BEYOND THE STETHOSCOPE: CAREERS IN HEALTH CARE
CONTENTS

OVERVIEW

SKILLS DEVELOPED FROM A LIFE SCIENCE DEGREE

POSSIBLE CAREER PATHS

EXAMPLES OF SPECIFIC CAREERS

CHIROPRACTOR

AUDIOLOGIST AND SPEECH LANGUAGE PATHOLOGIST

OCCUPATIONAL THERAPIST

CYTOTECHNOLOGIST

PUBLIC HEALTH INSPECTOR

DIETITIAN

HOW TO GET EXPERIENCE

Create a LinkedIn Profile

Join a Professional Association

HOW CAN THE CAREER CENTRE HELP

Library Resources

Appointments

Career Planning by Year

The National Occupational Binder

Tip Sheets

Events

Extern Job Shadowing

Talk to Professors

Career Counselling

Job Postings

USEFUL LINKS

SOURCES
OVERVIEW

You do not need to be a doctor or nurse to have a fulfilling career in the health industry. Healthcare is an attractive sector for many people, as it is perceived to offer job security and a high salary. It is also the obvious choice for anyone who loves science and helping people. The most visible profession within this sector are definitely physicians and nurses. As a result, plenty of students dream of careers in these fields. Unfortunately, these programs have become prohibitively difficult to enter as more and more students apply.

Fortunately, these two occupations represent only a fraction of the career possibilities within healthcare. Canada’s National Occupational Classification lists several other job units under health care. This list is extensive but not exhaustive. Do not limit yourself to two options. If you want to work in health sector, research the diversity of training available to you.

Before exploring some alternative careers in medicine, let’s look at the skills required for this sector.

SKILLS DEVELOPED FROM A LIFE SCIENCE DEGREE

When considering a career it is necessary to identify what skills you can offer as a future employee. Skills can be developed in various ways – through academic experiences (such as lab work and group projects), through work experiences (such as part-time jobs, internships and volunteering) or through extracurricular activities (such as participating in student clubs and academic associations).

Skills acquired by life science students can be grouped into four main categories: investigative, research, quantitative and analytical. The life science program generally helps students develop the ability to formulate concepts, allowing them to solve practical problems and find better ways of meeting world needs. The following list presents some examples of the skills developed in the life science program.

- **Investigative**: identifying problems, defining expected/potential results, testing hypothesis, and gathering facts
- **Research**: designing experiments, recording observations, organizing data, and critically analyzing results
• **Quantitative:** applying scientific concepts to problems, using laboratory equipment, utilizing statistical tests to predict outcomes, and interpreting test results

• **Analytical:** applying critical reasoning to investigate problems and ideas, analyzing scientific papers, conceptualizing ideas and devise conclusions with supporting arguments
### POSSIBLE CAREER PATHS

