

Reflection on Career Exploration Pillar

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On February 17th, 2023, I attended the "Pick your POST workshop," a Career Exploration Pillar held at 900 University Avenue, Toronto. My motivation for attending the event was to gain insight on how to select a major, based on the courses I am currently taking. Given the plethora of information available online, I found it challenging to filter the relevant information.

My expectations for the event were twofold: to learn about the process of selecting a program of study and to hear personal experiences from senior students in their respective fields of study. These expectations were successfully met, as the event was well-organized, and the facilitators and senior students were approachable and supportive.

The most significant takeaway for me from the event was gaining clarity on the various programs of study available to me, their distinctive features, and the skills I could acquire from them. For example, I learned that by joining the actuarial science major, I could upgrade from a major to a specialist program in the third year, with ample opportunities for internships throughout the course of the program. Upon graduation, I could expect to have excellent career prospects in this field. This information was particularly beneficial, as it provided me with a range of suggestions and possibilities across multiple domains.

I would wholeheartedly recommend this event to my peers, as it not only provides guidance on selecting a program of study but also valuable insight into potential career paths. I learned a great deal from this event and obtained useful information that has broadened my understanding of the different programs and career paths available to me.