

Co-op, Career & Experiential Education

CAREER ACTION PLAN



Make your own luck. Take control of your career by planning for the unknown.

Taking steps throughout your time at University can help to ease anxiety about what to "do" after gradu	
Where you currently see yourself in relation CCEE career development model?	to the
Where would you like to be?	
How can you get there?	
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Ask yourself:

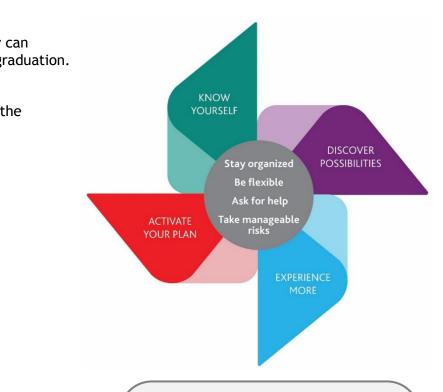
Where have I demonstrated curiosity in my life?

In what activities or tasks am I most persistent?

How can I be more flexible?

Am I an optimist in relation to my academics or career? Why? Why not?

How do I feel about taking a risk (especially as it relates to my career or academic program)?



How can I develop my...

Curiosity Persistence Flexibility Optimism Risk-Taking



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As you plan for your professional and academic goals consider the following key aspects of career planning.



DISCOVER POSSIBILITIES EXPERIENCE MORE

ACTIVATE YOUR PLAN

What are my interests?
What are my strengths,
values & skills? What
would others say I am
good at?

What challenges in the world excite me? What problems do I want to solve? What jobs/careers interest me?

What kind of experiences excite me? How can I gain experience? How can I contribute?

How do I communicate my skills & experience? Who can I connect with? What talents can I share with the world?

What do I need to know? What are my next steps?

Draw a mind map to identify your next steps. Book an appointment or follow up meeting with a Career Consultant to keep you on track. Attend a workshop. Review the Resources on CareerZone. Research occupations and careers. Conduct an informational interview. Attend an event. Drop by CareerZone for more help.

Stay organized, be flexible, ask for help and take manageable risks.