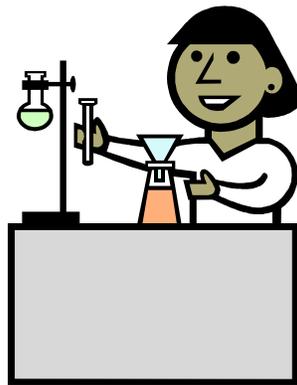


The Amazing World of **PHYSIOLOGY**



Prepared By: Kirandeep Dhindsa, 2008

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Author's Note

This package is intended to help you determine the various career options that are available with a physiology background. Information contained in this package can be used for career planning and work search purposes. If you require further clarification or assistance while reading through this package, please do not hesitate to speak with a Career Assistant on shift or book an individual career counseling appointment to speak with a professional Career Counsellor. More information is provided in the package stating the many resources/services available to students at the UTM Career Centre. **Remember, the Career Centre is here to assist you during your career development, career planning, and career work search!**

INTRODUCTION



Before you begin exploring through this package, take a few minutes to determine if you relate to the following questions:

- ✓ **What career options are available for students with a physiology background?**
- ✓ **Who usually employs physiology graduates?**
- ✓ **How can I develop relevant work experience?**
- ✓ **Do I need to go to professional or graduate school to find a job?**
- ✓ **What skills do I need to become a working professional upon graduation?**
- ✓ **Can I possibly do something else with my B.Sc aside from a science related career?**

If you answered yes to any of the questions above, then you are in luck, because answers to common questions such as these (as well as others) can be found throughout this package!

As a science student you are probably trying to discover how your background in physiology can be applied to a full time career. Perhaps you have considered going to medical school, becoming a pharmacist, or maybe you simply haven't thought about all of this until now. On the other hand, you may have already decided that you would like to pursue a career in physiology, but you require additional information to begin your career planning and work search. In any case, if you fall into one of these scenarios or both, don't worry! This package will certainly provide you with the information you need to begin exploring various career options which complement your goals, interest, skills, qualities, experiences and values.

To begin, a brief background on physiology will be outlined in order to get you thinking about what the study of physiology really entails.

WHAT IS PHYSIOLOGY?

'Physiology is the study of life, in particular how cells, tissues and organisms function. The study of physiology constantly tries to make connections between the functions of single cells and the interactions humans have with the environment. Essentially, physiology provides the basic information for understanding the normal function of the body, explains how normal function may be altered in pathological conditions, and provides insight for developing strategies to manage and treat various diseases and conditions. Physiology is concerned with answering questions such as what limits human athletics in performance, how does a person's gender affect his or her body's response to physiological/environmental stress, or why does a person's genetic inheritance predispose him/her to certain diseases in life?'¹

'Physiology can be studied at many sub disciplines including: animal physiology, comparative physiology, environmental physiology, evolutionary physiology, developmental physiology, plant physiology, human physiology, cell physiology and many more'.²

'Physiology plays a central role in all biological sciences and research fields, including: molecular biology, biochemistry, biophysics, cell biology, pharmacology, medical sciences, and veterinary sciences and gravitational and space biology'.²

'As a student, there are several reasons why you should consider studying physiology. Firstly, it is a core subject in all health-related disciplines (e.g. medicine, dentistry, nursing, kinesiology, physiotherapy, etc.). Students take physiology as a background or prerequisite for these disciplines. Secondly, students wishing to do graduate studies in any of the health sciences disciplines find physiology to be a valuable background for providing an overall perspective on how the body works. Third, most students find physiology to be interesting and consequently they are often motivated to learn.'³

If you would like to learn more about physiology as a subject matter, visit the Canadian Journal of Physiology and Pharmacology to read monthly journal reports on physiology, toxicology, and other topics: <http://pubs.nrc-cnrc.gc.ca/rp-ps/journals.jsp?lang=eng> or you may wish to visit the American Physiological Association website for extensive information on physiology: <http://www.the-aps.org/careers/careers1/GradProf/gphysiol.htm>.

