academic Calendars and the Course Catalogue: https://www.uregina.ca/student/registrar/resources-for-students/index.html → Academic Calendars.

b) Not a U of R Student? Book an appointment with an Enrolment Counsellor. Learn more about programs related to your interests and how to apply, and events for future students: https://urconnected.uregina.ca.

c) Explore career options with “Career Cruising.” Utilize this online career program for assessment tools, detailed descriptions of occupations (all fields) and more! Log in with your U of R account (see website).

d) Explore more with “myBlueprint SK.” Utilize this career/life planning portal for doing self-assessment, exploring occupations and education, and more! Sign up for an account online: https://app.myblueprint.ca/sk.

e) Visit professional associations. Learn more about fields and occupations of interest by visiting related associations (see website): → More Resources → Associations with Student Memberships.

f) Wondering about future employment? For experience, consider the Co-op program. Also review current job postings. Search job databases by keywords related to your interests (see website): → Job Searching

1. Job Searching – All Fields → LinkedIn Jobs, Saskjobs.ca, WowJobs.ca, and more!
2. Job Searching – Specialized Fields → Arts, Culture, Heritage; Bilingual; Business; Computer Science; Education; Government; Health; International; Journalism; Science & Engineering; Sport, Recreation & Health

g) Volunteer. Gain valuable knowledge and skills through volunteer work. Check opportunities related to your interests (see website): → Volunteer → Arts, Human Service, Medical, Nature, Sports, and more!

h) Crosscheck information. Critically review information gathered from different sources and experiences. Notice your stronger areas of interest. What would you like to learn more about? How can you learn more?

Re-Evaluate: Informed Decisions for Career Satisfaction (decision-making)

a) Reflect, analyze and assess again. How are things going? What did you learn from this experience? Were your expectations met? How’s the feedback? Next steps? Explore a related or different field? Pros? Cons?

b) Uncertain? Self-assess, explore some more and identify new options. Talk with an Academic Advisor about keeping different options open while taking courses that will transfer to the most programs of interest.

c) “Test the waters” in fields of interest. Consider related part-time or volunteer work. Visit employers (in person or online) to gather more information. Talk with others about their career experiences. What else?

d) Skilfully self-manage your journey. Career development is a lifelong activity. You and your situation may change. To maintain career satisfaction, re-evaluate, self-assess, explore and make informed re-decisions.

Enjoy skilfully managing a rewarding, long-term career!