

What if you had a year to spare?
Gap Year



Wednesday, March 18th, 2009, 6 – 8pm
Faculty Club, South Building

Panelists:

Michael Borrelli

Heather Hines

Rebecca Markey

Bradley Sharer

Christelle Thibault

Presented by the **UTM Career Centre.**

Panel moderated by **Mitra Malekan.**

Panel package prepared by **Mitra Malekan.**

* Please note that this package is intended to give you an idea of some of the opportunities and options that are out there. It is by no means an exhaustive list.

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I. Introduction

Gap year defined

The term “gap year” is most often used in reference to a period of time taken off from studies, or from pursuing career goals.

Why gap year?

There is a world of opportunities available after finishing an educational program (i.e. further education, going straight to the job market, etc.). Deciding on what do next is not an easy task, and some people feel they need more time than others to figure it out.

Many think of a gap year as a year abroad, although there are other possibilities – volunteering, working, travelling abroad, or staying closer to home while exploring options. Researching and pre-planning are not only the key to overcoming concerns (such as “Will I fall behind?”, “Will I find a job when my gap year is over?” or “Can I financially afford to take a year off?”) they can also lead to an unforgettable experience. This package is the beginning of the research and pre-planning process, meant to show some of the alternatives out there. Some major concerns relating to taking a gap year are addressed below.

1) Gap year will be a setback to career goals or higher education.

This is not necessarily true. Gap year can be a great preparation for entry into higher education or career of interest. A well-planned gap year experience is very attractive to majority of employers. By taking a gap year, there will be more time to think about future careers and make an informed decision.

2) My family and friends don't want me to take a gap year.

Some of the steps to overcome this challenge are:

- Proving to them that you are prepared by doing your research in advance.
- Getting them involved in the planning process.
- Impressing them by resolving the money issue (e.g. showing them your fundraising efforts).
- Arranging ways to communicate with them while you are away (e.g. email, phone cards, etc.)
- Discussing with them how you can use this year to learn more about yourself and the world, to better understand what you want to do

3) It is impossible to afford to take a year off, especially right after accumulating a large amount of student loan.

Some of the ways to overcome this problem are saving money, fundraising, or working abroad. Consider taking a shorter period of time, or alternating between working and pursuing “gap year interests”

University of Toronto Go Global Guide

If you are considering going abroad, whether to work, volunteer, or travel, it is important to be as prepared as possible. University of Toronto Safety Abroad Office provides an extensive guide called Go Global¹. It includes information on choosing an option that is right for you, budgeting and money matters, preparing documents, health issues, emergency and supporting information, packing, travel tips, safety issues, and other matters such as culture shock and issue of diversity.

The next four sections will provide you with information about the ways you can spend your gap year. Remember, it is possible to combine any number of them into a gap year experience.

II. Volunteering

In addition to developing your skills and gaining experience, volunteering during a gap year can help you discover what your likes and dislikes are, and can be a great opportunity to meet with professionals in areas of interest and build networks. Listed below are, some of the many ways of finding domestic and abroad volunteer opportunities.

Volunteering in Canada

Career Centre Job Postings – <http://www.utm.utoronto.ca/careers>

One way of looking for volunteer experience is through Career Centre online job postings. All UTM students can access these job postings by signing into their Career Centre account via the Career Centre website, clicking on “Work Opportunities”, and choosing the volunteer option at the top.

Charity Village - <http://www.charityvillage.com/>

Charity Village is known as Canada’s award winning site for the nonprofit sector. This site can help you find out about volunteer and paid opportunities, as well as charity events and other activities relating to the nonprofit sector in Canada.

Volunteer Toronto - <http://www.volunteertoronto.ca/>

For the past 35 years, Volunteer Toronto has been promoting volunteerism in Canada and has been helping people find volunteer opportunities.

