

CAREER CONNECT

Counselling & Career Services
Newsletter September 2016



University of
Lethbridge



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We need you!
VOLUNTEER
at the Career Fair

WEDNESDAY, SEPT. 21

Register at ulethbridge.ca/ces



CALL 403.394.3957 FOR MORE INFORMATION

PRESENTED BY COUNSELLING & CAREER SERVICES
IN PARTNERSHIP WITH CO-OPERATIVE EDUCATION

CAREER FAIR 2016
Wednesday, September 21

Volunteer with us!

Roles include: Registration, Hospitality,
Parking Crew, Shuttle Drivers, Set up & Promotions

- Meet up to 100 exhibitors from across Canada
- Build your skills & enhance your resume
- Work with a team of awesome U of L students

Deadline to apply: September 14, 2016



@cesuleth



ULethbridge
Counselling & Career
Services

Apply online at ulethbridge.ca/ces or
email ces.volunteers@uleth.ca

9 CAREER MESSAGES

for new and prospective students



IT IS OKAY NOT TO KNOW!



Students don't have to have a firm 5 or 10 year plan in order to be successful at university. It's normal for Emerging Adults to be uncertain about their futures. The University of Lethbridge is the perfect place to come to learn more about yourself and the world.

BECOME AN EXPLORER

If students don't have a plan for the future, their job is to start exploring. Insights only come to those who put in the work and take a few risks.



CURIOSITY IS YOUR GUIDE



Curiosity is a great starting place for students who are uncertain about their futures. Students should start by choosing a major that genuinely interests them.

COLLECT EXPERIENCES

Students should know that while their degree may be necessary for finding top employment opportunities in the future, it is not sufficient. In order to be competitive, students must gain applicable experience too.



FIND YOUR TRIBE



The most successful students surround themselves with people who have similar goals and interests; people who are inspirational and encouraging.

BE REFLECTIVE

Positive career development requires continual reflection. What is working? What do I like most? What am I curious about now? Regularly answering questions like these will help students zero in on an appropriate career direction.



MAKE MISTAKES



Students shouldn't be afraid of making the "wrong" choice. In career development there are only "right" and "left" choices. Finding out what you don't like or what doesn't fit for you, is just as important as identifying what you love and what works.

BE YOUR OWN BESTIE

Student life is stressful. Successful students learn how to take care of themselves. It is important to stay present and positive. Students should be encouraged to seek help as needed.



STAY OPEN



Sometimes having too narrow a focus can be just as detrimental as having no focus. Students should keep their eyes open for new opportunities to build skills or knowledge, in places they hadn't necessarily planned.

Government of Canada Recruitment Programs

Post-Secondary Recruitment



The Post-Secondary Recruitment (PSR) campaign is designed to hire university and college graduates into a range of entry-level officer jobs within the federal government.

Candidates can be graduates or students expecting to graduate in the spring of 2017. There are opportunities available for students graduating with undergraduate and graduate degrees.

Specific dates for the 2016 campaign have not yet been released, but the campaign typically runs from mid-September through the beginning of October. Check the website below to find the most up to date information.

Apply directly to a specific job opportunity or apply to be part of unique career stream inventories. These inventories will be established at the close of the campaign and will be made available to all departments and agencies across the public service who can access them for their job openings. Positions available in previous years include Foreign Service Officers with Citizenship & Immigration Canada; Policy Officers with the Department of Foreign Affairs, Trade, & Development; and Mathematical Statisticians with Statistics Canada; among many others.

For more information and an outline of the full application process, see the [Government of Canada website](#).

If you have questions, please email cfp.rp-psr.psc@cfp-psc.gc.ca

Recruitment of Policy Leaders

Recruitment of Policy Leaders (RPL) targets & recruits exceptional candidates into mid to senior-level policy positions in the federal public service. There are a number of opportunities well-suited to candidates with graduate degrees.

The initiative is designed to attract top-level professionals and graduates, from an array of disciplines, who have the drive and potential to shape the future of Canada's public policy landscape. For more information, see the [Government of Canada website](#).

ACCOUNTING RECRUITMENT

September is a very busy time for employers recruiting Accounting students for summer, co-op, and new grad positions. NOW is the time to apply for accounting positions starting in 2017!! It is extremely important that you familiarize yourself with the recruiting process so that you don't miss out on opportunities. In order to help you with the process, view the [8 Steps to Accounting Recruitment Success](#).

