

Career Planning for History Students - 2009

LAURIER
Career Development Centre

Agenda

- How to begin generating a list of possible careers related to your History degree
- Resources and strategies to use when collecting information on possible career paths for History majors
- A plan of action to move through the Career Development Process

THE FACTS

1.3 million Canadians reported dissatisfaction with their jobs.

(STATSCAN 2002)

What factors do you believe contribute to such widespread dissatisfaction?

5 Steps for Successful Career Planning



STEP 1: Self – Awareness

A solid understanding of your **true...**

- Interests
- Motivators
- Activities
- Personality
- Skills & Competencies
- Values
- Work Setting
- Lifestyle Preferences

How do you access this information?

Self-Awareness Resources

- Career Planning Process Booklet
 - Career Narrative Exercise
- Career Planning Checklist
- Interest & Personality Assessments...

Why complete an assessment?

Clarity about your interests and personality type can help you...

- **Select** careers/industries/work environments that are aligned to your nature (i.e. “fit”)
- **Understand and articulate** your unique strengths and contributions within a work context
- **Access information** about yourself and others that will be useful for the ongoing management of your career

- *Signature Exercise* -

Self-Awareness Resources

Preferred Work-Related:	CAREER KEY \$5	TYPE FOCUS \$5	CAREER LEADER \$25
INTERESTS	?		?
MOTIVATORS		?	?
VALUES	?		
SKILLS & COMPETENCIES	?	?	?
ACTIVITIES	?		?
PERSONALITY		?	
WORK SETTING	?		?

Now... Step 2



Career Selection

DISCUSS...

- What did you do to select your area of study?
- What did you do to select your University?
- What can you do to select your career?

STEP 2 - CAREER AWARENESS

An **accurate** overview of career-related -

- Qualifications
- Education/
Credentials
- Associations
- Labour Market factors
- Entry requirements
- Pros & Cons
- Trends & issues
- Lifestyle implications

How do you access this information?

Career Awareness Resources

- [“My Major”... handout](#)
- “Great Careers”... series
- [NOC](#)
 - National Occupation Classification System
- [Job Futures](#)
- Online –Career Libraries:
 - [Vault](#)
 - [Career Cruising](#)
 - [Big Guide To Working Overseas](#)
- [Laurier Graduate Survey Data](#)
- [Job Postings](#)

Weighing Your Options

Many Career planners move through this step too quickly

Ask yourself if you can complete the following chart *thoroughly* for at least five different careers?

Career	Type of Daily Activities	Skills, education and training required	Salary prospects	Future job growth prospects and trends
Public Policy Analyst				
Heritage Researcher				
Professor				
Librarian				
Museum Program Director				

Transferable Skills

- Self-awareness and career awareness leads to knowledge of your transferable skills
- History students - developed critical thinking and research skills; experience analyzing, summarizing and presenting information
- Analyst Coordinator: Canadian Museum of Civilization

Now... Step 3



Career Immersion

In-depth research

- Day-to-day activities
- Career Path
- Career Alternatives
- Lifestyle implications
- Working Conditions
- Effort/energy required
- Scope of role
- Status & interactions

How do you access this information?

Career Immersion Resources

- Informational Interviews
- ASK [Alumni Sharing Knowledge]
- Professional Associations
- Industry events/conferences
- On-line networking & profession-related blogs

Strategic Volunteering

- www.wlu.ca/volunteer
- www.volunteerkw.ca
- www.westfieldheritage.ca/volunteer.htm

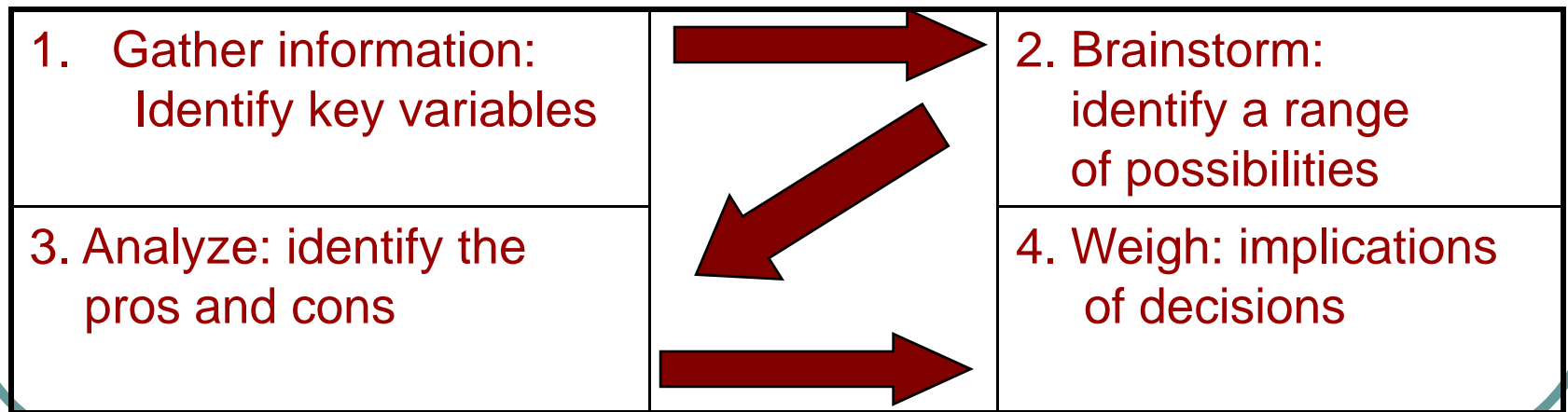
Finally... Steps 4 & 5



STEP 4: Evaluation & Decision Making

For each potential career option you are considering you can reflect on the relevant information you have gathered and evaluate each option individually. This is an ongoing, ever evolving process

Phases of Decision Making



STEP 5: Planning

- For each potential career develop a plan of action which includes a list of
 - Required & available resources (training, information, contacts etc.)
 - Implementation timelines
 - **Targeted** job search material –
 - resume – cover letter – interview - networking

Next Steps

FIRST, Create a personal career file:

- **Complete** self-assessments & reflection exercises
- **Book** a Debrief appointment
- **Seek** feedback from others
- **Meet** individually with a Career Consultant to review findings

Next Steps

SECOND, Research several career profiles

- **Identify** and learn about potential careers
- **Gather** information from professionals
- **Complete** the Career Development Journal exercise
- **Meet** individual with a Career Consultant to Establish a career immersion plan

In good & turbulent times...

Career planning is targeted, intentional & ongoing process.

Career clarity does not occur overnight.

However, making a concerted effort to utilize all the resources discussed and initiating ways to try out different careers, you will be in a better position to make an **informed** and **intentional** choice following graduation!

Thank You

Any Questions?