As you can already see, the study of physiology can open numerous doors for professional careers. Many of the careers associated with physiology thrive on helping others and discovering science mysteries of life. If you enjoy these particular attributes than a career in physiology could be for you!



¹ <http://www.the-aps.org/careers/careers1/GradProf/gphysiol.htm>

² NOC212 Binder- Physiology

³ <http://www.physpharm.med.uwo.ca/undergrad/whatisphysio.html>

CAREER OPTIONS IN PHYSIOLOGY



The study of physiology prepares students for a wide range of careers! However, sometimes students hold the belief that an undergraduate science background can only be applied to conventional career paths such as going to medical school, becoming a pharmacist, or working in the biotechnology industry etc. Most students find themselves embracing common “major” myths while at university.

For example, many students believe that picking a major and a career is the same thing. Many students also believe that a university major determines what their lifelong career will be and that a major is something they will be stuck with forever. However, this is not entirely true! Your choice of a major does not determine your career; majors only help to enhance certain skills that will help you to be successful in a number of occupations. It is a common fact that most people will end up working in a career which is totally opposite to the major they had chosen at university. It is also a common fact that most individuals will change their position and careers 6-7 times over a life time.⁴ Therefore, it is important to understand that while the choices you make today can certainly impact where you will be down the road, these choices will certainly not stop you from making any career changes in the future.

Before you begin to consider the possible career options listed below, take a moment to identify your skills, qualities, interests, experiences and values. Identifying these factors is extremely important because your chosen career path should compliment and embrace the factors mentioned. A successful career is not always based on monetary status; rather, a successful career is a combination of all these elements. Identifying these factors will also cause you to consider and explore career paths you may have never considered before. For example, if you identify that you excel in sales, you enjoy working with medical equipment, and that you value helping others, then a career as a Medical Salesperson may be for you.

It is important to understand that occupations listed below are merely a sample of what you can do if you have the appropriate skills, education, and experience. This does not mean that the jobs listed below are the only options you have. These jobs are listed to provide you with ideas as to the typical careers/jobs physiology students pursue. Lastly, please note that some of the careers listed below will require you to have additional qualifications and educational background.



If an occupation peaks your interest, feel free to browse through the Career Centre library to learn more about the specific occupation. Also, occupations marked with an asterisk (*) have career profiles which can be viewed using Career Cruising. Ask a Career Assistant to help you navigate through Career Cruising.

⁴ http://www.utm.utoronto.ca/careers/your_program.html

CAREER OPTIONS IN PHYSIOLOGY continued...

⁵Career Options Chart:

<u>Direct Options in Physiology:</u>	<u>Non-Science Related Careers :</u>
✓ Lab Assistant	✓ Management Consultant*
✓ Research Assistant	✓ Investment Advisor*
✓ Bacteriological Technician	✓ Recruiter*
✓ Technology Transfer Officer	✓ Entrepreneur/ Venture Capitalist*
✓ Clinical Assistant	✓ Guidance Counsellor
✓ Biological Researcher	✓ Public Relations Specialist*
✓ Pest Control Consultant*	✓ Human Resources Specialist*
✓ Pharmaceutical Sales Person	✓ Actuary*
✓ Medical Transcriptionist*	✓ Marketing Specialist*
✓ Medical Illustrator*	✓ Market Researcher Analyst*
✓ Hunger Policy Analyst	✓ Job Analyst
✓ Medical Equipment Sales Person	✓ Risk Management
✓ Water Quality Inspector	✓ Insurance Agent*
✓ Cardiovascular Technician*	✓ Fundraiser*
✓ Home Care Worker*	✓ Academic Advisor
✓ Medical Lab Technician*	✓ Alumni Relations Officer
✓ Physiologist	✓ Educator/Trainer*
✓ Personal Trainer*	✓ Informal Science Educator
✓ Geneticist Assistant	✓ Journalist*
✓ Health Care Administrator*	✓ Producer*
✓ Practical Nursing*	✓ Editor*
✓ Therapist Assistant	✓ Broadcaster/Announcer*
✓ Brewery Technician	✓ Web Developer*
✓ Echo Cardiographer	✓ Reporter*
✓ Food Inspector*	✓ Publisher*
✓ Food Scientist*	✓ Administrative Assistant*
✓ Physical Therapy Assistant*	✓ Public Policy Analyst*
✓ Ward Clerk	✓ Informatics Specialist
✓ Professor	✓ Administrator
✓ Health & Safety Inspector	✓ Lawyer*
✓ Exercise Physiologist	✓ Judge*
✓ Fitness Program Director/Instructor*	✓ Court Clerk*
✓ Reproduction Technologist	✓ Librarian*
✓ Polysomnographic Technician	✓ Personal Financial Planner*
	✓ Teacher*