Volunteering abroad

Amizade Global Service Learning and Volunteer Programs - <http://www.amizade.org>

Amizade helps individuals and groups to learn and volunteer around the world. They offer a wide variety of programs ranging from 1 week to 6 months. They connect individuals to community projects in Auschwitz, Bolivia, Brazil, Ghana, Jamaica, Mexico, Northern Ireland, Tanzania, and USA.

¹ <http://www.utoronto.ca/safety.abroad/guide.html>

Canada World Youth - <http://www.canadaworldyouth.org>

Canada World Youth helps individuals between 15 and 25 get involved in Canada and overseas for 2 weeks to 6 months. In 2008-2009, they are present in South Africa, Benin, Ghana, Kenya, Mali, Mozambique, Bolivia, Brazil, Costa Rica, Cuba, Ecuador, Honduras, Peru, Uruguay, China, India, Indonesia, Poland, and Ukraine.

Canadian Crossroads International - <http://www.cciorg.ca>

Since 1958, Canadian Crossroad international has been working to combat HIV and AIDS, and promote women's right. Their volunteers work in Bolivia, Ghana, Mali, Niger, Senegal, Swaziland, Togo and Zimbabwe.

Cosmic Volunteers - <http://www.cosmicvolunteers.org>

Cosmic Volunteers offer programs for individuals to volunteer in areas such as teaching English, orphanages, healthcare, journalism, HIV/AIDS, conservation and more. Individuals can go to Africa, Asia, and South America to volunteer.

Visions in Action Volunteers in International Development - <http://www.visionsinaction.org>

This international non-profit organization looks for volunteers who are interested in traveling to Liberia, Mexico, South Africa, Tanzania, or Uganda for a period of 4 weeks to 12 months. There are volunteer opportunities in areas such as education, human rights, public health, HIV/AIDS, micro-enterprise, and community development.

Volunteers for International Partnership - <http://www.partnershipvolunteers.org>

This organization offers programs which allow individuals to volunteer in Argentina, Brazil, Chile, China, Ecuador, Ghana, Great Britain, Ireland, Morocco, Nepal, New Zealand, Nigeria, South Africa, Turkey, and USA. Volunteers get an opportunity to work with a rural development project, volunteer in a health clinic, work with children, teach English and a lot more for a period of 6 weeks to 9 months.

WWOOF - World Wide Opportunities on Organic Farms - <http://www.woof.org>

Since 1971, WWOOF has been connecting volunteers interested in working in organic farms with people who are looking for volunteers. Its main goal is to help people share more sustainable ways of living. WWOOF organizations are present in over 50 countries.

University of Toronto International Student Centre (ISC) website -

<http://www.isc.utoronto.ca/workstudyabroad/opportunities/volunteerabroad.htm>

For more programs and links on volunteering abroad, please visit the ISC website.

The Career Centre also offers many resources to help you find volunteer jobs. Please refer to the resource section of this package on page 16 for more information.

III. Working

Spending a gap year working in an environment different from your field of study or home country can be educating and eye-opening and helps to build a diverse set of skills. It is important to be aware of the skills you have and the skills you want to gain before starting your job search. Below is some resources to help you with the job search process.

International Youth Programs -

http://www.international.gc.ca/iyp-pij/index.aspx?lang=eng&menu_id=41&menu=R

One of the challenges of working abroad is obtaining a working permit. Through the International Youth Programs, Canadians between the age of 18 and 35 have the option of obtaining a temporary work permit to gain professional and personal experience abroad. There are 3 programs to choose from: Working Holiday, Young Professional/ Young Worker Opportunities, and International Co-operative Education.

Going Global

Going Global is a website that provides resources for people interested in going abroad. It includes country career guides, job postings, internships listings, key employer directory, global chat, and much more. Going Global can be accessed by U of T students through the Career Centre website by logging into your Career Centre account and clicking on “Goingglobal” under the Miscellaneous section. For assistance, call 905-828-5451 or visit us in SE3094.

CDS International - <http://www.cdsintl.org>

This international non-profit organization offers professional development programs in Argentina, Germany, Russia, Spain, and USA. Programs include international internships, professional fellowships, State Department public diplomacy initiatives, J-1 visa services, work-study programs, and study tours.