<table>
<thead>
<tr>
<th>Acupuncturist</th>
<th>Audiologist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied Kinesiologist</td>
<td>Biomedical Engineer</td>
</tr>
<tr>
<td>Art/Music Therapist</td>
<td>Biostatistician</td>
</tr>
<tr>
<td>Athletic Therapist</td>
<td>Biotechnologist</td>
</tr>
<tr>
<td>Audiologist</td>
<td>Cardiovascular Technologist</td>
</tr>
<tr>
<td>Cardiac Rehabilitation Specialist</td>
<td>Cytotechnologist</td>
</tr>
<tr>
<td>Child Life Specialist</td>
<td>Dental Lab Technologist</td>
</tr>
<tr>
<td>Clinical Nurse Specialist</td>
<td>Epidemiologist</td>
</tr>
<tr>
<td>Dental Assistant</td>
<td>Exercise Physiologist</td>
</tr>
<tr>
<td>Dental Hygienist</td>
<td>Food Scientist</td>
</tr>
<tr>
<td>Diagnostic Medical Sonographer</td>
<td>Forensic Scientist</td>
</tr>
<tr>
<td>Dietitian/Nutritionist</td>
<td>Geriatric Specialist</td>
</tr>
<tr>
<td>Electroneurodiagnostic Technologist</td>
<td>Kinesiologist</td>
</tr>
<tr>
<td>Eating Disorder Therapist</td>
<td>Medical Affairs Manager</td>
</tr>
<tr>
<td>Exercise Physiologist</td>
<td>Medical Anthropologist</td>
</tr>
<tr>
<td>Genetic Counsellor</td>
<td>Medical Illustrator</td>
</tr>
<tr>
<td>Medical Imaging Technologist</td>
<td>Medical Librarian</td>
</tr>
<tr>
<td>Medical Legal Advisor</td>
<td>Medical Sociologist</td>
</tr>
<tr>
<td>Midwife</td>
<td>Medical/Health Historian</td>
</tr>
<tr>
<td>Neurologist</td>
<td>Medical Writer</td>
</tr>
<tr>
<td>Nurse/Nurse Practitioner</td>
<td>Occupational Health and Safety Expert</td>
</tr>
<tr>
<td>Occupational Hygienist</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Occupational Therapist</td>
<td>Pharmacologist</td>
</tr>
<tr>
<td>Ophthalmologist</td>
<td>Phlebotomist/Phlebotomy Technician</td>
</tr>
<tr>
<td>Optometrist</td>
<td>Psychometrist</td>
</tr>
<tr>
<td>Pedorthist</td>
<td>Public Health Inspector</td>
</tr>
<tr>
<td>Pharmacist</td>
<td>Research Assistant</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>Research Associate</td>
</tr>
<tr>
<td>Podiatrist</td>
<td>Research Scientist</td>
</tr>
<tr>
<td>Psychological Associate</td>
<td></td>
</tr>
</tbody>
</table>
EXAMPLES OF SPECIFIC CAREERS

CHIROPRACTOR

What they do?

Chiropractors diagnose, treat, and prevent neuromuscular-skeletal disorders. They perform corrective manipulations including adjustments to the spinal column and other joints in order to relieve pain and increase patients’ mobility. Their treatments are designed to encourage the body's natural healing process without the use of surgery or medication.

Common Responsibilities

▪ Obtaining patients’ detailed medical histories, including previous injuries, surgery, general health, and lifestyle.

▪ Provide patient care including examining, recording, and performing diagnostic tests; take and analyze x-rays when needed.

▪ Diagnose related disorders and set up a personalized treatment plan.

▪ Provide natural treatment of health disorders, such as performing adjustments of the joints using hands or equipment.

▪ Instruct patients in the use of corrective exercises, lifestyle improvements, and nutrition to aid long-term recovery.

▪ Refer patients for medical care when needed.

Working Conditions

▪ Many chiropractors work independently in their own practices or in group clinics with other health professionals. Some work in hospitals and other medical institutions.

▪ Chiropractors work in close physical contact with their patients and spend most of the workday on their feet.

Educational Requirements

Chiropractors are required to complete a minimum of 3 years’ undergraduate studies with a focus in science. Then, they must complete a 4-5 year long Doctor of Chiropractic (DC) degree form a chiropractic college. The last step is passing a written and practical exam held by the
Canadian Chiropractic Examining Board. Those who want to practice in Ontario must be registered members the College of Chiropractors of Ontario (CCO).

After finishing their prerequisites, students will spend four to five years studying chiropractic medicine. The chiropractic medicine curriculum is very rigid. It is divided into pre-clinical and clinical sciences. The preclinical phase runs for two years. There are a number of subjects taken during this time. Additionally, the typical credit load of a chiropractic student could reach 23 to 26 credit hours. This is much heavier than other undergraduate programs. Regular undergraduates only have to take 15 credit hours per semester.

Some schools such as the Canadian Memorial Chiropractic College require a 12 month internship. This internship includes the college’s external and internal clinics. Internships are done under the supervision of highly qualified chiropractic faculty. These teachers come from different disciplines such as psychology, medicine, biological science, and pathology and chiropractic medicine.

The clinical phase of chiropractic study lasts for three trimesters. It focuses solely on chiropractic performance-based courses.

Below is a list of the educational institutions in Canada, which offer Chiropractic programs. Please contact the individual universities for more detailed information on entrance requirements, admission policies, and program content.

- Canadian Memorial Chiropractic College
- Université du Québec à Trois-Rivières

Compensation

- Compensation depends on a range of factors, including the chiropractor’s level of experience, the size and location of the clinic, the size of the client base, and whether or not the clients are insured.