CAREER OPTIONS IN PHYSIOLOGY continued...

Career Options Chart:⁵

Alternative Career Options:

- | | |
|------------------------------------|------------------------------------|
| ✓ Artificial Intelligence Designer | ✓ Nutritional Chemist |
| ✓ Cardiology Assistant | ✓ Biological Scientist |
| ✓ Genetic Counsellor* | ✓ Sports Medicine Physician |
| ✓ Pharmacologist* | ✓ Toxicologist |
| ✓ Biotechnologist* | ✓ Pharmacist* |
| ✓ Forensic Scientist* | ✓ Dentist* |
| ✓ Occupational Safety Technician | ✓ Medical Doctor |
| ✓ Blood Bank Technologist | ✓ Biomedical Engineer* |
| ✓ Midwife | ✓ Veterinarian* |
| ✓ Prosthetist* | ✓ Patent Agent |
| ✓ Public/Community Nurse* | ✓ Paramedic* |
| ✓ Medical Anthropologist | ✓ Optometrist* |
| ✓ Nutritionist/Dietician* | ✓ Chiropractor* |
| ✓ Psychiatrist* | ✓ Occupational Therapist* |
| ✓ Therapist* | ✓ Physical Therapist* |
| ✓ Health and Lifestyle Columnist | ✓ Audiologist* |
| ✓ Bioethicist | ✓ Speech Pathologist* |
| ✓ Psychologist* | ✓ Practitioner of Chinese Medicine |
| ✓ Community Worker | ✓ Epidemiologist* |
| ✓ Environmental Consultant* | ✓ Microbiologist* |
| ✓ Aquaculturist* | ✓ Public Health Director |
| ✓ Natural Health Practitioner | ✓ Rehabilitation Counsellor* |
| ✓ Disease Control Specialist | ✓ Sport Scientist |



⁵ <http://caps.mcgill.ca/tools/degree/physiology.php>
<http://www.careers.utoronto.ca/libResource/careerByDegree-physiology.aspx?tr=>
<http://www.medicine.usask.ca/physiology/potential-careers-in-physiology>

WHO EMPLOYS PHYSIOLOGY STUDENTS

Employers Chart:⁶

Science Related Employers:

- ✓ Educational Institutions
- ✓ Biotechnology Companies
- ✓ Pharmaceutical Companies
- ✓ Grant Agencies
- ✓ Regulatory Affairs
- ✓ Ministerial Departments
- ✓ Public Service
- ✓ Health Services
- ✓ Private Practice
- ✓ Scientific Journals
- ✓ Correctional & Rehabilitation
- ✓ Laboratories
- ✓ Sports & Athletics Programs

- ✓ Government
- ✓ Medical Centres
- ✓ Community Centers
- ✓ Health & Sport Organizations
- ✓ Research Centers
- ✓ Universities

Non-Science Related Employers:

- ✓ Banks
- ✓ Marketing/Advertising Companies
- ✓ Retail Stores
- ✓ Law Firms
- ✓ Human Resource Departments
- ✓ Consulting Companies

