



# Career Check-up

How Healthy Is Your Career Plan?

Career Services



University  
of Manitoba

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**



## CAREER SERVICES

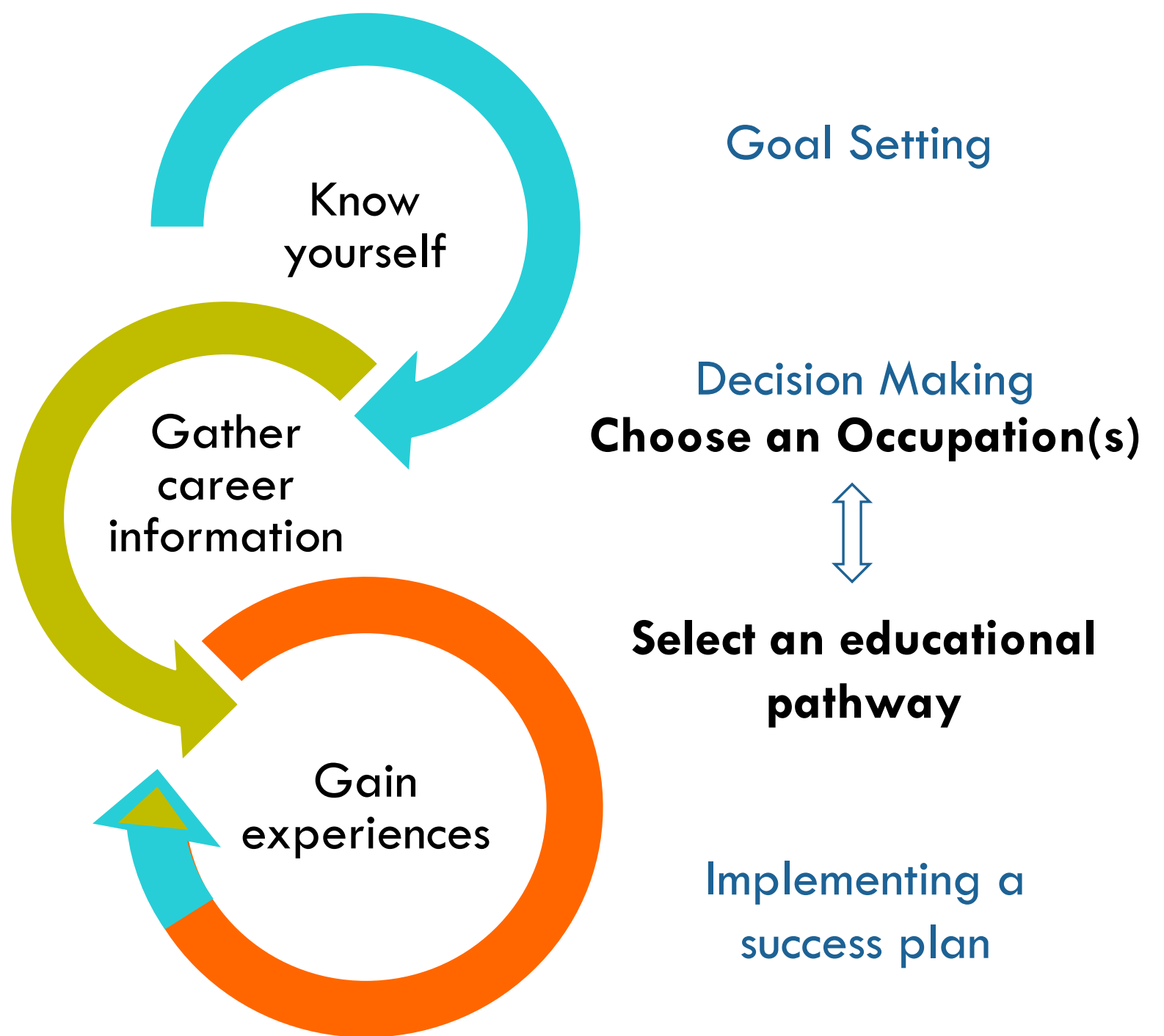
### WE HELP STUDENTS:

- 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





YOUR INTERESTS → DEGREE OPTION(S) AND COURSES



IT'S YOUR CAREER!  
IT'S YOUR DEGREE!



