

# Career Exploration & Education

Amanda Andrews- Indigenous Career Educator

# Career Exploration & Education

Create curricular and co-curricular learning experiences at the **intersection of career, equity, and wellbeing** in partnership with student, recent graduate, tri campus, and employer communities.



**Exploration Pathway –**  
What can I do with my degree?



**Job Search Pathway –**  
How do I get a job?



**Further Education Pathway –**  
How do I get into further education?

- All U of T students & recent graduates
- Specialized programs for graduate students (masters, professional, doctoral)
- Focus on needs of Indigenous and equity-deserving student communities
- Particular attention to career learning, considering identity, hope, and wellbeing

# Vision & Mission

## Vision

University of Toronto students and recent graduates experience and contribute to a more equitable and just world of work.

## Mission

Create curricular and co-curricular learning experiences at the intersection of career, equity, and wellbeing in partnership with student, recent graduate, tri campus, and employer communities.

# Career Exploration & Education

## Why do students connect with us:

- **Options:** Meet employers, industry experts, and alumni.
- **Strategies:** Identify goals and navigate career decisions.
- **Resources:** Improve your resume, interviews, and online presence.

# Career Exploration & Education

## Consists of 3 teams:

- Career Exploration & Workplace Learning
- Employer Recruitment & Engagement
- Career Education



# Career Exploration & Workplace Learning



## Job Shadowing

Shadow an industry professional (“host”) of your interest for half a day up to five days and learn how your values, skills, and interests relate to potential career options.



## In the Field

Experience an on-site learning opportunity by participating in a field trip where you can listen to diverse career stories and learn about different roles in an industry and an organization.



## Work Study program

Paid, on-campus positions that deepen knowledge, strengthen skills, and provide opportunity to explore how academic studies translate to career possibilities.

# Employer Recruitment & Engagement



## Info Sessions

Learn about workplace cultures, inquire about recruitment practices, network, and apply to positions.



## Industry Spotlights

Explore labour market trends, connect with industry professionals and discover diverse career opportunities.



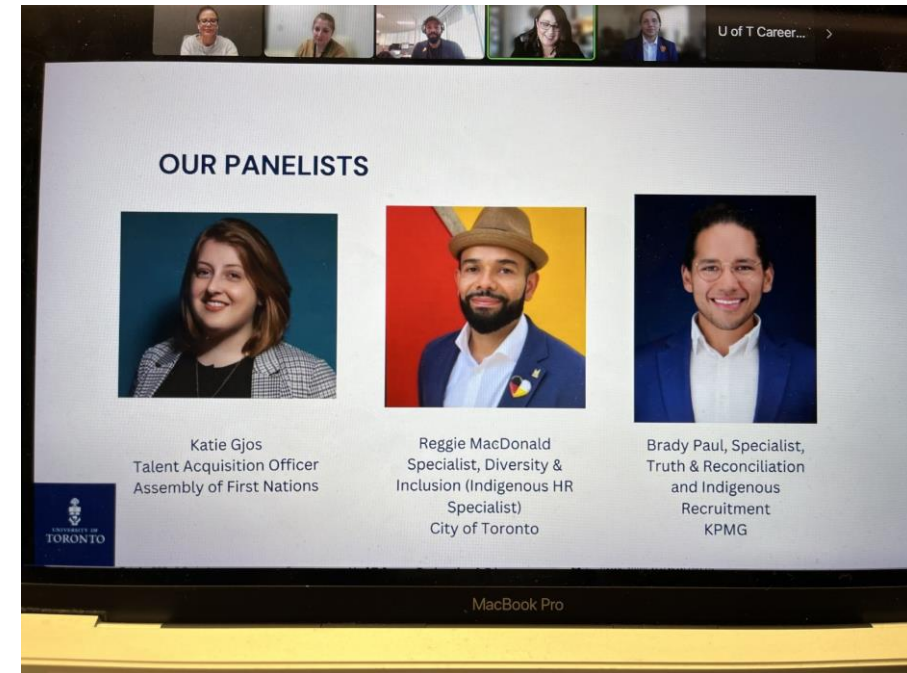
## Interview with Employers

Learn about best practices for interviews; open positions on the spot (as available).



# Indigenous Career Connections

- Offer panel, networking or circle conversations for Indigenous students to hear about the career paths of Indigenous professionals, how they navigated identity and careers, workplace cultures and career exploration





# Career Education

## Indigenous Career Educator

In partnership with First Nations House-Indigenous Student Services and led by the Indigenous Career Educator— we offer culturally relevant and meaningful career supports for Indigenous students to explore what you can do with your degree, discover job opportunities in a variety of fields and industries, and consider further education options and plans.

### Connect one-on-one with the Indigenous Career Educator to:

- Learn about career programs, services, resources and work opportunities.
- Review your job or further education application documents (e.g. personal statement, CV or résumé for further education application).
- Practice strategies to respond to different interview types and questions.
- Develop a strategy for making decisions about your career and navigating your options.
- Develop a strategy for applying to further education and explore how to make a decision.
- Discuss and develop your job search plan.

# Career Exploration & Education

## Contact information:

**Career Exploration & Education Reception**  
800 Bay Street, 5th floor Toronto, ON M5S 3A9

[416-978-8000](tel:416-978-8000)  
[careerservices@utoronto.ca](mailto:careerservices@utoronto.ca)

Monday to Friday, 8:45 a.m. – 5 p.m.

**Amanda Andrews**  
Indigenous Career Educator

[amandar.andrews@utoronto.ca](mailto:amandar.andrews@utoronto.ca)

## Websites:

- [Career Exploration & Education - UofT Student Life \(utoronto.ca\)](https://utoronto.ca/career-exploration-education)
- [Indigenous students career supports - UofT Student Life \(utoronto.ca\)](https://utoronto.ca/indigenous-students-career-supports)

# First Nations House- Indigenous Student Services

First Nations House provides culturally relevant services to Indigenous students in support of academic success, personal growth and leadership development. We also offer learning opportunities for all students to engage with Indigenous communities within the University of Toronto and beyond.

## Student Supports:

- Traditional Teacher in Residence
- Coordinator of Academic Supports
- Resource Centre and Programs Coordinator
- Indigenous Student Life Coordinator
- Indigenous Career Educator
- Indigenous Wellness Counsellor
- Indigenous Learning Strategist
- Indigenous Accessibility Advisor
- Recruitment Officer (Indigenous)