Here are a few examples of employers who have hired physiology students in the past:

- | | |
|---|---|
| ✓ Jamieson Laboratories | ✓ Centre for Addiction and Mental Health |
| ✓ Life Brand | ✓ Hospital for Sick Children |
| ✓ Medicare Inc. | ✓ St. Michael's Hospital |
| ✓ Pfizer Canada Inc. | ✓ African Medical and Research Foundation of Canada |
| ✓ Ontario Ministry of Health | ✓ Canadian Physicians for AID and Relief |
| ✓ Ontario Ministry of Labour | ✓ Cleveland Clinic Canada |
| ✓ Kraft Canada | ✓ Boston Consulting Inc. |
| ✓ General Mills | ✓ University of Toronto |
| ✓ College of Physicians and Surgeons of Ontario | |
| ✓ Toronto District School Board | |



⁶ <http://www.careers.utoronto.ca/libResource/careerByDegree-physiology.aspx?tr=>
<http://caps.mcgill.ca/tools/degree/physiology.php>
http://www.physiology.unimelb.edu.au/ftp/Careers_in_Physiology.pdf

SKILLS NEEDED FOR PHYSIOLOGY CAREERS

Physiology careers demand students to have a wide range of skills. Different occupations require individuals to have certain skill sets over others. However, most physiology careers require students to have many of the skills listed below.

Worried that you may not have all the skills below to start a successful career in physiology? Don't sweat it! Many of the skills listed below are developed throughout your time here at university. If you feel like you are lacking the skills credentials then gaining relevant work experience during university can help diversify your skill set and reduce your worries. It is important to keep in mind that employers do not necessarily expect you to possess all the skills listed below; rather, employers are looking to see if you have dedicated the time to build some of these skills. Employers want students who have built transferable skills, and shown a keen interest in personal development.

Skills Chart:⁷

<p>Quantitative/Analytical Skills</p> <ul style="list-style-type: none"> ✓ Problem solving ✓ Planning ✓ Experimental design ✓ Data analysis + evaluation ✓ Analyzing scientific literature ✓ A thorough knowledge of the functions of the human body ✓ Mathematical ability ✓ Project management <p>Technical/Laboratory Related Skills</p> <ul style="list-style-type: none"> ✓ Laboratory safety awareness ✓ Laboratory practices ✓ Use of animals and humans in research ✓ Complying with quality control regulations ✓ IT skills ✓ Eye-hand motor skills <p>Written/Communication Skills</p> <ul style="list-style-type: none"> ✓ Interviewing skills ✓ Presentation skills ✓ Technical writing ✓ Grant writing ✓ Evaluating peer review ✓ Teaching/Mentoring ✓ Interacting with professional societies; networking 	<p>Interpersonal Skills</p> <ul style="list-style-type: none"> ✓ Time management ✓ Working with culturally diverse people ✓ Demonstrating sensitivity to confidential information ✓ Ability to lead, persuade and influence others ✓ Managing multiple tasks ✓ Ability to work independently and in a team ✓ Entrepreneurial skills ✓ Professionalism <p>Lifelong Learning Skills</p> <ul style="list-style-type: none"> ✓ Independent learning skills ✓ Motivation to keep up with current information and technology ✓ Career development skills 
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⁷ <http://www.careers.utoronto.ca/libResource/careerByDegree-physiology.aspx?tr=>
<http://caps.mcgill.ca/tools/degree/physiology.php>
<http://www.the-aps.org/careers/careers1/GradProf/gskills.htm>

FURTHER EDUCATION OPTIONS

Now that you have a general sense of the types of occupations you can work in which directly deal with physiology, it is also important to understand that many of the occupations listed above require higher level of education beyond B.Sc. This may include graduate or professional school or post graduate programs. From the Alumni Profiles listed later in this package, you will understand the importance of higher education and how it can help you achieve your goals. Although it may seem as though you are being asked to spend a lot of time in school, higher level of education will certainly open the doors to career paths which cannot be pursued with a bachelor's degree. There are many forms of higher education, so you can explore which one works best for you.