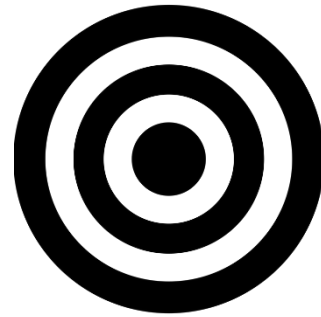


# CAREER PLANNING

## CAREER PLANNING EARLY...

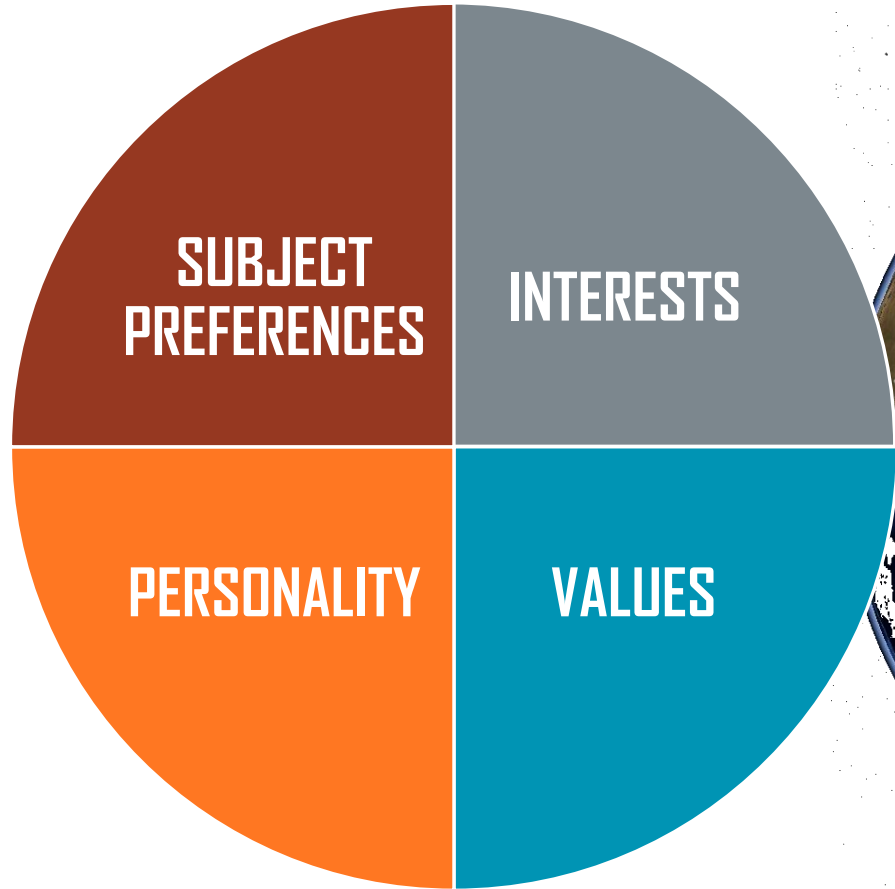


### MOTIVATES YOUR STUDIES



### FOCUS YOUR TIME & TARGET YOUR EXPERIENCES





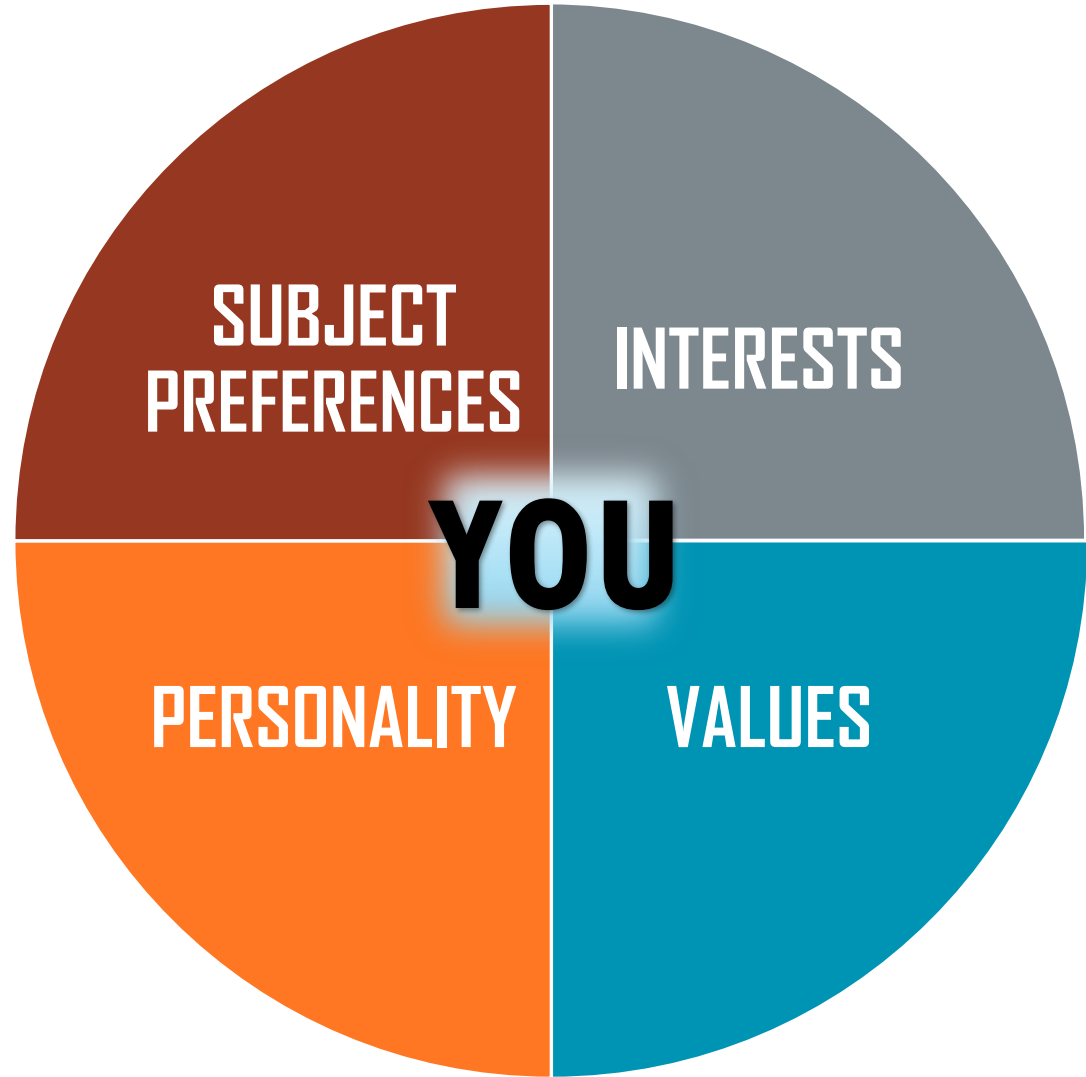
**WHO AM I?**  
**WHAT MATTERS TO ME?**



**WHAT DOES THE**  
**WORLD NEED?**



# CAREER PLANNING PROCESS



SUBJECT  
PREFERENCES

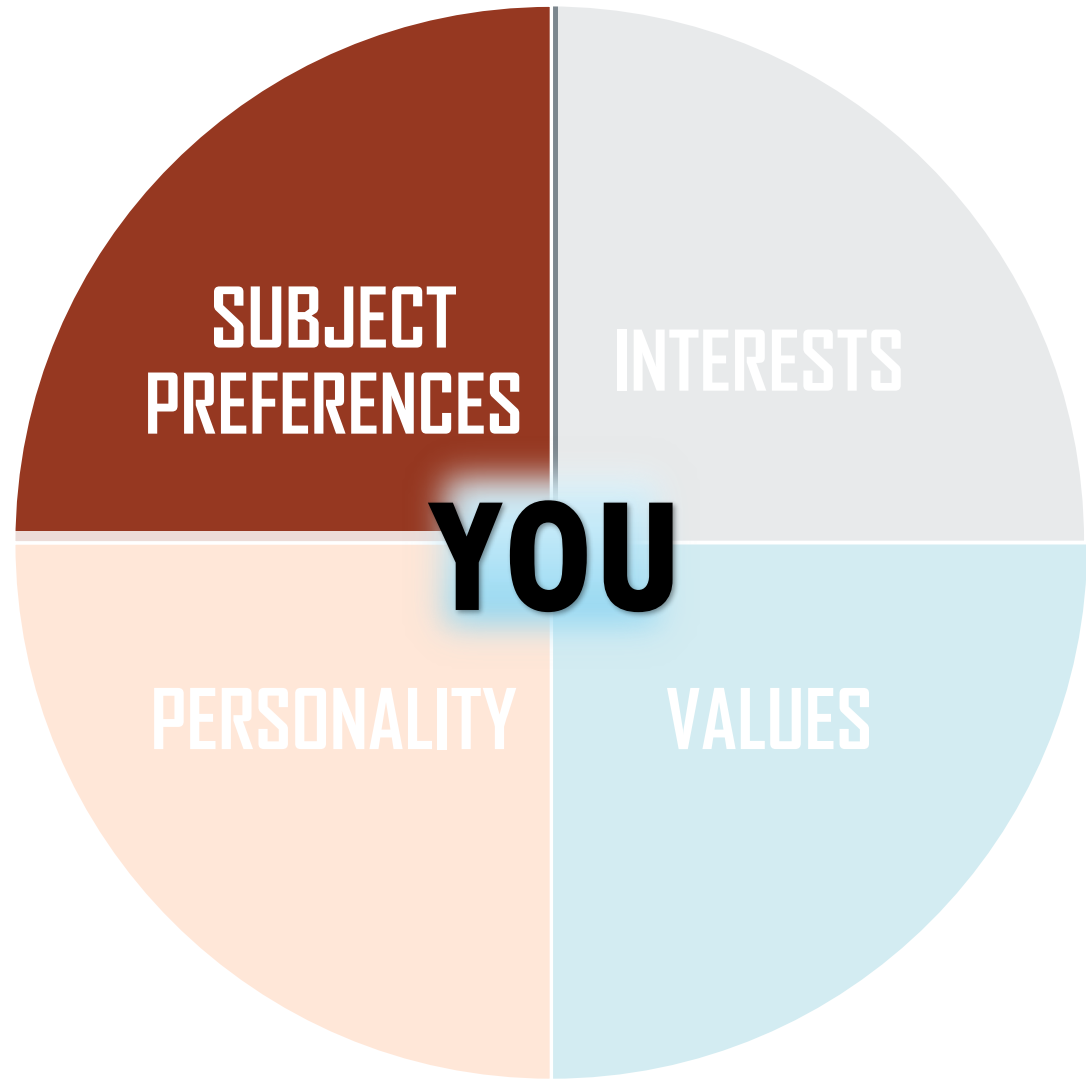
INTERESTS

**YOU**

PERSONALITY

VALUES







## FACULTY OF AGRICULTURAL AND FOOD SCIENCES

Help nourish the world without costing the earth by developing sustainable agricultural practices, exploring renewable bioresources, and working to make our food safer and healthier.

[umanitoba.ca/afs](http://umanitoba.ca/afs)

- Agribusiness •
- Agriculture: •  
Agronomy, Animal Systems, Plant Biotechnology
- Agroecology •
- Entomology • ♦
- Food Science •
- Human Nutritional Sciences •
- Pre-Veterinary Medicine •
- Soil Science ♦
- Diploma in Agriculture •

## FACULTY OF ARTS

Acquire the oral and written communication skills, research abilities and critical thinking skills that are highly sought after by today's employers in a variety of fields.

[umanitoba.ca/arts](http://umanitoba.ca/arts)

- Anthropology
- Psychology

## FACULTY OF EDUCATION

Develop the valuable teaching skills necessary to inspire, motivate and create curiosity in others through innovative practicum experiences, small learning groups and working directly with

## FACULTY OF KINESIOLOGY AND RECREATION MANAGEMENT

Develop knowledge and practical skills in areas including physical and health education, human movement, leisure and community development.

[umanitoba.ca/kinrec](http://umanitoba.ca/kinrec)

- Athletic Therapy
- Kinesiology
- Physical Education

## FACULTY OF ENGINEERING

Foster your scientific and mathematical knowledge by using creativity and technology to develop solutions to societal problems and help support the world around you.



**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

Max Rady College of Medicine:

College of Nursing

Genetics •

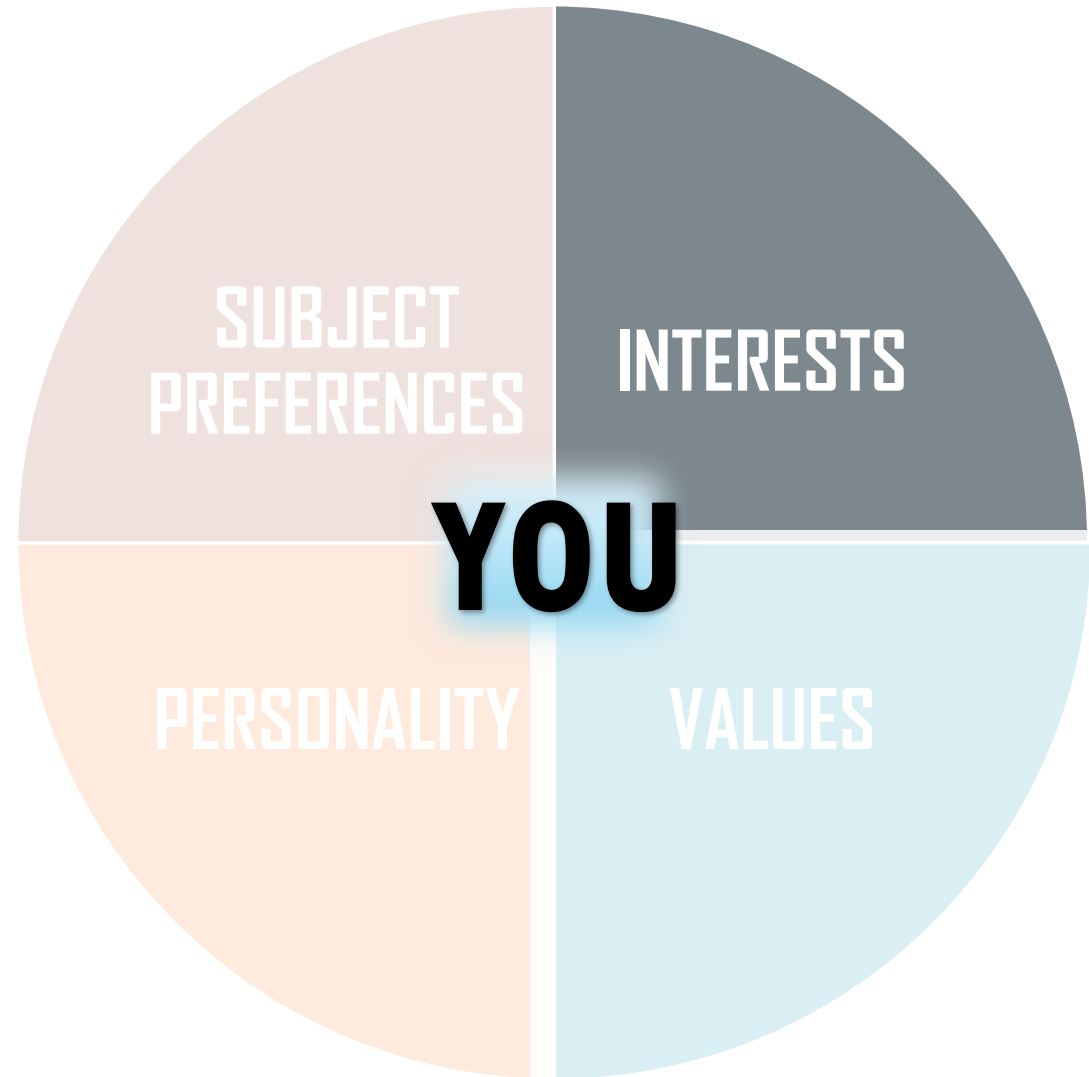
Microbiology •

Environmental Science •





# CAREER PLANNING PROCESS





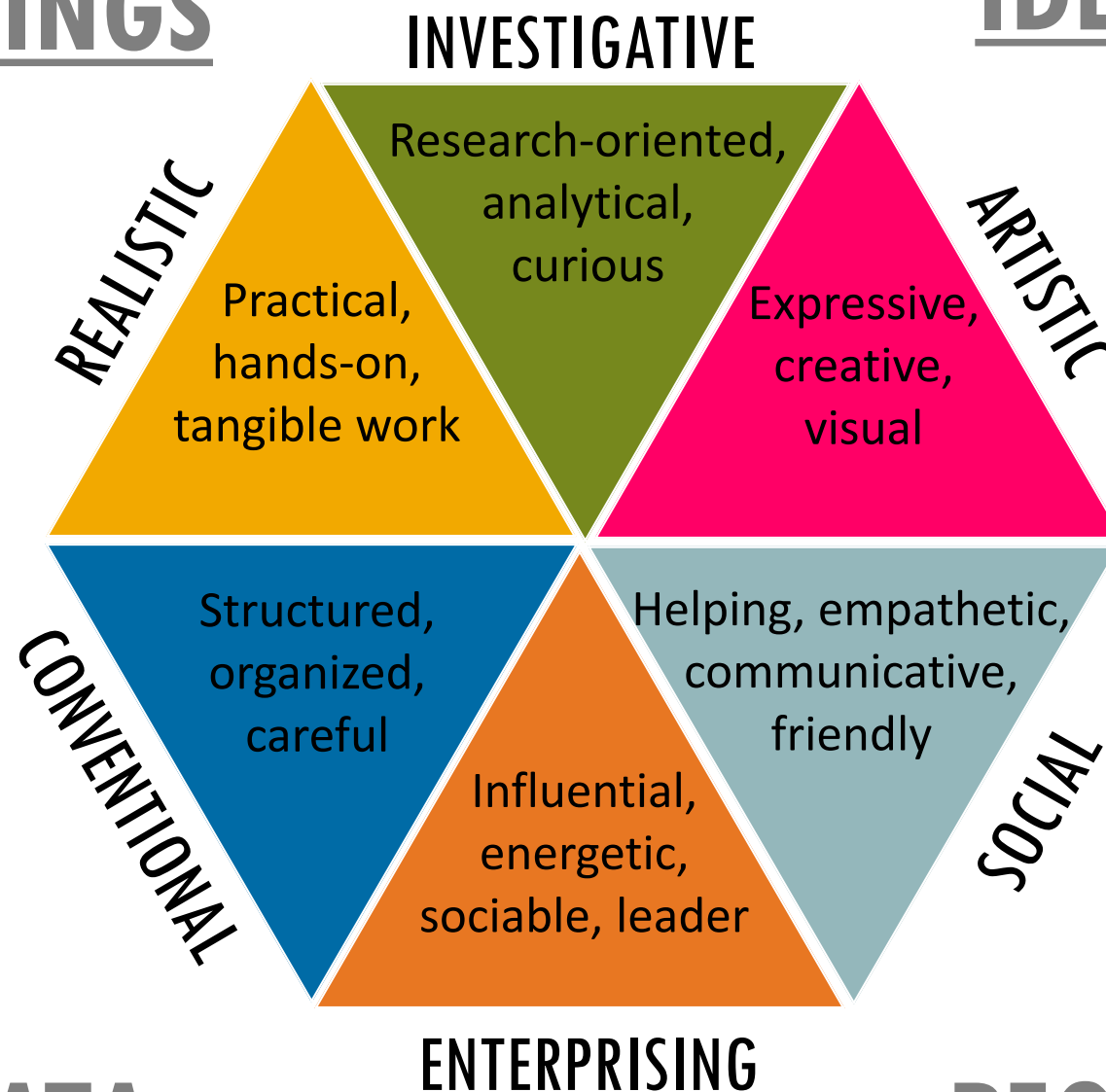


HOLLAND  
CODE

\*REFER TO P. 2  
OF HANDOUT  
PACKAGE

THINGS

IDEAS



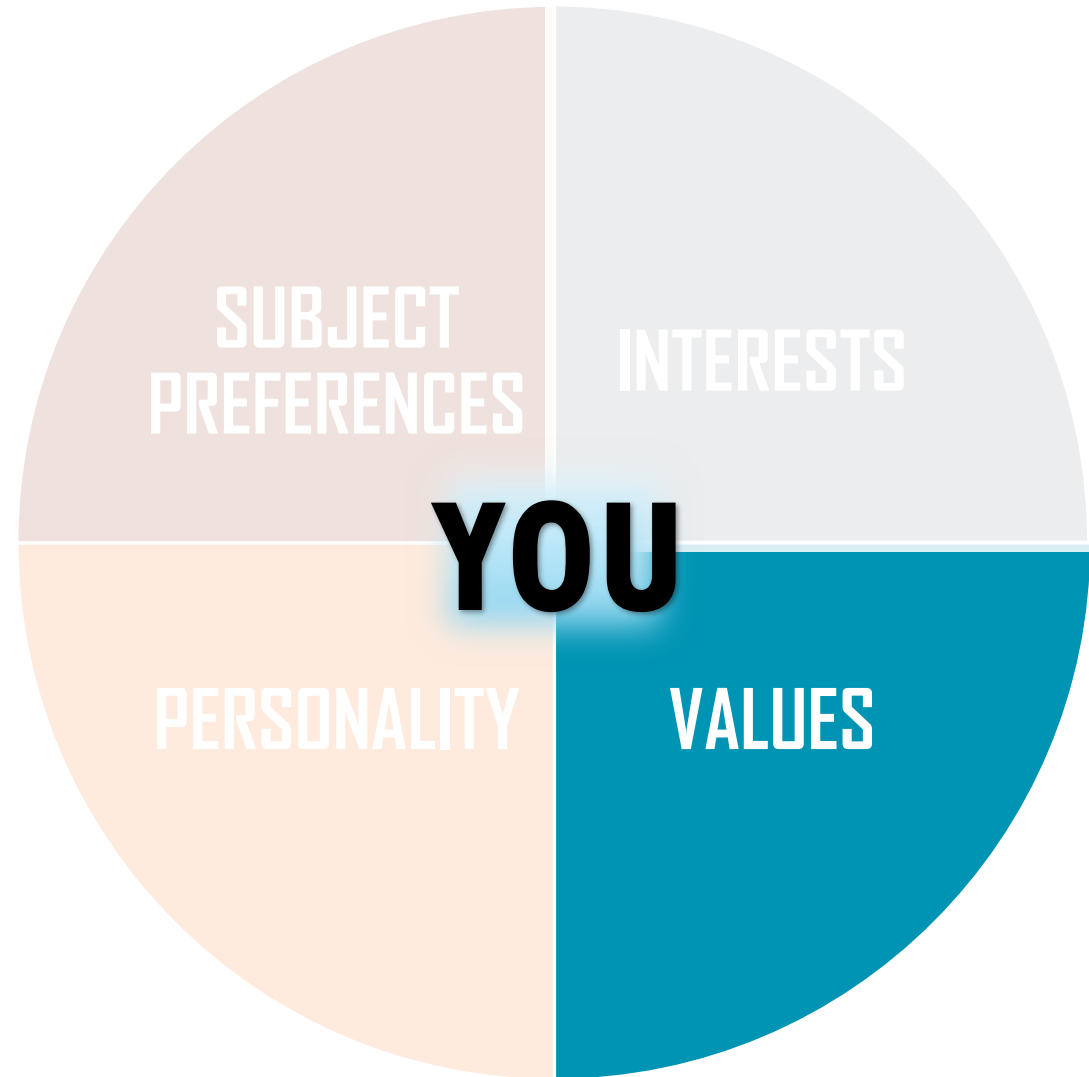
DATA

PEOPLE





# CAREER PLANNING PROCESS



# YOUR VALUES: WHAT MOTIVATES YOU TO WORK?

## HELP OTHERS

Provide direct support to people individually or in groups.

14

## ADVANCEMENT

Grow and move into positions of higher pay and responsibility.

15

## CHANGE & VARIETY

Have frequently changing tasks, settings or other factors.

16

## ADVENTURE

Work in an exciting or risky job where I may deal with hazards or uncertainty.

26

## STRUCTURE & PREDICTABILITY

Complete work that predictable, with a high level of structure or routine.