- Practitioners are paid per hour or on a commission base (percentage agreement, where the chiropractor would earn a percentage of the fees paid by their patients).

- Chiropractors in Canada earn between $44,500 and $159,000 per year based on a variety of factors, with a median wage of $70,080 (July 2019). In comparison, the median wage in Toronto is $79,700.

Prospects of Employment and Growth Opportunities

The Government of Canada’s website Job Bank states that:
The employment outlook for Chiropractors in Ontario is good for the 2017-20 period. “Employment growth in this occupation is somewhat dependent on consumer spending for alternative methods of health care. Chiropractic services are not an insured service under the Ontario provincial health care plan, and the extent of coverage for chiropractors varies among private health insurance plans. Demand for these professionals is therefore influenced by a patient’s ability to pay the full or partial cost for treatment, as well as the patient’s comparison of the benefits gained from chiropractic treatment compared to other medical treatments. […] Demographic changes may increase the demand for these professionals, as the need for treatment of chronic and acute pain may rise with the aging population of the province.”

Resources and Links

Below are some resources that may prove helpful in your further search for information about this career.
- Canadian Chiropractic Association - [website](#)
- Ontario Chiropractic Association - [website](#)
- Job Bank - Explore Careers by Essential Skills - Chiropractor - [website](#)

**AUDIOLOGIST AND SPEECH-LANGUAGE PATHOLOGIST**

What they do?
Audiologists and speech-language pathologists (also called speech therapists) diagnose, evaluate, and treat patients with hearing impairment and with speech, language and voice disorders to help them improve their communication.

Common Responsibilities

**Audiologists:**
- Evaluate patients’ hearing impairments and balance problems using hearing devices and other special equipment.
- Diagnose related disorders and set up a personalized treatment and rehabilitation plan; they may prescribe or suggest assistive devices, such as cochlear implants.
Instruct patients of the use of assistive devices and the implementation of prevention and rehabilitation treatments.

Speech-language pathologists:
- Assess patients’ speech, language, cognitive-linguistic abilities and swallowing difficulties by performing various tests.
- Plan and implement relevant treatment programs.
- Monitor and evaluate the patients’ progress and revise the treatment program if needed.
- Conduct research on speech and communication disorders.

Working Conditions

- Many audiologists and speech-language pathologists work independently in hospitals, health care centers, rehabilitation centers, children’s treatment centers, or at a patient’s home. Some may also work in private practices.
- They work alone on one-on-one sessions with their patients.

Educational Requirements

Audiologists and speech-language pathologists are required to complete a 2-3 year long master’s program in audiology, speech-language pathology, or a related field. A PhD is often required for positions in research or academia, especially in university environments. Some audiologists and speech-language pathologists choose to obtain a professional certification from the Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA), because many employers prefer to hire certified graduates.

Below is a list of the educational institutions in Canada, which offer Audiology programs. Please contact the individual universities for more detailed information on entrance requirements, admission policies, and program content.
- University of British Columbia
- Dalhousie University
- Université d'Ottawa
- Western University
- Université de Montréal
Below is a list of the educational institutions in Canada, which offer Speech-Language Pathology programs:

- University of Alberta
- University of British Columbia
- Dalhousie University
- Université Laurentienne
- Université d’Ottawa
- Université du Québec à Trois-Rivières
- University of Toronto
- Western University
- Université de Montréal
- McGill University
- Université Laval

Compensation

- Compensation depends on a range of factors, including the professional’s level of experience, the size and location of the employer, and the size of the client base.
- Audiologists in Canada earn between $54,000 and $94,000 per year based on a variety of factors, with a median wage of $71,125 (July 2019).
- Speech-language pathologists in Canada earn between $45,650 and $99,200 per year based on a variety of factors, with a median wage of $65,780 (July 2019).

Prospects of Employment and Growth Opportunities

The Government of Canada’s website Job Bank states that:
- The employment outlook for Audiologists and Speech-Language Pathologists in Ontario is good for the 2017-20 period. “The aging population is a key driver for the current demand for audiologists. There is also more awareness of communication disorders in infants and children and the role of early intervention efforts by these professionals.”
Resources and Links

Below are some resources that may prove helpful in your further search for information about this career.