Crewseekers International - <http://www.crewseekers.net>

Crewseekers offers job postings for both professionals and amateurs looking to work on crewed sailing yachts. Opportunities include paid positions, shared contribution voyages, and working passage trips in different countries all over the world.

Cultural Embrace - <http://www.culturalembrace.com>

Cultural Embrace programs include customized work, internships, teaching, volunteering, cultural classes, and group travel all around the world. The organization assists with arrangements, guarantees placements, and works to help maximize participants’ interaction with the community they will be visiting.

Emergency - <http://www.emergency.it>

Emergency provides high quality medical and surgical assistance to the victims of war, landmines, and poverty. Opportunities available with them include medical and non-medical placements, i.e. administration, logistics, and construction. In addition to a salary, travel expenses, accommodations, board, and insurance are also provided for employees. Emergency has undertaken projects in countries such as Afghanistan, Cambodia, Sierra Leone, and Sudan.

InterExchange - <http://www.interexchange.org>

Promoting cultural awareness is the main objective of InterExchange. This is achieved by offering a wide range of programs including work and travel, volunteer, professional training and internships within the United States and around the world. Although the majority of their programs are for U.S. citizens only, there are some programs open to citizens of Australia, Canada, and the European Union.

ISC website - <http://www.isc.utoronto.ca/workstudyabroad/opportunities/workabroad.htm>

In addition to some of the specific programs and website mentioned above, the ISC website is This website includes many different links, both general and specific, for finding jobs in different countries.

The Career Centre also offers many resources to help you find paid or volunteer work. Please refer to the resource section of this package on page 16 for more information.

IV. Teaching English Abroad

Teaching English abroad is a popular option for a gap year experience. Some program examples are listed below, followed by TEFL (Teaching English as a Foreign Language) requirement information.

Aeon - <http://www.aeonet.com>

Aeon Corporation of Japan offers exceptional classroom and internet opportunities for individuals worldwide interested in learning English. They have more than 300 school branches across Japan. They seek individuals interested in teaching English to adults or children in Japan. Ongoing support, competitive salary, vacation time, and a completion bonus are provided. Interviews are held all across North America.

Canadian Connection - <http://www.canconx.com>

Canadian Connection provides opportunities for individuals to teach English in Korea. ESL teachers can teach in private or public schools all over South Korea with airfare and housing provided.

ASK Now Inc - <http://www.asknow.ca>

Access South Korea Now, also known as ASK Now, helps individuals wanting to teach in South Korea. ASK Now helps ESL teachers with every step of the process, is committed to finding a suitable placement for each participant, and keeps in touch after they arrive in Korea.

EF English First - <http://www.englishfirst.com/trt/index.html>

EF helps individuals find teaching opportunities in countries including China, Indonesia, Russia, Saudi Arabia, and many more. The benefits offered by EF include competitive salary, full visa support, housing assistance or allowance, vacation days, health insurance, and ongoing teacher development.

Japan Exchange and Teaching (JET) Programme –

<http://www.ca.emb-japan.go.jp/jetcanada.html>

JET encourages university students to spend a year or more in Japan, teaching English in Japanese schools and cultural organizations. They offer non-teaching job positions. Some of these positions such as Coordinator for International Relations positions, require Japanese proficiency.

WorldTeach - <http://www.worldteach.org>

This non-profit organization provides volunteer opportunities for individuals interested in teaching English in developing countries. Volunteers are responsible for the cost of their travel and living abroad.

TEFL (Teaching English as a Foreign Language) requirement for Teaching English Abroad

Some teaching abroad programs prefer or require a TEFL certificate. There are many different programs and courses to obtain a TEFL certificate. The article “Choosing a TEFL Course” by Kim Fisher published in the *Verge* magazine² outlines some important factors you must consider while deciding which course will best suit your needs. Below are some TEFL program websites.