27

## WORK UNDER PRESSURE

Be involved in work with time limitations or little margin for error.

17

## SECURITY

Have a high likelihood that my job is secure and normally in steady demand.

18

## COMPETITION

Compete to win or be compared against others.

19

## WORK WITH OTHERS

Be involved in teamwork or work with others to achieve shared goals.

29

## HIGH EARNINGS

Earn a high salary and have the ability to purchase desired luxuries or accumulate wealth.

30

## PUBLIC CONTACT

Frequently interact with the public or community.

20

## JOB TRANQUILITY

Have peaceful work with minimal pressure or stress.

21

## LOCATION

Live and work where I want. (E.g. a specific location or urban vs. rural, etc.)

22

## INTELLECTUAL STIMULATION

Complete work with a high degree of mental activity in the form of problem solving, analyzing, researching or continuous learning.

32

## ARTISTIC CREATIVITY

Utilize one or several art forms to express ideas.

33



**\*REFER TO P. 4  
OF HANDOUT  
PACKAGE**

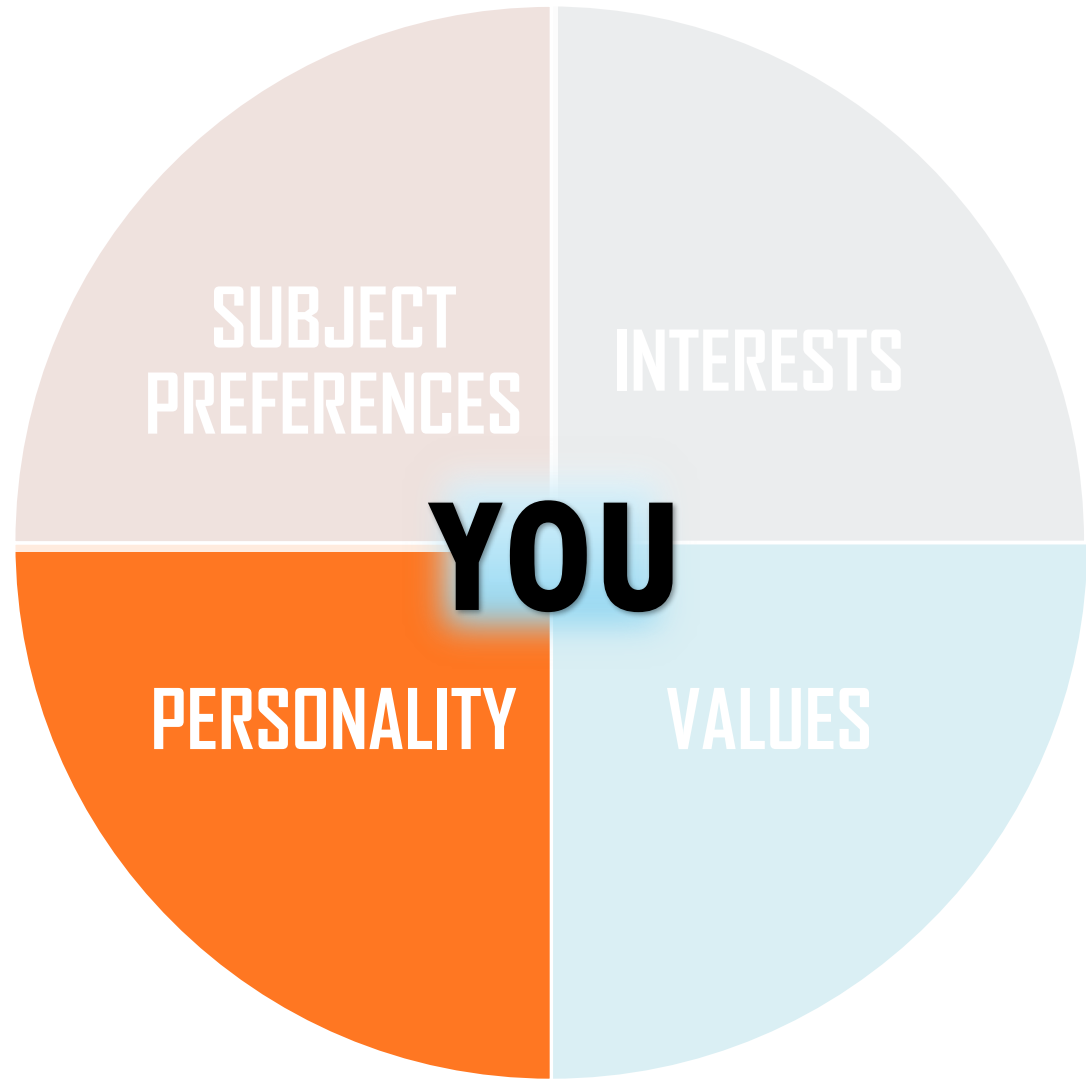
**TRY A VALUES ACTIVITY.**



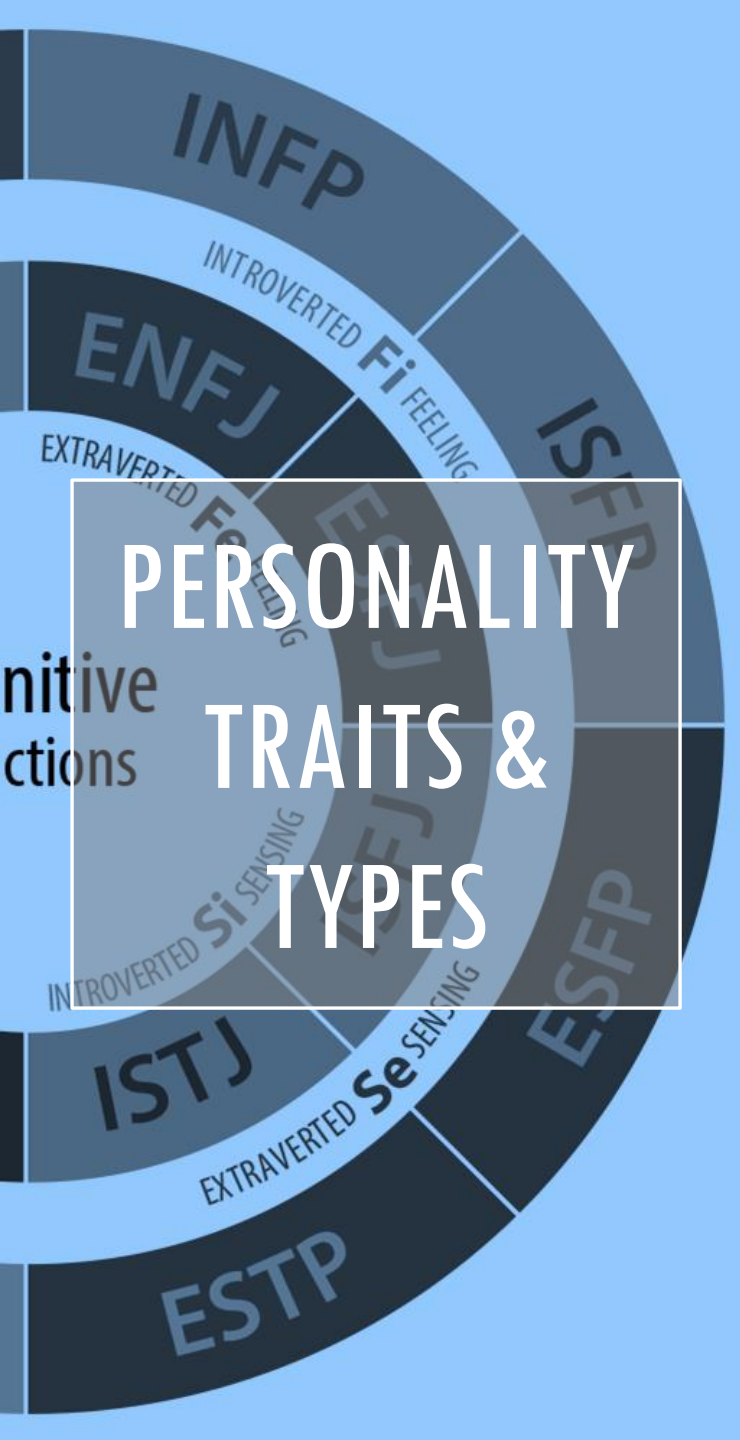
**VALUES**



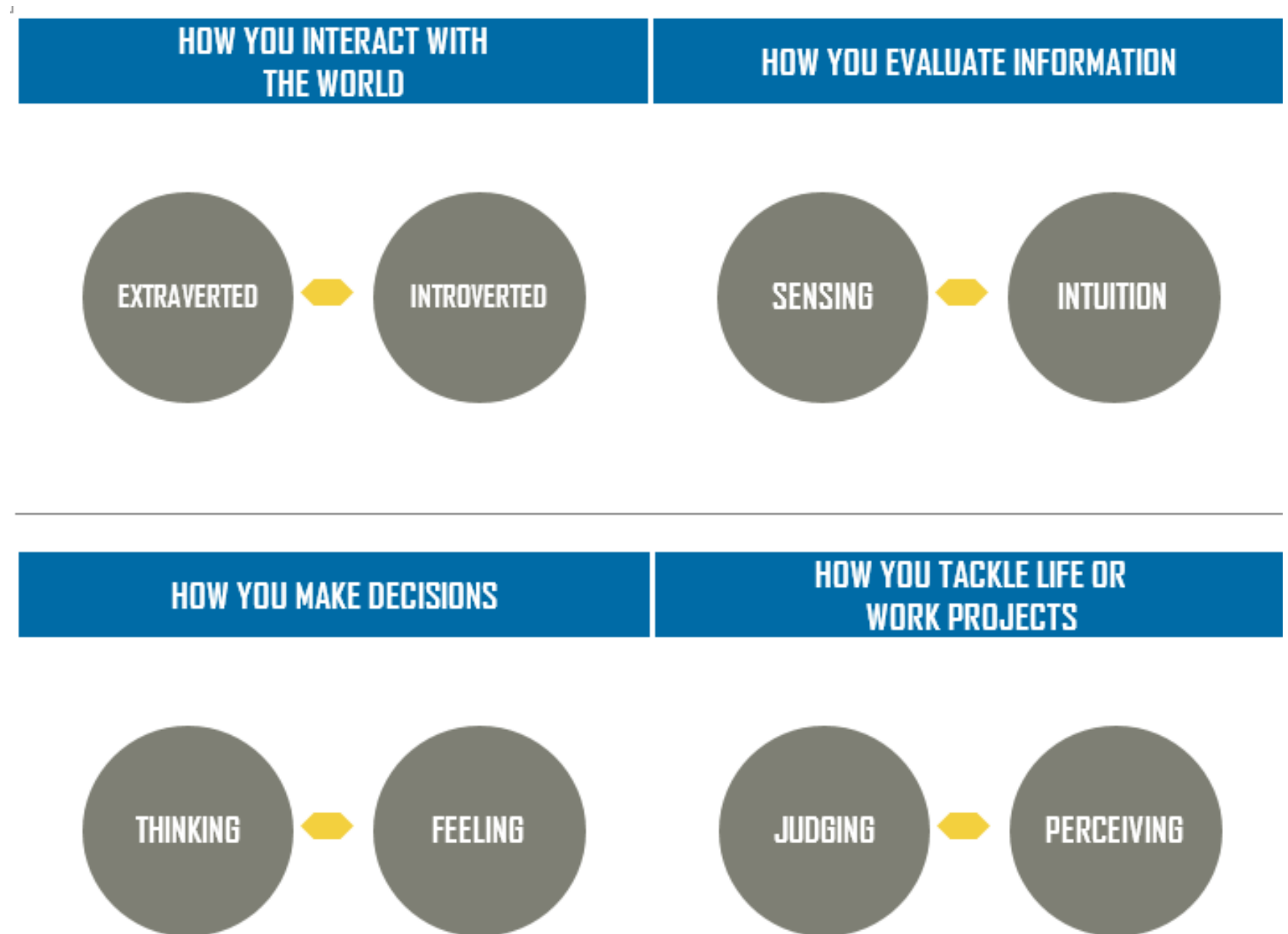
# CAREER PLANNING PROCESS





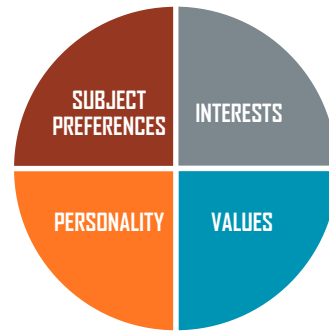


# PERSONALITY TRAITS & TYPES





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

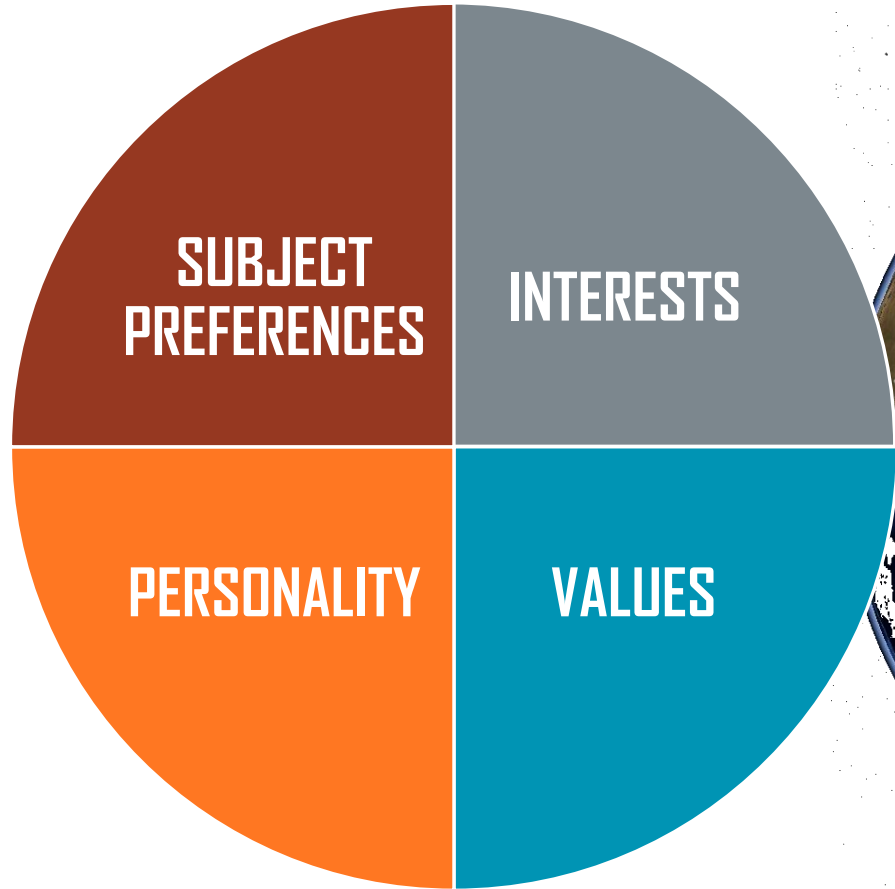
The Holland Code can be used to connect occupations to an individual's interests. Assessments using this theory measure your interest level in 6 areas then generate a list of careers that are typically enjoyed by people with similar interests to yours. The idea is that if you are similar to people who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

