



Thank you for attending the Graduate & Professional Schools Fair!

Knowing what to do after graduation can be a confusing time and leads to many questions.

What school should I go to? What program do I like? Should I take a year off? Should I do direct entry into the workforce? What if I choose the wrong path?

This reflection exercise is meant to guide you through some of these questions. It will only be shared between yourself and your Career Counsellor during your follow up appointment so take this time to really write how you feel, reflect on what you've learned and what you need to do next.

Let's follow the: What. So What? Now What? Guide to reflection.

- 1.) **What.** What was your goal in attending the Graduate & Professional Schools Fair? What schools/programs did you look at (please name them)? Did you attend any virtual panels throughout the month of September?

- 2.) **So What?** What did you gain from attending the Graduate & Professional Schools? What was missing for you? Did you talk to anyone that was meaningful for you? How do you feel about looking at further education now?

- 3.) **Now What?** Has attending the Graduate & Professional Schools Fair and the information you found affected your further education goals? What will you do with the information you gathered? Do you need to do more research? Will you need to look into any other schools/programs? Do you need to follow up with an admission rep? Do you need to get more experience? Do you need to attend a workshop to learn more about your skills and how to apply them to different programs? What will you discuss with your Career Counsellor about your options after graduation?

We hope this exercise has helped you organize your post-graduation options.

Your next step: Your next step to complete this CCR bundle is to book a 1- hour appointment with one of our Career Counsellors.

To book call: 905-828-5451 or 905-828-5264 or go online to our [Career Centre website](#) and talk to our Live Chat.