

This circular model is rooted in Indigenous culture and shows the interconnectedness of development and success.



WE ARE HERE TO HELP
The university wants you to succeed in all areas of your life! Visit these resources and help centres:

**MAP OUT YOUR CAREER PATHWAY
FROM THE START OF YOUR ACADEMIC JOURNEY!**

PROGRAM OPTIONS
B.A. ADVANCED: 4 YEARS
B.A. GENERAL: 3 YEARS
DIPLOMA IN LABOUR STUDIES: 30 CREDIT HOURS

UMANITOBA.CA/CAREERCOMPASS



**UNIVERSITY
OF MANITOBA**



LABOUR STUDIES COMPASS

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

LABOUR STUDIES AT THE UNIVERSITY OF MANITOBA

Labour studies provides a broad interdisciplinary learning experience with real life applications. As a labour studies student in the Faculty of Arts, you will examine the social, economic and political realities of work and explore the past, present and future of the labour movement and the wide-ranging effects of globalization on our daily lives. Labour studies has many opportunities for you to explore with the option to choose between a degree or diploma program.

Labour studies will provide you with an understanding of work and society and prepare you for employment in a number of fields. The labour studies degree program is also an excellent foundation for graduate study in industrial relations and labour studies as well as law school.

SKILLS YOU WILL GAIN IN LABOUR STUDIES

- An understanding of the political economy of labour, social justice and fundamental rights, and the dynamics of power in the workplace
- The ability to analyze the past, present and future labour movements from a social, political, ecological and economic perspective
- The ability to think critically and use theoretical and practical approaches to develop solutions to problems that affect people's working lives
- An in-depth understanding of labour, employment and human rights law, health and safety legislation and labour policy
- The ability to communicate effectively both verbally and in writing

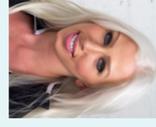
LABOUR STUDIES PROGRAM

114 Isbister Building
183 Dafoe Road
(204) 474-8356
labour_studies@umanitoba.ca
umanitoba.ca/labour_studies

CAREER SERVICES

474 UMSU University Centre
65 Chancellors Circle
(204) 474-9456
cs.receptionist@umanitoba.ca
umanitoba.ca/student/careerservices

STUDENT SPOTLIGHT



"Being part of the labour studies program gives you the opportunity to learn from professors and instructors who truly understand the challenges that working people face today. You will develop your voice and your knowledge base so you are prepared to offer that expertise when you graduate."

Jennifer Oleson, labour studies student
Read stories of alumni and senior students who mapped their own academic and career plan to fit with their skills, abilities and interests:
umanitoba.ca/careercompass

RECOMMENDED ANNUAL CHECKLIST

- Know the degree requirements and university regulations that apply to your program
- Meet with an academic advisor to ensure your academic plan meets degree requirements
- Check in with a career consultant to review progress on your career plan
- Engage in an experiential learning opportunity
- Update your resumé and LinkedIn profile with applicable experiences
- Get involved outside of the classroom and get recognized on your Co-Curricular Record

WHAT DO EMPLOYERS WANT?

Industries such as business, government, industrial relations, law and policy development would value a labour studies degree or diploma in combination with the employability skills that are highly sought after by employers. These include:*

- Critical thinking
- Problem solving
- Teamwork
- Oral and written communication
- Numeracy and data use
- Industry specific knowledge
- Digital technology
- Continuous learning

Attain skills through your classroom education by taking advantage of experiential education opportunities.

**Information has been taken directly from Employability Skills 2000+ and Workplace Education Manitoba – Essential Skills.*

WHAT IS EXPERIENTIAL EDUCATION?

Experiential education will enhance your classroom education by giving you hands-on experience that will resonate with employers. The University of Manitoba offers a wide variety of programs designed to facilitate your personal growth, connect you with others and ignite your active engagement in the local and global community.