▪ College of Audiologists and Speech-Language Pathologists of Ontario - [website](#)
▪ Speech-Language & Audiology Canada - [website](#)
▪ Ontario Association of Speech-Language Pathologists and Audiologists - [website](#)
▪ Job Bank - Explore Careers by Essential Skills - Speech-Language Pathologists and Audiologists - [website](#)

OCCUPATIONAL THERAPIST

What they do?

Occupational therapists help individuals with aging, developmental disorders, physical/mental disorders, illnesses/injuries, emotional problems, or aging to independently carry out daily tasks and improve their ability to care for themselves.

Common Responsibilities

▪ Assess patients’ ability to perform functional or work-related tasks.
▪ Determine an appropriate treatment plan; this may include physical exercises to increase coordination and strength, as well as activities to improve memory and reasoning abilities.
▪ Help patients adapt to functional limitations, rebuild lost skills, and restore confidence.
▪ Provide advice on using adaptive equipment and making patients’ home and workplace more accessible.

Working Conditions

▪ Many occupational therapists work independently in hospitals, nursing homes, schools, sports organizations, rehabilitation centers, children’s treatment centers, or sometimes at a patient’s home. Some may also work in private practices.
▪ They work alone on one-on-one sessions with their patients. Occupational therapists spend most of the workday on their feet.
**Educational Requirements**

Occupational therapists are required to complete a master’s degree in Occupational Therapy, which generally takes 2 years to complete, or an equivalent academic qualification approved by the College of Occupational Therapists of Ontario. In addition, these professionals must complete the National Occupational Therapy Certification Examination.

Below is a list of the educational institutions in Canada, which offer Occupational Therapy programs. Please contact the individual universities for more detailed information on entrance requirements, admission policies, and program content.

- University of Manitoba
- University of Toronto
- University of Western Ontario
- McMaster University
- Queen’s University
- University of Ottawa
- University of Montreal
- McGill University
- Laval University
- Sherbrooke University
- University of Quebec Trois-Rivières
- Dalhousie University

**Compensation**

Compensation depends on a range of factors, such as the professional’s level of experience, and the size and location of the employer.

- Occupational Therapists in Canada earn between $41,000 and $85,000 per year based on a variety of factors, with a median wage of $52,218 (July 2019).
Prospects of Employment and Growth Opportunities

The Government of Canada’s website Job Bank states that:

- The employment outlook for Occupational Therapists in Ontario is good for the 2017-20 period. “Demand for these health professionals has been increasing due to the growing needs of an aging population, higher survival rates from injuries and accidents, higher occurrence of mental health and family problems, and a shift in health care delivery to community-based services. A focus on rehabilitation and keeping seniors active and in their homes is driving demand. Government funding of occupational therapists within Ontario Family Health teams may add to opportunities.”

Resources and Links

Below are some resources that may prove helpful in your further search for information about this career.

- Canadian Association of Occupational Therapists - https://www.caot.ca/index.html
- Ontario Society of Occupational Therapists - http://www.osot.on.ca
- College of Occupational Therapists - https://www.coto.org

CYTOTECHNOLOGIST

What they do?

Cytotechnologists (also called cytology technicians) microscopically examine human cells for anomalies to detect cancer and other illnesses. These professionals play a key role in the fight against cancer.

Common Responsibilities

- Prepare samples of human cells using special equipment and following specified guidelines.
• Microscopically examine the cell samples, looking for abnormalities, such as size, color, shape, composition, and patterns.
• Report the results to a pathologist for final evaluation and diagnosis

Working Conditions

• Many cytotechnologists work independently in research facilities, hospitals, private laboratories, commercial companies, health clinics, cancer detection centers, and universities.
• They rarely work with patients; however, they interact with other health care professionals

Educational Requirements

Cytotechnologists are required to complete post-secondary education in medical laboratory science. Programs may vary from 15 months to 4 years. In addition, these professionals must register with the College of Medical Laboratory Technologists of Ontario (CMLTO) if they want to practice in Ontario.