Which Course - <http://www.whichcourse.com>

Which Course is allows you look for different TEFL courses based on duration, location, method of delivery (in person, online, etc.), and course fee.

TEFL International - <http://www.uswest.teflinternational.com>

TEFL International is a US based non-profit organization with more than a dozen worldwide locations offering TESOL/TEFL certificate courses.

TEFL Worldwide - <http://www.teflworldwideprague.com>

This organization provides the opportunity for individuals to earn a TEFL certificate in Europe in just 4 weeks.

Via Lingua International - <http://www.vialingua.org>

Via Lingua offers TEFL certificate courses in many different countries. They offer 120 hours of training including 10 hours of assessed teaching practice.

Note that some organizations come on campus. Check out the calendar on the Career Centre website to find out more.

²Fisher, Kim. Choosing TEFL Course. *Verge Magazine*. Summer 2008. p. 52 – A copy of this magazine can be found in the Career Centre Library.

V. Travelling

The personal experience gained from travelling and exploring various cultures can be attractive to employers if marketed right. It is a good idea to have some background information in terms of safety, security, local laws and customs before travelling to a new country. You can find this type of information for different countries in the Travel Reports offered by the Government of Canada³. The Service Canada website also provides useful information on travelling abroad such as obtaining visa, obtaining your international driving permit, changing currency and getting vaccinated.⁴ Listed below, is some of the links and resources that travelers might find useful.

Go Abroad.com - <http://www.goabroad.com>

This website offers a comprehensive travel databases with up-to-date and accurate information. In addition to its database for student airfare and round the world flights, Go Abroad.com provides constructed travel guides, currency converter, embassy directories, and much more.

Going Global

Going Global is a website that provides resources for people interested in going abroad. It includes country guides, global chat, and much more. Going Global can be accessed by U of T students through the Career Centre website by logging into your Career Centre account and clicking on “Goingglobal” under the Miscellaneous section. Visit us in SE3094 for assistance.

Round the World Tickets

The Gap Year Book offers a detailed description of how Round the World Tickets work. It also includes a comprehensive chart that outlines different Round the World alternatives including information on airlines, distance, cost and much more⁵.

Travel Cuts - <http://www.travelcuts.com/>

With over 35 years of experience, Travel cuts aims to negotiate the best rates for their clients with airlines and travel suppliers. They also develop and promote exclusive travel products like Student Class Airfares™, Bon Voyage™ Travel Insurance, SWAP Working Holiday Programs, Gap Year Abroad, and more. Recognizing that traveling is a learning experience, Travel Cuts hosts hundreds of travel talks worldwide and provides publications to assist individuals in travel planning.

The Career Centre has number of great books and magazines such as *Taking Time Off Book* and *Verge Magazine* for students interested in travelling. Please refer to the resource section of this package on page 16 for additional resources.

³ This report can be accessed at http://www.voyage.gc.ca/countries_pays/menu-eng.asp

⁴ You can access this information by visiting <http://www.servicecanada.gc.ca/eng/lifeevents/travel.shtml>

⁵ Bindloss, Joe. Hindle, Charlotte. *The Gap Year Book*. Lonely Planet, 2005. p 102 – 106 – A copy of this book can be found in the Career Centre Library.

VI. Profiles: UTM Alumni

Tina Bankovic

Tina Graduated from UTM in 2002 with an Honors Bachelors of Art degree. She has a Women's and Gender Studies major, Professional Writing minor and English minor.

"I went abroad twice: once on a working holiday to the U.K. immediately after graduation, and once to work as an English teacher in Japan."

"What motivated me to go abroad the first time around was that I knew that once I started working, I'd throw myself into my job. I wanted to make sure I had a little bit of adventure before I settled down. Also, I really wanted to see more of the world, and it made financial sense to do one big trip (or, as it turned out, two big trips)."

"I decided to go abroad the second time because I really didn't feel like I'd seen everything I wanted to see. I also really missed being in a multicultural, multilingual environment. I also found that sitting at a desk all day wasn't for me, so I wanted to get some teaching experience to broaden my employability back home, too."

