

CAREER PLANNING



The four stages of Career Planning

- Getting to know yourself
- Exploring possibilities
- Setting goals
- Taking action



EXPLORING POSSIBILITIES

What does a person in this career really do?

WAYS TO RESEARCH:

- Computer
- Paper
- People
- Participation



COMPUTER RESEARCH

- www.alis.alberta.ca/occinfo
- www.careercruising.com
 - Username: william
 - Password: aberhart
- www.nextsteps.org
- www.tradesecrets.gov.ab.ca
- www.carsyouth.ca
- www.careersinconstruction.ca
- www.careersinoilandgas.com
- www.forces.ca
- Websites of Professional Associations (e.g. APEGA)



PAPER RESEARCH

- Local and national newspapers
- Magazines
- Career Books
- Trade Journals
- Yellow Pages



PEOPLE RESEARCH

- Weekly CSI Presentations



- Career Conversations and Informational Interviews (one-on-one)
- Q&A with University students

CSI Presenters

September - March

Electrical Engineer, TV Anchor, Social Media Specialist, Photographer, Police Officer, Lawyer, Civil Engineer, Physiotherapist, Provincial Court Judge, Mortgage Broker, Registered Nurse, Guidance Counsellor, Veterinarian, Computer Science Instructor, Firefighter, Petroleum Engineer, Publisher, Marketing Manager, Event Coordinator, Recording Engineer, Hairstylist, Accountant, CFL Player, Chiropractor, Musician/Composer, Business Analyst, High School Teacher, Pharmacist, Chef, Geologist, and Physician

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PARTICIPATION RESEARCH



- Volunteering
- Job Shadowing
- Clubs and committees
- Career Fairs (e.g. Construction Career Expo - April 24)
- University science programs (talk with Science Curriculum Leader)
- Summer programs (e.g. Heritage Youth Research Summer Program - HRYS - <http://www.aihealthsolutions.ca/HYRS/>)
- Careers Health Services Youth Initiative (Grade 11)
- Work Experience
- Registered Apprenticeship Program (RAP)