Many cytotechnologists choose to obtain a professional certification by the Canadian Society for Medical Laboratory Science (CSMLS), because most employers prefer to hire certified graduates. Below is a list of the educational institutions in Canada, which offer related programs. Please contact the individual universities for more detailed information on entrance requirements, admission policies, and program content
• The Michener Institute for Applied Health Science
• University of Manitoba
• Dalhousie School of Health Sciences
• École Polytechnique de Montréal
• Northern Alberta Institute of Technology
• Saskatchewan Polytechnic – Kelsey Campus

Compensation

• Compensation depends on a range of factors, such as the professional’s level of experience, and the size and location of the laboratory.
• Cytotechnologists in Canada earn a median wage of $58,240 (July 2019).

Prospects of Employment and Growth Opportunities
Cytotechnologists fall under the Medical Laboratory Technicians group.

The Government of Canada’s website Job Bank states that:

- The employment outlook for Medical Laboratory Technicians in Ontario is fair for the 2017-20 period. “The Canadian Society for Medical Laboratory Science acknowledges a potential nation-wide shortage of medical laboratory technologists due mainly to an aging workforce and an insufficient number of new entrants. Almost all technologists hold permanent positions with their primary employer. Retirements will be a fairly strong contributor to job openings over the next several years as this occupation has an older age profile compared to all other occupations in Ontario.”

Resources and Links

Below are some resources that may prove helpful in your future search for information about this career.

- Canadian Society of Cytopathology: https://www.cap-acp.org/cytology.php
- College of Medical Laboratory Technologists of Ontario (CMLTO): http://www.cmlto.com
- Canadian Society for Medical Laboratory Science (CSMLS): http://www.csmls.org

PUBLIC HEALTH INSPECTOR

What they do?

Public health inspectors (also called environmental health officers) monitor and enforce health regulations by inspecting municipal water systems, restaurants, and other public places in order to protect communities from disease.

Common Responsibilities

- Perform routine or unplanned visits and inspections; investigate inquiries from the public.
- Observe processing operations, inspect equipment, take samples, and perform tests to recognize potential sources of contamination.
• Prepare reports of each inspection’s findings and determine if an establishment operates under the required standards.
• Inform the owners of the inspection’s results.
• If necessary, they educate facility owners and employees on improving sanitary methods and procedures.
• If the inspector determines that an establishment must be closed down, he/she reviews relevant legislation and by-laws before taking action.

Working Conditions

• Many public health inspectors are employed by governmental health departments, food sanitation agencies, and environmental control agencies among others. They usually work at public facilities, such as restaurants, hotels, swimming pools, zoos, schools, and retirement homes.
• Inspectors spend most of their workday on their feet at different locations.
• The use of protective equipment may be needed, as public health inspectors may be exposed to contamination.

Educational Requirements

Public health inspectors are required to complete a bachelor’s degree in environmental health, public health, biology, chemistry, or a related field. While it is not required, some choose to complete a graduate degree, which allows for specialization and may be helpful for career advancement. In addition, these professionals must be certified by the Canadian Institute of Public Health Inspectors (CIPHI) if they want to practice in Ontario.

Below is a list of the educational institutions in Canada, which offer related programs. Please contact the individual universities for more detailed information on entrance requirements, admission policies, and program content.
• Ryerson University
• British Columbia Institute of Technology
• Concordia University College of Alberta
• Cape Breton University
• NB Community College
• First Nations University of Canada
Compensation

- Compensation depends on a range of factors, such as the professional’s level of experience, and the size and location of the employer.
- These professionals earn between $37,600 and $88,450 per year, with a median wage of $58,490 in Canada (July 2019).

Prospects of Employment and Growth Opportunities

Public health inspectors fall under the Inspectors - Public and Environmental Health and Occupational Health group.

The Government of Canada’s website Job Bank states that:
- The employment outlook for Inspectors - Public and Environmental Health and Occupational Health in Ontario is good for the 2017-20 period. “Employment has grown considerably, almost doubling over the last decade.”