GRADUATE STUDENT FOCUS

Funding Graduate School

Graduate school is a significant investment of time, energy, and financial resources. Did you know that there is support available to help you finance your education if you're considering graduate school or are enrolled in a graduate program? There are lots of options for financial support, including teaching assistantships, research assistantships, grants, fellowships, scholarships, bursaries, and loans. All the options may seem overwhelming, so remember that you don't have to go it alone! Below are links to support services available to you as look to fund your graduate studies.

- [U of L Scholarships & Student Finance](#)
- [U of L School of Graduate Studies](#)
- [Alberta Learning Information Service Funding Graduate School resources](#)
- [Student Aid Alberta](#) (if you're coming from out of province, check your local government resources as well!)

What to do when a career option loses its lustre

By Liz Koblyk / University Affairs

Maybe you've spent some time exploring career options. But, the deeper you dig, the less you like the options. It happens. My [last post](#) was about how to work around fears that new career paths are out of reach for you. But what do you do when your potential new career choices lose their lustre?



The urgency people feel to replace career uncertainty with a new job title makes it tough to say no to a new potential career. As much as we logically know that progress isn't linear, it can be a punch to the gut when an option that seemed promising turns out to have an insurmountable flaw. Before you cross it off your list, ask yourself:

- Do you have the complete picture? What would the same role look like in a different size of organization, in a different industry, or even just in a different size of office? (I'm thinking of two people who were officially HR generalists in manufacturing organizations. One was a one-person department; the other was part of a large HR department. Their jobs were radically dissimilar.) It takes some detective work to answer these questions. If you're willing to draw on informational interviews, go ahead and ask how much variety there is in how this job is done. Or ask more leading questions, about how factors X or Y impact what the job is like on a daily basis.
- Are there options related to the one that no longer appeals – options that retain elements that you like, but that don't have the downside that has changed your mind? Again, informational interviews can be your best friend.

It's also perfectly reasonable to drop an option, *even if you can't yet name different options that you'd like to pursue*. On the plus side, you've figured out something that you don't want to do, and you have probably furthered your understanding of what you want to avoid. Some of us ended up on a path we no longer want just because we never ruled it out. Dropping options isn't actually the loss of progress; it is progress.

View the article at [University Affairs](#).

Sept/Oct Workshop Schedule

Resume and Cover-Letter Writing:

Learn to write a targeted resume that showcases what you have to offer.

- Monday, September 12 12:00pm-3:00pm
- Tuesday, September 13 9:00am-12:00pm
- Tuesday, October 4 1:00pm-3:00pm

Resume Review Drop-In:

Drop in with your resume for targeted feedback

(most effective if done after attending resume workshop).

- Thursday, September 15 9:00am-12:00pm
1:00pm-4:00pm
- Friday, September 16 9:00am-12:00pm
1:00pm-4:00pm

Networking with Employers:

A great way to prepare yourself for Career Fair.

- Tuesday, September 13 1:45pm-2:45pm
- Monday, September 19 2:00pm-3:00pm

Interview Tips & Techniques:

Prepare to market yourself in a job interview.

- Thursday, September 22 1:45pm-3:45pm
- Friday, September 23 1:00pm-3:00pm
- Tuesday, October 18 1:00pm-3:00pm

Getting Started with LinkedIn:

Prepare to market yourself online.

- Wednesday, October 12 10:00am-12:00pm

Graduate School Applications:

Learn how to prepare your application for graduate/professional programs.

- Thursday, October 27 5:00pm-6:00pm

Sign up to attend workshops [here](#).

No Time for a Workshop? New Resume Writing Resources!

We now have an **online version of our [Resume and Cover-Letter Writing Workshop](#)**! This workshop can be viewed online at any time – so if you want to catch part of it before class and then finish up in the evening, you can. You just need a device with internet access, video capability, and audio.

We've tried to make the online workshop as comprehensive as possible, but since the online workshop doesn't allow for real-time Q&A, make sure you take advantage of our in-person drop-in times or email us with any questions

Events Schedule

View the events calendar for full event details & sign up to attend [here](#).

Events take place on Lethbridge campus unless otherwise noted.