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

The Holland Code assesses your interests according to six dimensions:







**WHO AM I?**  
**WHAT MATTERS TO ME?**

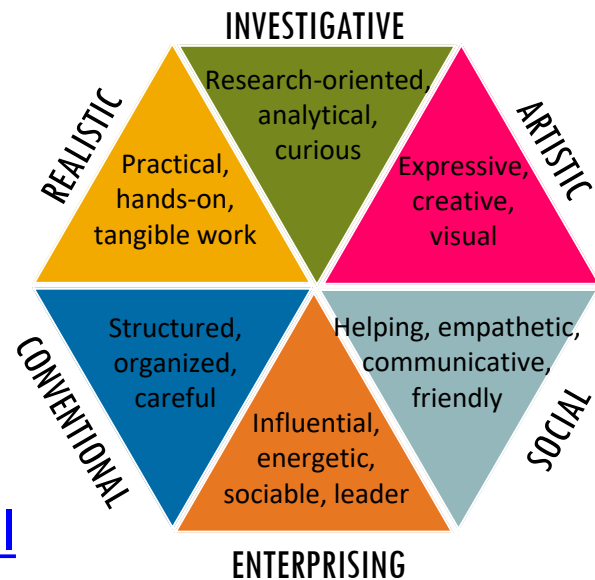


**WHAT DOES THE**  
**WORLD NEED?**



# Your Interests

1. O\*NET Advanced Search  
Browse Occupations  
matching tool – select [Interests](#)
2. [Canada's National Occupational Classification \(NOC\)](#)



| Industry – Occupational Groups              | Work Interests (including but not limited to...) |
|---------------------------------------------|--------------------------------------------------|
| Business, Finance & Administration          | Conventional, Enterprising                       |
| Natural & Applied Science                   | Investigative, Realistic                         |
| Health Care                                 | Social, Realistic, Investigative                 |
| Social Services, Law, Education, Government | Social, Investigative                            |
| Art, Culture, Recreation & Sport            | Artistic, Realistic                              |



# O\*NET Advanced Search

Match  
occupations  
to Interests



## O\*NET OnLine

Occupation Quick Search:

[Help](#)[Find Occupations](#)[Advanced Search](#)[Crosswalks](#)[Share](#)[O\\*NET Sites](#)

### Interests Search for:

Investigative, Realistic [Save Table \(XLS/CSV\)](#)

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.