Upon completion of your B.Sc, you have the option to study physiology at a Master and/or PhD level or you can attend professional schools to obtain certain licenses in health careers. Listed below are the universities across Canada who offer physiology at a masters/doctoral level:



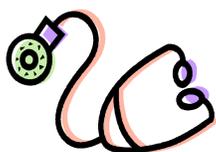
School Chart:⁸

University	Website
University of Alberta	http://www.gradstudies.ualberta.ca/
University of British Columbia	http://www.grad.ubc.ca/
University of Manitoba	http://www.umanitoba.ca/faculties/graduate_studies/
Dalhousie University	http://www.dalgrad.dal.ca/
McMaster University	http://www.mcmaster.ca/graduate/
University of Ottawa	http://www.science.uottawa.ca/
Queens University	http://www.queensu.ca/sgsr/
University of Toronto	http://www.sgs.utoronto.ca/
University of Western Ontario	http://www.uwo.ca/sci/
Bishop's University	http://www.ubishops.ca/academic.htm
Universite Laval	http://w3.fmed.ulaval.ca/site_fac/
McGill University	http://www.mcgill.ca/gps/
Universite de Montreal	http://www.fesp.umontreal.ca/
Universite de Sherbrooke	http://www.usherbrooke.ca/
University of Saskatchewan	http://www.usask.ca/cgsr/
University of Victoria	http://registrar.uvic.ca/grad/

⁸ <http://oraweb.aucc.ca/pls/dcu/showdcu2>

FURTHER EDUCATION OPTIONS continued...

<p>Interested in studying outside of Canada? Check out the resources listed to the right in order to learn about the various programs and schools abroad.</p>	<p>Online Resources http://www.petersons.com/ - Petersons http://www.gradschools.com/ - Grad School</p> <p>UTM Career Centre Resources Take a look in our career resource library under the 'Further Education' section to browse through various 'Study Abroad' bins to view catalogues from schools across the globe.</p>
<p>Interested in applying to medical related professional schools? Check out the resources listed to the right to gain additional information about professional schools.</p>	<p>Online Resources http://www.ouac.on.ca/omsas/ - Ontario Medical School Application Service http://www.utm.utoronto.ca/careers/other_programs.html - Information on Other Programs ie: Dentistry, Pharmacy etc.</p> <p>UTM Career Centre Resources Preparing for Pharmacy Tipsheet Admission Test Tip sheets Dentistry Tipsheet HEA311- Medical School Binder Plus many others!</p> <p>UTM Career Centre Workshops <i>Getting into Medical School</i> - Attend this session to learn more about admission requirements and the application process.</p>
<p>Wondering about Post-Graduate Options? Check out the resources listed to the right to gain additional information about post-graduate studies.</p>	<p>Online Resources http://www.utm.utoronto.ca/careers/post_grad.html - College Post Grad Programs</p> <p>UTM Career Centre Resources Take a look in our career resource library under the 'Further Education' section to browse through various post graduate calendars/catalogues from schools across the globe.</p>
<p>Not sure if further education is for you? Check out the resources listed to the right to determine if further education is an option for you.</p>	<p>Online Resources http://www.utm.utoronto.ca/careers/pdf/CAGSHandbook05.pdf - A Potential Guide To Your Future</p> <p>UTM Career Centre Resources Considering Graduate School Tipsheet</p> <p>UTM Career Centre Workshops <i>The Road To Graduate School</i>- Attend this session to learn about the process of applying for graduate school, the steps that you need to take and the criteria used for choosing applicants.</p>



GAINING RELEVANT WORK EXPERIENCE



As you already know, university does a great job of preparing you with the theoretical background you need to pursue a specific occupation/career. Our professors do a wonderful job of providing students with invaluable knowledge to apply in the workforce. However, do prospective employers regard the classroom as the only enriching experience the university setting can offer you? Hardly not! Most employers want students who demonstrate a combination of theoretical knowledge with practical experience. Employers are always looking for well rounded students who demonstrate a balance between academics and other commitments. Essentially, employers are interested in hiring students who demonstrate theoretical and practical success.