EXPERIENTIAL EDUCATION OPPORTUNITIES:

- Work experience opportunities
- International student exchanges, international internships and travel study
- Local and international service-learning opportunities
- Undergraduate research and entrepreneurship
- Leadership and volunteer opportunities

The Labour Studies Compass provides you with suggestions of how and when to use opportunities to make the most of your university experience. You may follow these guidelines or map out your own route.

LABOUR STUDIES COMPASS

B.A. Advanced: 4 years
B.A. General: 3 years
Diploma in Labour Studies: 30 credit hours

	ACADEMIC SUCCESS	CAREER TIPS	VOLUNTEER & WORK EXPERIENCE	CULTURAL OPPORTUNITIES	
YEAR 1 30 CREDITS	<p>Course requirements: LABR 1260 and 1290</p> <p>To do this year:</p> <ol style="list-style-type: none"> 1. Know the requirements for your degree. Meet with the labour studies program coordinator to help you plan your program. 2. If you need academic support, visit the Academic Learning Centre for workshops or to meet with a learning skills instructor. 	<p>Start planning your career:</p> <ol style="list-style-type: none"> 1. Meet with a career consultant to generate career ideas based on your interests, values, personality and skills. 2. Research occupations that match your skills and interests. 3. Set up a careerCONNECT account to view job postings and register for workshops and events. 4. Register for the Co-Curricular Record (CCR), an official record of university-approved activities. 	<p>Link experiences to your career interests. Options include:</p> <ol style="list-style-type: none"> 1. Student groups including the Labour Studies Students' Association, UMHRA and UMSU. 2. Join the University of Manitoba Volunteer Program to volunteer for Open House and other events on campus. 3. Student work opportunities including Work-Study, STEP Services or Federal Student Work Experience Program. 4. Experiential education opportunities such as Alternative Reading Week Winnipeg and the Community Action Poverty Simulation. 	<p>Considering international opportunities? Attend International Week in February for information about opportunities around the world.</p> <p>Explore communities and cultures you want to work with: Visit the Canadian Centre for Policy Alternatives or learn about local agencies via 211 Manitoba.</p>	<p>SAMPLE CAREERS WITH AN UNDERGRADUATE DEGREE AND RELATED EXPERIENCE</p> <ul style="list-style-type: none"> Business Consultant Conciliation/Mediation Officer Corporate Trainer Disability Support Worker Employee Advocate Employment Equity Coordinator Employment Counsellor Employment Standards Officer Health and Safety Officer Human Resources Professional Human Rights Investigator Immigrant Settlement Worker Labour Market Analyst Labour Relations Specialist Legislative Assistant NGO Program Officer Recruitment Officer Return to Work Coordinator Union Representative Worker Advisor <p>OPTIONS REQUIRING OTHER EDUCATION</p> <ul style="list-style-type: none"> Arbitrator Business Development Officer Commercial Real Estate Agent Industrial Relations Specialist Journalist Lawyer Policy Analyst Public Relations Specialist Researcher Social Worker Talent Acquisition Specialist University Professor Urban/Regional Planner Workforce Development Officer
YEAR 2 60 CREDITS	<p>Course requirements: LABR 2100 and 2300, plus additional LABR courses and/or electives*</p> <p>To do this year:</p> <ol style="list-style-type: none"> 1. Declare your major in labour studies and send confirmation to the program coordinator. 2. Should you follow a 3-or 4-year plan? Meet with an academic advisor and career consultant to map out your options. 3. Consider choosing a second language for your minor to enhance your employability prospects upon graduation. 	<p>Make professional connections:</p> <ol style="list-style-type: none"> 1. Join the Career Mentor Program to learn from professionals. 2. Attend career fairs, such as the annual Labour Studies Career Fair to connect with employers. 3. Become a student affiliate with a professional organization such as the Canadian Association for Work and Labour Studies. 4. Develop professional connections with professors by applying for an Undergraduate Research Award. <p>Market your skills: Develop your resumé and cover letter and refine your interview skills.</p>	<p>Explore student research opportunities: Apply for an Undergraduate Research Award and inquire about research assistant positions.