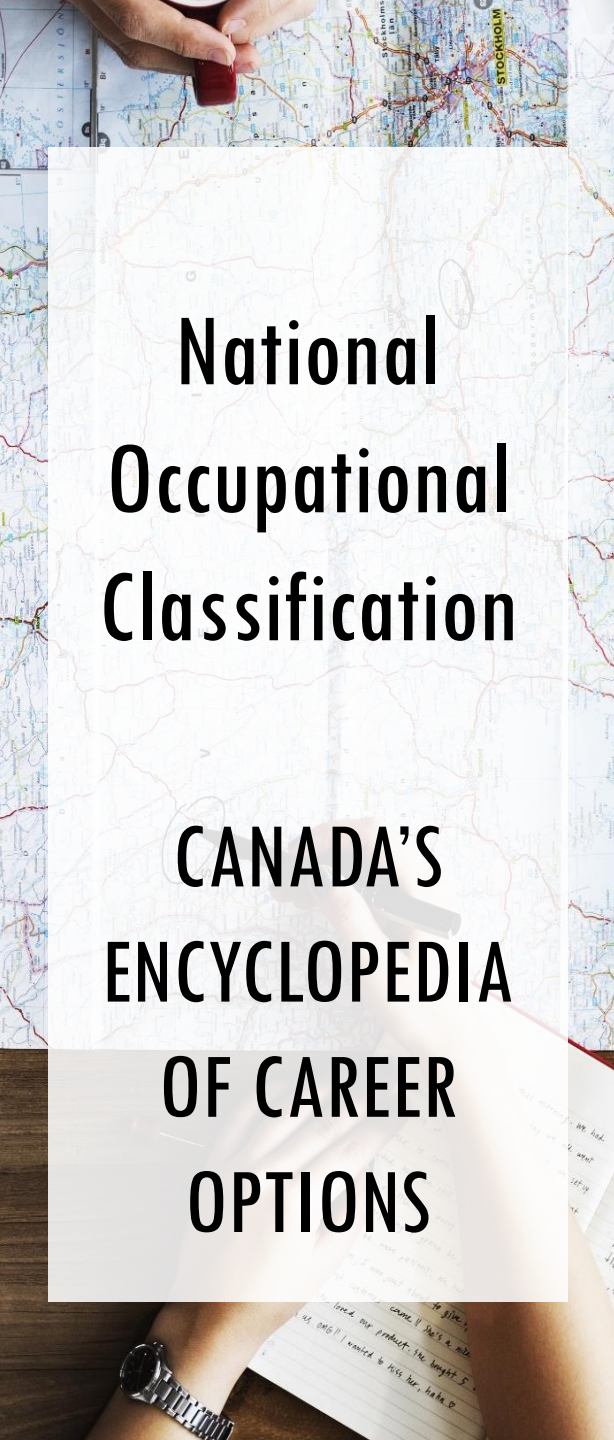
1st —  2nd —  3rd —

Want to discover your interests? Take the [O\\*NET Interest Profiler](#) at My Next Move.

### You have chosen: IR

63 occupations displayed.

| Interests | All ▼ | Job Zone | 5 ▼               | Code       | Occupation                                                         |
|-----------|-------|----------|-------------------|------------|--------------------------------------------------------------------|
|           |       |          | <a href="#">5</a> | 25-1041.00 | <a href="#">Agricultural Sciences Teachers, Postsecondary</a>      |
|           |       |          | <a href="#">5</a> | 29-1069.01 | <a href="#">Allergists and Immunologists</a> <b>Bright Outlook</b> |
|           |       |          | <a href="#">5</a> | 29-1061.00 | <a href="#">Anesthesiologists</a>                                  |
|           |       |          | <a href="#">5</a> | 19-1011.00 | <a href="#">Animal Scientists</a>                                  |
|           |       |          | <a href="#">5</a> | 19-3091.02 | <a href="#">Archeologists</a>                                      |
|           |       |          | <a href="#">5</a> | 19-2011.00 | <a href="#">Astronomers</a>                                        |
|           |       |          | <a href="#">5</a> | 19-1021.00 | <a href="#">Biochemists and Biophysicists</a>                      |
|           |       |          | <a href="#">5</a> | 19-1029.01 | <a href="#">Bioinformatics Scientists</a>                          |
|           |       |          | <a href="#">5</a> | 19-1020.01 | <a href="#">Biologists</a>                                         |
|           |       |          | <a href="#">5</a> | 25-1052.00 | <a href="#">Chemistry Teachers, Postsecondary</a>                  |



# National Occupational Classification

## CANADA'S ENCYCLOPEDIA OF CAREER OPTIONS



Government  
of Canada

Gouvernement  
du Canada

Search Canada.ca



## Hierarchy and structure

[Home](#) > [National Occupational Classification](#) > Hierarchy and structure

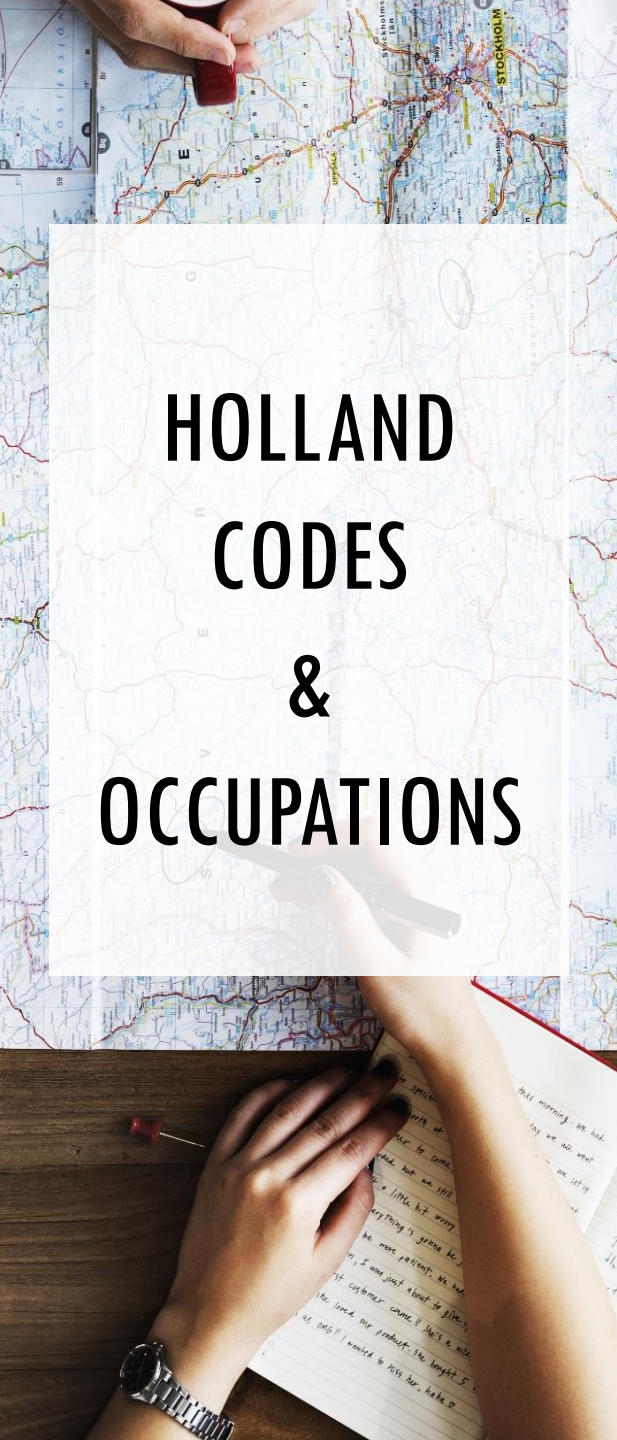
Filter items:

Expand all

Collapse all

- ▶ **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





# HOLLAND CODES & OCCUPATIONS

## Occupation

## Holland Code

Mechanical Engineer

Investigative, Realistic, Conventional

Accountant

Conventional, Enterprising, Investigative

Landscape Architect

Artistic, Investigative, Realistic

Food Scientist

Investigative, Realistic, Conventional

Clinical Psychologist

Investigative, Social, Artistic

School Social Worker

Social, Enterprising

Graphic Designer

Artistic, Realistic, Enterprising

Performer/Singer

Artistic, Enterprising

Human Resource Specialist

Enterprising, Conventional, Social

Carpenter, Construction

Realistic, Conventional, Investigative

Computer Programmer

Investigative, Conventional

Recreational Therapist

Social, Artistic



## OCCUPATIONS: WHAT DO YOU WANT 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?





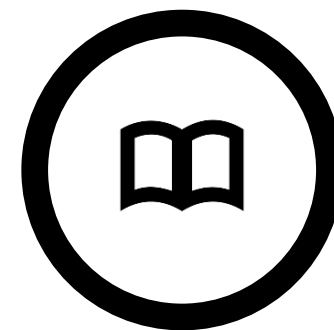
HOW DO WE  
LEARN ABOUT  
OCCUPATIONS?



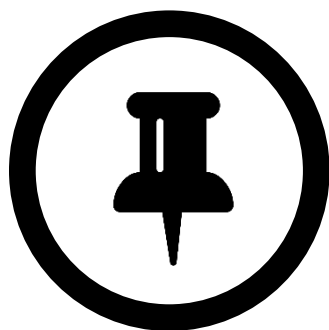
**FIRST-HAND  
EXPERIENCE**  
(work & volunteer)