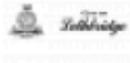
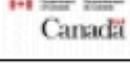
- EDMONTON Meet Your Employer CPA Event: Sept 9, 9am-4pm, Shaw Conference Centre
- Lethbridge Meet Your Employer CPA Event: Sept 14, 3-7pm, SU Ballrooms
- Collins Barrow Calgary Info Session: Sept 15, 4:30-6pm
- KPMG Info Session: Sept 15, 6-8pm
- CALGARY Meet Your Employer CPA Event: Sept 16, 9am-4pm, Telus Convention Centre
- Avail (formerly YPM) Info Session: Sept 19, 4:30-6pm
- MNP Info Session, Sept 19, 6-8pm
- Gov't of Canada (Business/Accounting), Sept 20, 4:30-6pm
- Career Fair: Sept 21, 10am-3pm
- American University of Antigua College of Medicine Info Session: Sept 21, 6-8pm
- Pepsico Facility Tour: Sept 22, 4:30pm
- Statistics Canada Info Session: Sept 26, 4-6pm
- Scotia Wealth Management: Oct 3, 4:30-6:00pm
- CPA Info Session: Oct

CES JOB BOARD & HOT JOBS

Did you know that the University has a job board for employers looking specifically for you, the U of L student/grad?

The [CES Job Board](#) is accessible to current U of L Students & Alumni, accessible 24 hours a day, 7 days a week. You can search for Full Time, Part Time, Summer, Volunteer, and International Positions in a variety of locations and industries.

Below are some of the companies currently posting on the CES Job Board.

	U of L Call Centre	Student Caller	September 18, 2016	Part-Time
	Government of Canada	RESEARCHER IN FOREST GENOMICS	September 19, 2016	Full-Time
	Lethbridge College	Director, Enrolment Management and Planning	September 21, 2016	Full-Time
	Guillevin International Co	Corporate Management Trainee	September 22, 2016	Full-Time
	PepsiCo Canada	Supply Chain Leadership Program - Western Canada	September 22, 2016	Full-Time
	PepsiCo Canada	Sales Leadership Program - Western Canada	September 22, 2016	Full-Time
	Behavioural Solutions	Behavioural Aide (Southwest Alberta)	September 23, 2016	Part-Time
	City of Lethbridge	Museum Curator	September 23, 2016	Full-Time
	Oncolytics Biotech Inc.	Clinical Assistant	September 28, 2016	Full-Time
	Family Ties Association	Support Workers	September 29, 2016	Part-Time
	McMan Youth, Family & Community Services	Aboriginal Liaison Housing First Worker	September 29, 2016	Part-Time
	Rock Solid Productions	Sport Instructor	September 30, 2016	Part-Time
	Dillon Consulting Limited	President's Crew Program	September 30, 2016	Temporary
	Money Mentors	Youth Presenter	September 30, 2016	Part-Time
	Canada Revenue Agency	Various Agent/Officer positions	September 30, 2016	Full-Time
	Monsanto Canada Inc	Canola Research Assistant	September 30, 2016	Full-Time
	Rehoboth Christian Ministries	Community Disability Service Workers/Practitioners	September 30, 2016	Part-Time
	Alberta Education Cmech	Language Assistant	October 2, 2016	Full-Time
	Scotia Wealth Management	Wealth Management Associate	October 5, 2016	Full-Time
	Government of Canada	FSWEP Inventory - Campaign 2015-2016	October 27, 2016	Summer

Counselling and Career Services: New Name, Same Great Service!

Counselling and Career Services is excited to welcome you back to campus. We hope you have a wonderful September!! You may have noticed that we're no longer called Career and Employment Services – we changed our name over the summer when we merged with our Counselling Services department. We've renovated our office space so that we are now co-located with Counselling. This means that you can access personal counselling, career counselling, and career advising, all in one convenient location in Anderson Hall.

We're still in the midst of making changes, so you'll notice some things (like our Job Board, Contact List, and email address) will still use CES, rather than Counselling and Career Services. As any of these changes, we'll be sure to keep you informed so that you can continue to receive our services and stay in touch with our office.

We will continue to offer one-on-one appointments, workshop, career & employer information sessions, career information, and the annual all-discipline Career Fair. As always, our mission remains the same: To facilitate the career development of all University of Lethbridge students and graduates. To engage them in exploring their career and employment options, discovering their potential, developing their confidence, promoting self-responsibility, and inspiring them to pursue their career passions. In fulfilling this mandate, we also serve employers and organizations by facilitating their recruitment process and access to University of Lethbridge students.

We're here to support you, so stop by and see us anytime!

If you found this information useful, feel free to share this link with your friends and encourage them to sign up on the [CES CONTACT LIST](#).

If you would no longer like to receive emails from us, email us at ces.students@uleth.ca and tell us that you'd like to be removed from the contact list.

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@cesuleth



ULethbridge
Counselling &
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