Resources and Links

Below are some resources that may prove helpful in your further search for info about this career
- Canadian Institute of Public Inspectors (CIPHI): http://www.ciphi.on.ca
- Canadian Food Inspection Agency (CFIA): http://www.inspection.gc.ca
- Health Canada: http://www.hc-sc.gc.ca

DIETITIAN

What they do

Dietitian nutritionists use nutrition and food science to help people improve their health. Nutrition and dietetic technicians work with dietitian nutritionists to provide care and consultation to patients. Both dietitian nutritionists and nutrition and dietetic technicians may also provide general nutrition education. Both are nationally credentialed and are an integral part of health care and foodservice management teams.

Common Responsibilities
Designing individual nutritional therapies to address specific health issues, such as unhealthy weight, diabetes or hypertension

Developing facility-wide nutrition programs for health care, educational, correctional and other institutions

Increasing public awareness of proper nutritional standards and habits

Improving the accuracy and comprehension of food labels

Ensuring the safety of our food supply

Researching how changes in diet (such as reducing salt intake) affect health (by reducing blood pressure)

Working with food manufacturers to improve the nutritional quality of prepared food

Working Conditions

- Mostly work indoors.
- Are often exposed to the diseases and infections of clients.
- Work somewhat close to other people, such as when sharing office space.
- Sometimes wear protective gear, such as surgical gloves

Educational Requirements

Becoming a Dietitian in Canada consists of three steps:

1. Obtain a four-year bachelor’s degree with a focus in Foods and Nutrition: [Dietitians of Canada](https://www.dietitians.ca/) maintains a list of accredited Dietetic Education programs at Canadian Universities.
2. Complete the supervised practical training.
3. [Register with a provincial dietetics’ organization](https://www.dietitians.ca/). Some professionals use the terms dietitian and nutritionist interchangeably. However, all dietitians are nutritionists, but not all nutritionists are dietitians.
Below is a list of the educational institutions in Canada, which offer related programs. Please contact the individual universities for more detailed information on entrance requirements, admission policies, and program content.

- Ryerson University
- British Columbia Institute of Technology
- McGill University
- University of Saskatchewan
- University of Manitoba
- University of Alberta
- University of Guelph
- University of Toronto
- University of Western

Compensation

- Compensation depends on a range of factors, such as the professional’s level of experience, and the size and location of the employer.
- These professionals earn between $41,600 and $71,450 per year, with a median wage of $48,410 in Canada (July 2019).

Prospects of Employment and Growth Opportunities

The Government of Canada’s website Job Bank states that:

- The employment outlook for Inspectors - Public and Environmental Health and Occupational Health in Ontario is good for the 2017-20 period. “Employment has grown considerably, almost doubling over the last decade.”

Resources and Links

Below are some resources that may prove helpful in your further search for info about this career

- Ontario Dietitian in Public Health: https://www.odph.ca
- Dietitians of Canada: https://www.dietitians.ca
HOW TO GET EXPERIENCE

Create a LinkedIn Profile
Create a LinkedIn profile to connect with professionals in various fields, explore the career paths of UTM alumni, research employers, apply for specific positions, and more. Need help? Come to the Career Centre to book a LinkedIn profile critique.

Join a Professional Association
There are many benefits of becoming a member of association(s), such as developing a network of contacts, learning about industry trends, accessing industry-related job postings, and stating your affiliation on your resume. Some associations related to this major are:

HOW CAN THE CAREER CENTRE HELP

Library Resources
The Career Resource Library contains information about a wide range of occupations in all industries, resume and cover letter resources, effective work search methods, graduate/professional school preparation guides and more.
You can also visit our online library collection by going to the Career Centre website: https://www.utm.utoronto.ca/careers/ and click on the Career Planning icon and then scroll down to Library Resources. Once you register, you can download a book for up to 14 days.

Appointments
✓ Attend a one-on-one appointment with a career counsellor or an employment strategist to discuss what career options might work for you and determine a job search plan.
✓ Meet with an academic or departmental advisor, who can guide you in achieving academic success. Contact the Office of Registrar or your department for more information.
Career Planning by Year

Visit our Career Planning by Year page for ideas of important career related activities for each year. You can visit us in the Career Centre to find out more about careers that interest you. The UTM program plans are also a good resource to learn more about how you can use your degree and to find out how to map out your academic career path for each year while at UTM: www.utoronto.ca/program-plans.