**U OF M  
OCCUPATIONS  
LIBRARY**



**Academic  
Calendar**  
[umanitoba.ca/calendar](http://umanitoba.ca/calendar)



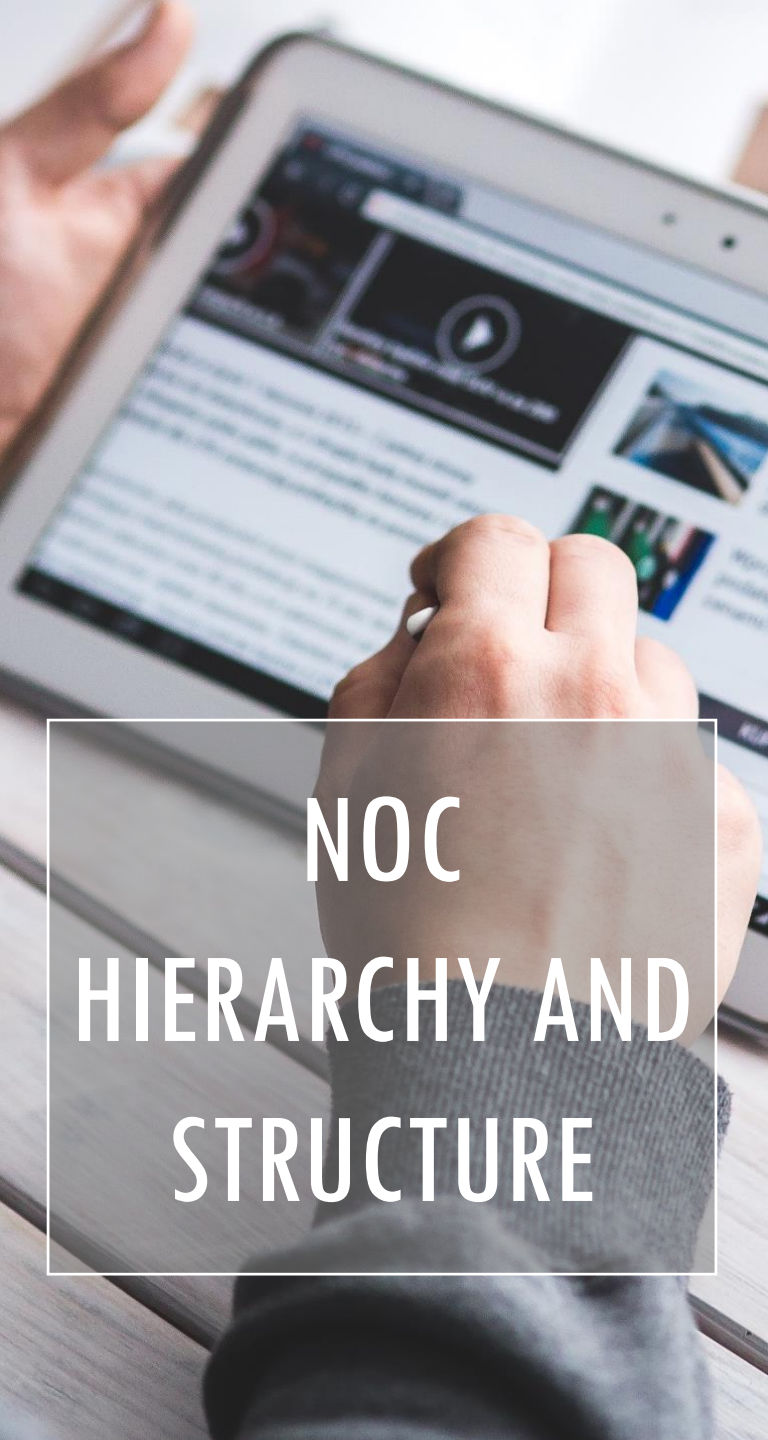
**JOB POSTINGS**



**CAREER MENTOR  
PROGRAM**



**LINKEDIN**



# NOC HIERARCHY AND STRUCTURE

- ▶ 0 Management occupations
- ▶ 1 Business, finance and administration occupations
- ▶ 2 Natural and applied sciences and related occupations
- ▼ 3 Health occupations
  - ▶ 30 Professional occupations in nursing
  - ▼ 31 Professional occupations in health (except nursing)
    - ▶ 311 Physicians, dentists and veterinarians
    - ▶ 312 Optometrists, chiropractors and other health diagnosing and treating professionals
    - ▼ 313 [Pharmacists, dietitians and nutritionists](#)
      - ▶ 3131 Pharmacists
      - ▶ 3132 Dietitians and nutritionists
    - ▶ 314 Therapy and assessment professionals
  - ▶ 32 Technical occupations in health
  - ▶ 34 Assisting occupations in support of health services
- ▶ 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





# NOC COMPREHENSIVE OVERVIEW

## 3131 – Pharmacists

Community pharmacists and hospital pharmacists compound and dispense prescribed pharmaceuticals and provide consultative services to both clients and health care 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.

### Profile

#### Example titles

[Index of 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

### 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 [0311 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

[Career planning](#)

[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. [Mentoring](#) 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!

0-9 [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#)  
[W](#) [X](#) [Y](#) [Z](#)

## A

Accommodation Service Manager  
Accountant  
Actuary  
Aerospace Engineer  
Agricultural Representative, Consultant, Specialist  
Agriculture, Food and Biological Systems Engineer

**\*REFER TO  
P. 7 & 8  
OF HANDOUT  
PACKAGE**

## Pharmacist (3131)

Community pharmacists and hospital pharmacists compound and dispense prescribed pharmaceuticals and provide consultative services to both clients and health care 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. (National Occupational Classification (NOC) - Canadian occupational description)

### Occupational Profile

Find detailed information about the occupation, including typical duties and working conditions, in the links below:

- National Occupational Classification (NOC) - Canadian occupational description
- O\*NET Online - U.S. resource for occupational descriptions and information
- OCCinfo by alis (includes video)-Alberta-based occupational information:
- Sokanu - Pharmacist occupational info and videos (U.S.)
- A Day in the Life of a Pharmacist - The Princeton Review (U.S.)
- Pharmacy Officer - overview of roles with the Canadian Armed Forces, includes video
- Pharmacy Career Pathways - American Pharmacy Association (U.S)
- Profile: Recent Grad Pharmacist at Rexall - from Talent Egg (video)
- Pharmacist Overview - from Explore Health Careers (U.S.)

### Education

U of M Academic Calendar  
The Academic Calendar & Catalogue outlines program admission and course requirements. Use the left menu to navigate to a specific faculty and program. To determine which path suits your unique occupational goals, speak with a Career Consultant. For support with course registration and academic issues, speak with an Academic Advisor.

Faculty and Department Homepages  
Visit U of M's faculty and department homepage to learn about program application deadlines and processes, as well as additional in-house resources and opportunities.

- College of Pharmacy - Rady Faculty of Health Sciences
- Health Careers Access Program (HCAP) - prepares Indigenous Manitobans for entry to the health professions
- Professional Health Access Program - supports Indigenous students who have been accepted into a professional health program

#### Exploring Other Education Options

- Canadian Faculties and Schools of Pharmacy - Canadian Pharmacists Association
- PharmD School Directory - Pharmacy College Application Service (U.S)
- Search Directories

Does this suit me?

Holland Code:  
Investigative  
Conventional  
Social

#### Related Occupations:

- Dietitian
- Pharmacologist
- Chemist
- Medical Laboratory Technologist
- Cytotechnologist
- Respiratory Therapist
- Radiation Therapist
- Pharmaceutical Sales Representative

Related occupations?

What are the educational requirements or degree options?

## Labour Market Information

Labour market information informs users of supply and demand for specific occupations and sectors. It includes such things as salary and job outlook information. These resources support informed career decision making and job search efforts.

#### Resources

- Explore Careers: Job Market Report (Winnipeg Region) - Gov. of Canada
- Occupational Outlook Handbook - Job outlook for the U.S.
- Manitoba Association of Health Care Professionals - collective agreement and scale information
- Canadian Institute for Health Information: About Pharmacists - within the 'Table of Contents' (tab 3 within Excel doc)

#### Professional Associations

Professional associations may organize events and provide directories, job postings, career and labour market information. Student membership opportunities may also be available: engage, learn and network!

- Pharmacists Manitoba
- College of Pharmacists of Manitoba
- Canadian Pharmacists Association
  - How to Become a Pharmacist
  - Directory of Pharmacy Organizations
- Canadian Association of Pharmacy Students at the University of Manitoba Chapter
- Canadian Society of Hospital Pharmacists
- Canadian Society for Pharmaceutical Sciences
- Association of Faculties of Pharmacy of Canada
- American Society of Consultant Pharmacists (U.S.)
- American Association of Colleges of Pharmacy (U.S.)

#### Directories, Industry Associations, and Sector Councils

These resources provide industry news, labour market information and a list of potential employers. Remember, there are usually multiple industries worth exploring.

- Regional Health Authorities - Province of Manitoba
- Health Regions in Canada - listings and maps from Statistics Canada
- Consumer Health Products of Canada - Company membership directory
- Neighbourhood Pharmacy Association of Canada (scroll to see members list)
- Innovative Medicines Canada - corporate members
- BioTalent Canada - Building skills for Canada's bio-economy
- College of Pharmacists of Manitoba - Pharmacy Directory

#### Job Boards

Search occupations of interest in the industry-specific job boards below for requirements, employers, job duties and available jobs. You may also wish to search more general online job boards.

- Winnipeg Regional Health Authority + search other RHA job boards in MB & Canada
- HealthCareJobs.ca
- Career Opportunities - Pharmacists Manitoba
- The PetriDish - from BioTalent Canada (of interest to industrial pharmacists)

### Other Links

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



Search



Home



My Network



Jobs



Messaging



Notifications



Me



Work

Try Premium  
for Free

Premium insights are unlocked for a limited time. To continue accessing insights on 450K+ companies, upgrade now.

Try Premium for free



Managed WordPress Hosting - Pagely® offers flexible solutions for large-scale WordPress projects. Ad ...