"Making the decision to go abroad the first time around didn't pose many challenges at all... I was excited to go! "

"The second time around, the decision was a bit harder because I had a full-time job as a writer at a marketing company, and I had to quit it in order to go to Japan. I had to make a lot of "pros & cons" lists before this trip."

"Coming back was a challenge. A lot of friends and acquaintances had settled down and started careers, and I found it a bit hard to relate to people for the first few months. I found myself making friends with a lot of foreigners in Canada—exchange students, people on working holiday visas—because we seemed to be on a more similar wavelength at times".

"My first time abroad, I went to Edinburgh, Scotland through the SWAP program. I worked there for about four months (in a bookstore and in a pub), saved some money, and then went travelling around Europe. I was abroad for about six months."

"My second time abroad, I went to Osaka, Japan on a working holiday visa. I was lucky enough to find a job teaching English almost right away. I meant to only work for a few months, then travel, but I really enjoyed life in Osaka, and ended up staying for just under a year."

"I found the experience teaching abroad to have been really helpful. When I returned to Canada, I worked as a writer (mostly for websites). Because so much of my work was contract or freelance, teaching English between jobs was a great way to supplement my income. Also, because I spent time teaching, I find that I'm more comfortable working in team environments, whereas before Japan I felt I spent a lot of time alone with the computer."

Tina said she would definitely do the same thing, now given what she knows about taking time off.

“I’d say my experiences were probably even better than I’d expected them to be.”

Her advice for students who are considering taking a year off is:

- “Do it! It’s a lot easier to take a year off, then go back and work than it is to start working, stop, and take a year off, so do it when you have the chance.
- Be organized – know what you want to see & do while you’re away, and see & do as much of it as possible. Once you come home, it’s back to reality, so make the most of your trip while you’re away.”

Lisa Hopcroft

Lisa graduated with an Honors Bachelors of Science degree from UTM. She has a double major in Biology and Psychology.

“I took a gap year for two main reasons: 1) I didn’t know what I wanted to pursue 2) I figured I was young, no family (as in husband and kids) and no financial commitments (house, car, etc) holding me back from picking up and taking off for a year.”

”The biggest challenge is the fear that you will never find something suitable for you. If I didn’t figure it out during my university career, why would I in the year or two after my degree? It’s also hard to take a year off if you’re in a field where you need to keep up to date with what’s new. In my case, I was (and am) afraid that I’ve forgotten a lot of information because I haven’t had to use it. Also, if you’re planning on applying to grad school, some require that the prerequisite courses are taken in the last “x” number of years. It’s also more intimidating getting references after you’ve left school for awhile, so keep in touch with potential referees.”

”I left the country for 7 months and travelled Southeast Asia and Australia on a working-holiday visa, which means while I was in Australia I worked while backpacking. It was such an amazing experience, that words cannot describe it. I travelled for 5 of the months with one of my best friends who I graduated with. I am now in my second gap year, working at a clinic. I decided while I was away that I wanted to pursue a career in health care, and more specifically Physiotherapy. That is why I’m working at the clinic (team leader and physician’s assistant)– to get experience in a health care setting.”

”I don’t think I have learned any new skills, but I learned a lot about myself – for instance that I don’t like Sales and I don’t want a desk job. I have definitely been able to enhance my interpersonal skills with all of the patients I interact with at the clinic, as well as all the people I met on my trip.

Lisa said she would do the same thing, now given what she knows about taking time off. “I might have left the country for longer, but I like the way I did things.” She said.

Her advice for students who are considering taking a year off is:

- ”Do it! If you don’t take a year off to experience the world and get to know yourself now... will you have any other opportunity before you retire?”

Andrew McLeod

Andrew McLeod teaches English as a second language in Korea, near Seoul.

“I teach about 35 hours per week through the school, but the hours are very spread out, so that I start work at 6:30 am and finish around 9:00 or 9:30 every night. The main challenge, as well as the main reward, is getting to experience a very different culture,” says Andrew.