This section will outline the various activities you can get involved in to gain relevant work experience. Information contained below will help you look for part-time, summer, volunteer and fulltime opportunities both on and off campus. Suggestions provided here should be used as a starting point in looking for work opportunities; this is not an exhaustive list of how you can gain relevant work experience!

ON CAMPUS OPPORTUNITIES

On-Campus Fairs

The Career Centre holds annual fairs to help students connect with employers and look for jobs. The following two fairs may be of particular interest to you since these fairs can help you look for jobs relevant to your field of study. To learn more information about these fairs visit: http://www.utm.utoronto.ca/careers/explore_events.html

- ***Get Experience Fair:*** Attend the Get Experience Fair to learn about opportunities to get involved on campus or in the community.
- ***Career Expo:*** Attend Career Expo and network with representatives from a wide range of organizations about typical career paths available in their industry. Learn what skills, experience and education are desired and get a head start on your search for employment.

Research Opportunity Program (ROP)

The Research Opportunity Program allows students to earn a full course credit by participating in a faculty member's research project. This program is a great way to build research, analytical, and data evaluation skills. Science students have the opportunity to take BIO299/399 as a Research Assistant. For more information regarding the ROP visit: <http://www.utm.utoronto.ca/428.o.html>

GAINING RELEVANT WORK EXPERIENCE continued...

Internships and Experiential Learning

Many of the UTM programs provide senior level students the opportunity to gain a course credit while completing un-paid part-time internships in the field study of their choice. The Biology Department at UTM currently offers a Biology Internship course. To learn more about this opportunity visit: <http://www.utm.utoronto.ca/intern/>

Work-Study Positions

Work study positions are available to UofT students who are eligible for OSAP. The work study program typically runs from September through March. Work study positions are a great way to gain relevant work experience and many of the positions require students to work closely with professors. As a result, these positions are a great way to get to know your professors outside of lectures and build contacts for reference letters when applying for graduate/professional schools. To learn more about the work study program visit: http://www.utm.utoronto.ca/careers/work_study.html

Here is a sample physiology related work study position which was available to UofT students for the 2007/2008 school term. **Although this isn't a current posting**, you can use it to understand the qualifications, and the position in order to prepare yourself for future applications. Come to the Career Centre, and a Career Assistant can show you how to access other "delisted" postings. You can also use other "delisted" postings to develop a list of potential employers for the future. Getting in touch with employers before the hiring process is an excellent way to show your interest in the position.

Job Posting:⁹

Work-Study Position: Laboratory Technician, Physiology

Date Listed: Sep 4, 2007

NOC Code(s): NAT-210, NAT 212

Work Order Number: 2008.WC.0722

Skills: Technical (non-computer)

Time Management

Number of Vacancies: 2

UofT Campus: Mississauga

Position Description

To gain technical experience in a laboratory setting. Will gain experience in research in insect physiology and molecular biology.

Job includes: insect colony maintenance, learning various techniques such as biological assays, conducting experiments and making observations, entering of scientific data in software programs specific for physiology.

Degree: Other

Discipline: Science

Hours of Work/Week: 12

Special features about the hours of work: Flexible Hours

How to Apply: Resume and Covering Letter

Employer/Contact Information

Organization: UTM- DEPARTMENT OF BIOLOGY

Contact: Dr. Angela Lange, Professor

⁹ www.utm.utoronto.ca/careers

GAINING RELEVANT WORK EXPERIENCE continued...