UNIVERSITY  
OF MANITOBA

University of Manitoba

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

Following

See alumni



+21

26 connections work here.  
See all 5,498 employees on LinkedIn →

## Overview



## Jobs



Rebecca Balakrishnan

Career Consultant at University of  
Manitoba



3 jobs posted recently

## Life



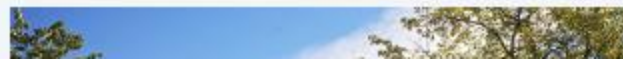
## About us

The University of Manitoba is a place where you can define yourself. Come

## Recent update

## Company photos

See all





# PEOPLE WITH PSYCH DEGREES



2nd

**Trevor Lubinski**

Recruitment Advisor at Birchwood Automotive Group  
Birchwood Automotive Group • University of Manitoba  
Winnipeg, Manitoba, Canada • 496 [👤](#)



3rd

**Pamela Bachewich**

Occupational Therapist at Riverview Health Centre and Vital Life Inc.  
Vital Life Inc. • University of Manitoba  
Winnipeg, Manitoba, Canada • 39 [👤](#)



2nd

**Sacha Nelson**

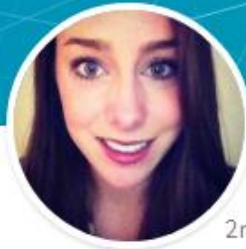
Lawyer at MLT Aikins LLP  
MLT Aikins LLP • University of Manitoba  
Winnipeg, Manitoba, Canada • 182 [👤](#)



3rd

**David Cormack**

School Psychologist at Frontier School Division  
Frontier School Division • University of Manitoba  
Winnipeg, Manitoba, Canada • 78 [👤](#)



2nd

**Gillian Sidon**

Rehabilitation Counselor at Addictions Foundation Of Manitoba  
Addictions Foundation Of Manitoba • University of Manitoba  
Winnipeg, Manitoba, Canada • 141 [👤](#)



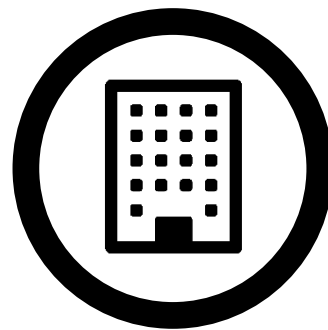
1st

**Jane Puchniak**

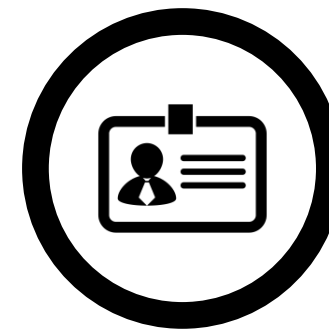
Director of Marketing, Communications & Digital Assets  
Pipe & Hat Music Group • University of Manitoba  
Winnipeg, Manitoba, Canada • 500+ [👤](#)



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

- 2<sup>nd</sup> degree options
- Post-grad diplomas/certif.

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

Bachelors

Masters

PhD\*

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

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

## PARALLEL PLANNING





# PLANNING YOUR PATHWAY

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[Academic Schedule](#)

[University Policies and  
Procedures](#)

[General Academic Regulations](#)

[Areas of Study](#)

[Admissions](#)

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Sciences/ School of Agriculture](#)

[Faculty of Architecture](#)

[School of Art](#)

[Faculty of Arts](#)

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## Welcome

# UNDERGRADUATE

ACADEMIC CALENDAR 2020-2021



# Immigration Settlement Practitioner

## Education and Certification:

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

|                                              |                                                                                                                                                                                                                                                          |                                                                         |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| SINGLE ADVANCED MAJOR TOTAL: 48 CREDIT HOURS |                                                                                                                                                                                                                                                          |                                                                         |
| SOC 1200 or SOC 1211 and SOC 1221            | <ul style="list-style-type: none"><li>• SOC 2220, SOC 2290</li><li>• 6 credit hours from SOC 3310, SOC 3330, SOC 3350, SOC 3360, SOC 3380, SOC 3390, SOC 3700</li><li>• 9 credit hours in Sociology courses numbered at the 2000 or 3000 level</li></ul> | 18 credit hours in Sociology courses numbered at the 2000 or 3000 level |
| MINOR (CONCENTRATION) TOTAL: 18 CREDIT HOURS |                                                                                                                                                                                                                                                          |                                                                         |

Society, with  
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identity,  
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200 or the  
1221].

## PLANNING YOUR PATHWAY



## Minor? Electives

- Languages (FREN, SPAN, ASIA)
- PSYC (Social, Cross-cultural)
- FMLY (Conflict & Displacement)
- GEOG (Place, Populations and Mobility)



# PLANNING YOUR PATHWAY

UNIVERSITY  
OF MANITOBA

UM Achieve

University of Manitoba

Select your style:  

 Students 



Audits 

### Request an Audit

▶ Run Declared Programs:

▼ Run a What-If Audit:

Choosing a degree program here will not change your declared degree program.

Degree:

Agriculture - B.Sc. (Agronomy)

Catalog/Calendar Year:

Fall 2019

Clear Selections

Add:

Minor

#### Adding a Minor:

Minor: Animal Systems

Minor: Anthropology

Minor: Art History

Minor: Asian Studies

Minor: Biological Sci

Minor: Canadian Studies

Minor: Catholic Studies

Minor: Cen & East Eur St

Minor: Chemistry

Minor: Classical Studies

Minor: Computer Science

Minor: Crop Protection

Minor: Economics

Minor: English

Minor: Entomology

Minor: Environmental Science

Minor: Environmental Studies

Minor: Family Social Sciences

Minor: Film Studies

Minor: Food Science

Minor: French

Minor: Geography

Minor: Geological Sciences

Minor: German

Minor: Greek

Minor: Health Sciences

Minor: Health Studies

Minor: History

Minor: Human Nutrition & Metabolism

Never mind

Advanced Settings [Click to view available options.](#)

Run What-If Audit

Cancel

DISCLAIMER: This is not an official university document.UM Achieve is an advising tool only. The degree audit has satisfied the requirements for graduation. Students planning to apply for graduation should visit an Academic Advisor to ensure they have met all requirements. UM Achieve GPA will not necessarily match the Aurora GPA. The UM Achieve GPA is based on the current academic calendar. In the event of a discrepancy between UM Achieve and the Academic Calendar, the Academic Calendar will prevail. You must have the free Adobe Reader program installed on your computer to view the documents marked with the PDF icon.

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Selfservice Version: 4.4.2 - 10/27/2017 03:08 PM

# 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!



Business Analyst/Consultant - Strategy & Operations - Prairies - New Grad 2017

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!



Place  
resumé  
here.

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 these 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**



Place  
future job  
description(s)  
here.

# YOUR EXPERIENCE: PLAN WITH THE END IN MIND

Strategically align your part-time and summer work with your long-term goals!



You are here

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



Skills

Knowledge

Industry exposure  
& networking



Your career goal

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



# CAREER COMPASS – [umanitoba.ca/careercompass](http://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
- Obtain department approval for the honours program
- Check in with a career consultant to review progress on your career plan
- Update your resume and LinkedIn profile with applicable experiences
- Get involved outside of the classroom and get recognized on your Co-Curricular Record

## FEATURE STORY



"I cannot stress enough to support and information. There are so many resources on campus to help students. It's hard to do on your own."

Trinda Perittson, psychology student

Read stories of alumni and see students who mapped their own academic and career plan to fit their skills, abilities and interests. [umanitoba.ca/careercompass](http://umanitoba.ca/careercompass)

# CAREER COMPASS



ALUMNI STORIES  
SEE WHAT PAST GRADS ARE DOING ►

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
- Microbiology
- Physics
- Psychology
- Statistics
- Visual Arts



Enhance your Education

Alumni Stories

Information for Career Counsellors (PDF)

**LinkedIn**®

ion, government, health and  
ation with the employability skills  
ude.\*

king advantage of experiential

2000 and Workplace Education

ducation by giving you hands-on  
iversity of Manitoba offers  
personal growth, connect you with  
and global community.

ternships and travel study  
unities

ions of how and when to use  
perience. You may follow these

## SAMPLE CAREERS WITH AN UNDERGRADUATE DEGREE AND RELATED EXPERIENCE

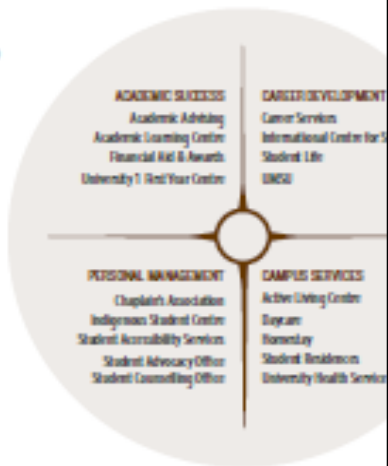
Academic Advisor  
Advertising Account Executive  
Autism Tutor  
Border Services Officer  
Career Consultant  
Community Support Worker  
Corrections Officer  
Developmental Service Worker  
Fundraising Coordinator  
Immigration Settlement Worker  
Life Skills Coach  
Market Research Analyst  
Mental Health Worker  
Policy Analyst  
Probation/Parole Officer  
Rehabilitation Consultant  
Research Assistant  
Sales Representative  
Social Program Coordinator  
Special Events Coordinator  
Volunteer Coordinator  
Youth Worker

## OPTIONS REQUIRING OTHER EDUCATION

Child Life Therapist  
Family & Marriage Therapist  
Guidance Counsellor  
Human Resource Specialist  
Mental Health Nurse (RN)  
Neuropsychologist  
Occupational Therapist  
Psychiatric Nurse  
Psychiatrist  
Psychologist  
Speech-Language Pathologist  
Substance Abuse Counsellor  
Teacher

## WE ARE HERE TO HELP

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



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



**HOW DO WE  
GAIN SKILLS AND  
EXPERIENCE?**

**VOLUNTEER**

**EXTRA  
CURRICULARS**

**PAID WORK  
EXPERIENCE**

**TRAINING/  
CERTIFICATIONS**

**ADVISORY  
BOARDS**

**WORK-  
INTEGRATED  
LEARNING**





# SOCIOLOGY/CRIMINOLOGY DEGREE – TWO PATHS

## Juvenile Counsellor – MB. Justice

### Volunteer Experience

Crisis Line Volunteer – Klinik 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

**“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](http://umanitoba.ca/careerservices)



**Resumé Learning Centre**

One-to-one  
support



**Attend a Workshop** **careerCONNECT**

[uofmcareerservices.ca](http://uofmcareerservices.ca)



**Book an appointment** **204-474-9456**



**Career Mentor Program**

Sept — Apr