“Willingness to experience new things is a must, as is patience. You receive virtually no training, so the ability to learn on the job is also quite important.”

Andrew found the job through the UTM Career Centre.

”The Career Centre’s job listings website was very helpful,” he says. “Koreans are very interested in learning English, and will hire almost any native speaker with a degree, so being hired was not difficult.”

Andrew enjoys this position and working a 1-year contract has taught him a lot about different cultures. Eventually, he would like to become involved in a career that allows him to improve the lives and experiences of university students.

“Be very careful when selecting an institute to work for in Korea. There is very little governmental control of the industry and many teachers find themselves mistreated,” he says.

“Be sure to research your potential employer very carefully, because finding out they're not a good company over here is finding that out too late and virtually nothing can be done once you're here. There are websites that keep a record of complaints from foreign teachers that you should visit, and you should also ask for the e-mail addresses of the other teachers at your institute, so that they can describe their experiences.”

Benjamin Schmidt

Benjamin graduated from UTM in June 2007 with an Honors Bachelors of Science degree. He has a double major in Psychology and Management as well as a Philosophy minor. Benjamin did not take a gap year after graduation. Instead, he took internships in Germany for about 6 weeks every summer while he was at university.

His advice for students who are considering working in another country is:

- “Make sure you understand the basics of their culture. People’s behavior in other countries can be surprisingly different. It is good to get a sense of the courtesies and norms of another culture before you go there. This will help to avoid many awkward moments.”
- “Plan things through. Make sure you have a position (if possible) before you start your journey. Know what is involved in the position and make sure you have a place to stay (i.e. a roof over your head).”
- “Be open to learning new things and learning a new language. This can be vital to having a good time in another country.”
- “It is important to think about references early on. References will be very helpful when you apply for your next job. Get a reference from your manager when you are about to end your position. It often becomes hard to get these once you returned to Canada.”

VII. Meet the Panelists

Michael Borrelli

Gap year experience: After graduation, Michael traveled across Canada, then traveled to Belize, Guatemala, and Europe, including some of Eastern Europe.

Current Title: Business Analyst, Strategy and Operations, Consulting Practice, Deloitte

Heather Hines

Gap year experience: Heather taught English in Japan for two years.

Current title: Program Coordinator, Department of Management, University of Toronto Mississauga

Rebecca Markey

Gap year experience: Rebecca traveled and volunteered abroad.

Current title: Career Counsellor, Career Centre, University of Toronto Mississauga

Bradley Sharer

Gap year experience: Bradley spent some time working in an art store and a furniture retailer before starting his career in sales and marketing. He also took some media and marketing courses before he got his first office job.

Current title: Account Executive, DB Schenker Inc.

Christelle Thibault

Gap year experience: Christelle traveled for 7 month after graduation.

Current title: Regional Coordinator - Ontario, YMCA Summer Work Student Exchange

VIII. UTM Career Centre: Services, Resources & Events

The UTM Career Centre offers a wide range of services and a wealth of resources to make the process of career planning and job search easier and smoother for you. As well, the dedicated staff at the Career Centre are always willing and ready to help make this process even easier for you and show you how a gap year experience can fit into your plans. To find out more information about any of these services, please check our website at www.utm.utoronto.ca/careers , call us at 905-828-5451 or come in to our office in SE3094.

Individual Career Counselling

If you are unsure about your career direction or how taking time off might fit in your lifestyle, you may find it helpful to make an individual appointment with one of our professional career counsellors. You can visit the Career Centre during our office hours (Monday – Friday, 10:00 am – 4:00 pm) or call 905-828-5451 to make an appointment. Sign up for workshops is done through the Events Calendar on our website (www.utm.utoronto.ca/careers).

Workshops

Small group workshops help you begin your career planning and sharpen your work search skills. We offer a variety of workshops covering different phases in the career planning process. Check the Workshops and Events portion of each section of UTM Career Centre website for more information.

