

WELCOME



Before Your Appointment

Before you head into your appointment, it's important you know a little bit about our team, and the kind of things we can talk about and accomplish together.

The Career Counselling team is made up of both professional and student staff members. Our professional staff have diverse credentials and areas of career expertise. Some of us are also Registered Psychotherapists, which means we are well-equipped to support mental health concerns that may be impacting your career success.

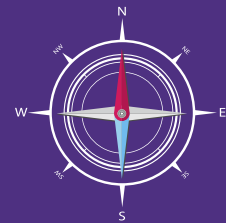
During Your Appointment

We can talk about:

- Connecting your degree to future work
- Self-exploration and career assessments
- Career decision-making and goal setting
- Getting experience
- Further educational options (applications/interviews)
- Networking and connecting with employers/alumni
- Resume, cover letters and LinkedIn profile
- Job search and interview strategies
- Diversity and employment
- Mental health related to careers

OUR GOAL

To help you design a meaningful life.



From now until well beyond your graduation date, we will be your career cheerleaders!



After Your Appointment

We try our best to provide you with specialized career support and may recommend that you access some of our online resources, peer-to-peer help, career workshops/events, community resources, or come back for a longer appointment.

Whatever our recommendation, please know that we will welcome you back at any time in the future when or if your goals change, or things are not going the way you had hoped!

“Our career counselling sessions really helped me a lot and pushed me to take action, even though I can sometimes be fearful. I am looking forward to the future!”

— Tanja

3rd year Arts and Humanities student

Working with a Registered Psychotherapist (RP)

You may benefit from working with a staff member who is also an RP. Individuals generally seek psychotherapy when they have thoughts, feelings, moods and/or behaviours that are adversely affecting their day-to-day lives and the ability to enjoy life.

In a career context, this might look like:

- Struggling with your career goals because of anxiety, depression or another mental health concern
- A lack of confidence in your skills and abilities
- Having difficulty identifying your purpose in life

Through a psychotherapeutic process, you and your RP will work together to bring about positive change in your thinking, feeling, behaviour and social functioning within this career context.