</p> <p>Gain practical experience by volunteering: Check out the Volunteers in Public Service (VIPS) program, Manitoba Legislative Assembly and N.E.E.D.S Inc.</p> <p>Find opportunities to market yourself: Become a Faculty of Arts Student Ambassador or join the Student Leadership Development Program.</p>	<p>Develop global career skills and expand intercultural learning: Consider an international student exchange or Travel Study program, Students Without Borders internship, an international service-learning program, My World Abroad or SWAP for a "working holiday."</p> <p>Staying local? Check out the WUSC Student Refugee Program, Praxis: Service-Learning for Social Change or participate in Next Up Winnipeg. Consider learning a new language and culture through the Volunteer Language Exchange Program.</p>	
YEAR 3 90 CREDITS	<p>Course requirements: 6 credit hours of LABR courses at the 3000 level, plus additional LABR courses and/or electives*</p> <p>To do this year:</p> <ol style="list-style-type: none"> 1. Consider taking the Labour Studies Field Placement in Year 4 for an experiential learning opportunity. Take the knowledge gained in the classroom and put it into practice. 2. Confirm eligibility to graduate with an academic advisor and declare intent to graduate in Aurora (3-year option). 	<p>Investigate your career options:</p> <ol style="list-style-type: none"> 1. Look at sample job postings to ensure you have the qualifications upon graduation. 2. Develop employability and essential skills sought by employers. 3. Create a LinkedIn profile to network with professionals. 4. Attend the Mel Meyers Labour Conference to network with practitioners and learn more about the field. <p>Consider continuing your studies: Check out the Faculty of Graduate Studies, Extended Education or other academic institutions.</p>	<p>Continue or start research: Participate in the Undergraduate Research Poster Competition.</p> <p>Check out student job opportunities with: Safe Work Manitoba, YES! Winnipeg, employment agencies or local unions.</p> <p>Assess your resumé: Identify any gaps in experience and fill them through volunteering, work placements or internships such as the Management Internship Program or Manitoba Legislative Internship Program.</p>	<p>Did you travel abroad? Become an exchange mentor for the International Student Mentorship Program, join the exchange student community at the University of Manitoba or write an article about your experience.</p> <p>Participate in the multicultural opportunities on campus: Participate in the Intercultural Leadership and Development Program, volunteer for the International Student Mentorship Program or take part in the Graduation Pow Wow.</p>	
YEAR 4 120 CREDITS	<p>Course requirements: 9 credit hours of LABR courses at the 4000 level, plus any additional outstanding degree requirements*</p> <p>To do this year: Confirm eligibility to graduate with an academic advisor and declare intent to graduate in Aurora.</p>	<p>Start job search 9 months in advance: Contact Career Services to refine your job search and self-marketing strategies. You can visit the office up to 6 months after graduation.</p> <p>If you are continuing on to graduate school: Finalize your application materials and take required tests. Use the awards database to search for funding and awards to help finance your continuing education. Contact your department to find out how their awards deadlines are advertised.</p>	<p>Ensure you have references in place: Ask your professor for a reference or a letter of recommendation if you're applying for graduate school.</p> <p>Search for job opportunities online: Check out the Province of Manitoba website, Job Bank, Find My Job, Indeed or other search engines.</p> <p>Use your networks and connections: Inquire about unadvertised job openings (the "hidden job market").</p>	<p>Prepare to work in a multicultural environment: Visit Canada's National Research Centre for Truth and Reconciliation on campus or explore Manitoba Start, which offers events and free workshops for newcomers to assist their job search.</p>	

Note: This resource is meant as a guide to provide suggestions throughout your time at university. Develop a plan and timeline that suits you best. Make intentional choices for your courses and work experiences.

*Please refer to the Academic Calendar for a complete list of program requirements.