Resume & Cover Letter Toolkit

Learn how to prepare an effective resume and cover letter by using the Resume & Cover Letter Toolkit. This Toolkit can be accessed from the Career Centre website.

Resume & Cover Letter Critiques

Individual 30 minute appointments are available in the Career Centre. Online same-day sign-up is available on critique days starting at 9:00 a.m. For a list of critique days and to sign up see our Events Calendar.

Get Experience Fair

This Career Centre event is a great opportunity to explore a wide range of valuable experiences that will help you as you work towards your career goals. Employers are interested in students who have demonstrated their skills through academic, work, volunteer and extra-curricular experiences while at university. You will be able to explore a career area and better understand what skills are necessary for success in a particular field. You will develop valuable contacts and expand your personal network. The Get Experience Fair is usually held during late September.

Professional Schools Fair

This fair provides an opportunity to speak with representatives from programs such as law, dentistry, medicine, physiotherapy, education, business, social work, graduate studies and college post-graduate studies. The Professional Schools Fair is usually held in early October.

Career Expo

Take the opportunity to network with professionals in a wide range of organizations about typical career paths available in their fields. Learn what skills, experience and education are desired and get a head start on finding your ideal career. Held annually in late October.

Summer Job Fair

Speak with representatives from dozens of organizations and learn about a wide range of summer opportunities! The Summer Job Fair is usually held during mid-January.

Extern Job Shadowing Program

A unique career exploration program, offering current U of T students the opportunity to investigate their career interests in the actual workplace over a 1-5 day voluntary placement in February and/or May.

Alumni Career Connections

A partnership of the Career Centre and Office of Advancement, this new program allows current students to make connections with UT Mississauga alum working in the field of their choice to arrange an information interview. Information interviewing is a way for you to gain valuable insights into your career area of interest, that would otherwise be difficult to find in books or on the internet. The insights you gain will allow you to make more informed decisions. More info: www.utm.utoronto.ca/careers/alumni_connections.html

Career Resource Library:

NOC binders

The Career Centre Resource Library holds a large amount of helpful print resources, including the NOC Binders (National Occupational Codes relating to specific career fields). Visit the Career Centre and ask the Career Assistants to show you the various resources.

Related books

There are numerous great books which offer information regarding resumes and cover letters, job search strategies, personality matching, as well as careers by major and much more. Examples of relevant books are:

- ❖ Roadtrip Nation
- ❖ Taking Time Off
- ❖ The Big Guide to Living and Working Overseas
- ❖ The Global Citizen
- ❖ The Global Resume and CV Guide
- ❖ The Gap Year Book
- ❖ Vault Career Guide to International Careers

Related Magazines

There are various Magazines that offer wealth of resources and information for students interested in going abroad. Examples of relevant magazines are:

- ❖ Abroad
- ❖ Projects Abroad
- ❖ Verge

Additional Selected Web Links:

Careers by Major

Check out Careers by Major section under Explore Careers on our website to explore careers based on wide selection of careers. Additional resources are available in the Career Centre Library in the What can I do with my Degree Section.

Career Cruising

Career Cruising is a Canadian website with information on over 400 careers, including profiles of professionals in the field. Through this database, you can search by school subject or cluster, or use the career selector to find the information you are looking for. Also, a great tool is the Career Matchmaker – it allows you to see what careers might suit you best.

*You can access this resource in the Career Centre or at home through you Career Centre Account.

Related Panel Packages & Information Packages

You can find related panel & information packages in the resources & links section under Explore Careers in the Career Centre website. Sample of related packages include:

- ❖ Work Abroad Panel
- ❖ Career Exploration for International Students
- ❖ Careers in Languages
- ❖ Careers in International Development



Keep up-to-date with all the latest information about career fairs, industry panels, networking events and more.

Sign-up for the Career Centre's e-mail newsletter via our home page or add 'Jimmi C' as a friend on Facebook!

Career Centre @ UT Mississauga
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Web: www.utm.utoronto.ca/careers