The National Occupational Binder

The National Occupational Code Binders in the Career Resources Library provide very detailed, specific and extensive information relating to hundreds of careers. From general overviews of the job, to working conditions, to sample job postings related to the field and related articles, the binders are sure to provide you with in-depth answers to many of your job-specific questions.

Tip sheets

Do you like information in an easy-to-read, easy-to-digest, take home format? Take a look at our tip sheets on subjects like Effective Interviewing, Networking and Preparing for Graduate School.

Events

Would you like a chance to interact with prospective employers and expand your networking circle? The Career Centre offers a number of events that help you brush shoulders with professional and experts from all fields. Attend the Get Experience Fair, Get Hired Fair, Professional School Fair and Summer Job Fair. Practice putting those networking skills to use and land yourself a job! Check out the events and workshops section of the Career Learning Network to find out what is happening on Campus.

Extern Job Shadowing Program

Are you still curious about what career path is best for you? Would you like a chance to explore working in an industry to find out if it’s really the path for you? The Extern Job Shadowing
Program can help. This job-shadowing program grants you a one-to-five day placement in a career of your choice. Go to the Career Learning Network to register for the workshops that will help you to prepare for your placement. To register go to: www.clnx.utoronto.ca and then go to workshops and events to see when the next workshop is happening.

Talk to Professors
Connecting with your professors can be a great way to explore the different paths a major can lead you to, as well as learn about possible opportunities for research, volunteer, or becoming a TA. Drop by during their office hours or request an appointment.

Career Counselling
Are you feeling lost, unsure and overwhelmed with finding out what career path you would like to choose? Or you’ve decided on a career or the type of job you want, but what are the next steps? Our career counsellors are here to help. Book an appointment with one of our professionals who can help you determine what paths you can take after graduation or how your area of study can relate to a career post-grad.

Job postings
Are you graduating soon or a recent graduate? Sign up for the Graduating Students Employment Service (GES) or the Recent Graduate Employment Service (RGES). These services allow you to gain access to full-time job postings while your final year of study or access full-time job postings for up to two years after you graduate. To learn more, check out our Career Centre website.

Please feel free to come and visit us in Room 3094, South Building. You can also reach us by phone, 905828-5451 or email at careers@utm.utoronto.ca.
USEFUL LINKS

Below is a list of some resources that could be used for further research.

Explore careers:
- ExploreHealthCareers.org - get information about a wide variety of careers in health care.
- PROSPECTS - browse job profiles in various career areas; match your personality and skills to more than 400 job profiles.
- Career Cruising - learn about hundreds of occupation profiles in various career areas; assess your interests and skills to find suitable careers. Login using your UTORid and click on the “Resources” tab.

Gain experience in health care:
- Student Opportunities at Health Canada - Health Canada employs approximately 600 students a year in a variety of program areas across the department.
- Ontario Internship Program - the program offers you career development in key professional fields across the Ontario Public Service.
- World Health Organization - their PAHO Internship and Practicum Program aims to train individuals entering the field of public health.
- Government of Canada Specialized Recruitment Programs - the public service of Canada offers programs for university and college students who want to work for the public service while still in school.
- Government of Canada Federal Student Work Experience Program - the program provides fulltime students with the opportunity to explore their interests and develop their skills.

SOURCES
Career profiles information obtained from:
- https://www.prospects.ac.uk/job-profiles/chiropractor
UPDATED JULY 2019

- [https://www.prospects.ac.uk/job-profiles/healthcare-scientist-audiology](https://www.prospects.ac.uk/job-profiles/healthcare-scientist-audiology)
- [https://www.prospects.ac.uk/job-profiles/speech-and-language-therapist](https://www.prospects.ac.uk/job-profiles/speech-and-language-therapist)
- [http://www.sac-oac.ca/students/academic-programs](http://www.sac-oac.ca/students/academic-programs)
- [https://www2.careercruising.com/main](https://www2.careercruising.com/main)
- [https://www.coto.org/memberservices](https://www.coto.org/memberservices)
- [http://www.caot.ca](http://www.caot.ca)
- [https://www.cma.ca/En/Pages/cytotechnology.aspx](https://www.cma.ca/En/Pages/cytotechnology.aspx)
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