Summer Laboratory Opportunities

Many UTM professors hire students to work in their labs or work on specific projects during the summer. Most professors prefer hiring students they personally know as they are already aware of the student's skills and interests. It is highly suggested that students build a relationship with their professors in order to determine any employment opportunities. It is always a good idea to ask professors directly whether you can be of any assistance in their research. You may also consider getting in touch with St. George faculty as they have their own physiology department: <http://www.sgs.utoronto.ca/>

UofT Clubs

Joining a student organized club/association on campus is another great way to build relevant experience especially when you get involved as an active member in the club through executive and director roles. Many of the clubs on campus liaison with industry employers, therefore this can create excellent opportunities to build networking contacts with industry professionals. Here is a brief sample list of clubs on campus which you may consider joining:

- UTM Pre-Med Club
- UTM Erindale Biology Club
- Undergraduate Physiology Students' Association (St. George)
- Graduate Association of Students in Physiology (St. George)

To identify more clubs across the three campus bodies, visit:

<http://www.sa.utoronto.ca/groups.php?waid=2&glid=16>

Science Outreach

Science Outreach is a student-driven, not-for-profit organization at the University of Toronto. This program offers science students a rewarding and unique experience for energetic and enthusiastic young people interested in promoting science and engineering in a fun and positive way. Science Outreach offers both volunteer and employment opportunities. For more information on the organization visit:

http://www.ecf.utoronto.ca/~sciout/employment_volunteer_more/volun_employ.html

Volunteer Positions On-Campus

Volunteering on campus is yet again another great way to gain marketable skills, build networking contacts, and have something to write about on your resume. Not only does volunteering look good on your resume, but it gives you the opportunity to give back to the community while making a difference and employers are impressed by this type of commitment! The following are a list of organizations that you may wish to volunteer with:

- UTM Accessibility Centre- www.utm.utoronto.ca/access/index.htm
- Community On Campus- www.utm.utoronto.ca/services/community
- Erindale College Special Response Team- home.utm.utoronto.ca/~ecspert
- Let's Talk Science- www.utm.utoronto.ca/~w3ltsutm
- University Health Network- www.uhn.ca

If you are interested in learning about other organizations on campus that typically look for volunteer students, check out the 'On Campus Volunteer' binder found in the Career Centre library under 'What Can I Do With My Degree'.

GAINING RELEVANT WORK EXPERIENCE continued...

OFF CAMPUS OPPORTUNITIES

Natural Sciences & Engineering Research Council of Canada (NSERC) (Research Opportunity)

NSERC supports approximately 16 000 qualified students in their research proposals. NSERC supports the development of highly qualified Canadians in the natural sciences and engineering through a number of scholarships and fellowships programs. These programs are intended to stimulate the interest of undergraduate students in research; provide financial support to graduate students and postdoctoral fellows engaged in advanced studies and research; and assist recent recipients of doctoral degrees in adding to their research experience. For more information visit: http://www.nserc.ca/sf_e.asp?nav=sfnave&lbi=pg

National Research Council Canada (NRC)

The NRC Student Employment Program provides students with practical career-related experience in research and development, library sciences, communications, marketing and other career areas. The Student Employment Program offers students a challenging and intellectually stimulating environment, while providing them with access to superior equipment, facilities and expertise. To learn more about the Student Employment Program, visit http://careers-carrieres.nrc-cnrc.gc.ca/programs/summerempl_e.html

Hospitals/Laboratories

If you are interested in working in the hospital/laboratory environment to gain hands on experience working with medical patients, medical equipment, or conducting activities for medical labs, then feel free to check out the Canadian Health Facilities Directory (HEA-310) found under the 'Career Profiles' section of the Career Centre library. This directory is an excellent way to get access to information for cold-calling employers, and website addresses to view employer postings. Here are the names of a few Canadian Health Facilities listed in the directory:

Hospitals

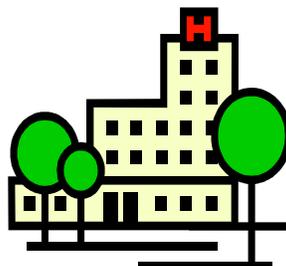
- Princess Margaret Hospital-University Health Network (Toronto)
- Hospital For Sick Children (Toronto)
- Credit Valley Hospital (Mississauga)

Long Term Care Facilities

- Beechwood Court (Mississauga)
- Mississauga LifeCare Centre (Mississauga)
- Central Park Lodge (Toronto)

Medical Laboratories/Clinics

- Hospitals In-Common Lab Inc. (Brampton)
- Canadian Medical Laboratories (Mississauga)
- Dynacare Laboratories (Toronto)



GAINING RELEVANT WORK EXPERIENCE continued...

Volunteer Positions Off-Campus

Looking for off-campus opportunities to volunteer? Check out the 'Off-Campus Volunteer Opportunities' binder under "What Can I Do With My Degree" section of the Career Centre library. Here are a few sample organizations listed in the binder who can help you build relevant experience:

- Alzheimer Society of Peel
- Canadian Red Cross
- Mount Sinai Hospital
- Trillium Health Centre
- St. John Ambulance

Internships

Want to build relevant career experience? How about finding a placement in an internship program where you can build short-term work experience. You may view internship postings through the Career Centre job posting account or in the Canadian and U.S Internship binders under the 'What Can I do With my Degree' section of the Career Centre library. Sample internships found in the binders include:

- *Global Internship Program- 'Health Matters'*- Intern works closely with daily health segment host to help identify the Health Stories of the day, gather footage, do interviews related to daily stories, answer viewer email and help to ensure all elements of the segment are in place for the show.
- *Biotalent Canada Career Focus Program*- This program is designed to give students an opportunity to gain real work experience and develop personal network contacts within the biotech sector.
- *Procter & Gamble Pharmaceuticals*- Students will have the opportunity to work directly with customers, promoting prescription medicines to physicians, pharmacies and hospitals. Students may also have the opportunity to participate in the development of CBD projects with P&G's Customer Marketing Organization.

Professional Associations

Professional associations are great way to tap into current industry information. Many associations have member privileges for students, and allow students to have access to job postings. Visit the professional association links below to view job postings, get access to career information, and much more.

- **American Physiology Association**
<http://www.the-aps.org/>
- **Canadian Physiological Society**
<http://www.cps.cfbs.org/home.html>
- **Canadian Association for Anatomy, Neurobiology, & Cell Biology**
<http://caanb.blogspot.com/>
- **Canadian Society for Exercise Physiology-**
<http://www.csep.ca/main.cfm?cid=574>

GAINING RELEVANT WORK EXPERIENCE continued...

- **Society of Toxicology of Canada-**
http://www.stcweb.ca/default_e.htm

To identify other professional associations which may be of interest to you, check out the 'Associations Canada' directory. This directory has a comprehensive list of Canadian/ American associations.

Career Centre Postings

Using the Career Centre job postings account is another way to find employment opportunities. This database will allow you to view part-time, full-time, volunteer, and summer positions. The following pages will give you an idea of the types of postings found on the Career Centre job postings account. You may also use the sample postings to observe the types of career opportunities available with a certain level of education. **Please note these are not current postings!**

SAMPLE DELISTED POSTING # 1

Service: Recent Graduates Employment Service

Position Title: Research Technologist I

NOC Code(s): NAT-210, NAT-212

Job Order Number: 2008.RG.2200

Skills:

- Organizational
- Research

Location: Toronto

Number of Positions: 1

Compensation: Commensurate w/ exper.

Area: Toronto

Part-time/Full-time: Full-time

Position Duration: Contract: 12 months

Position Start Date: Immediately

Position Description:

Employment Type: Fixed Term Full-time

Hours per Week: 35 hours per week (1.0 FTE); one year contract

Department: Infectious Diseases program, Physiology and Experimental Medicine Department, Research Institute

Seeking laboratory technician to develop serologic assay for cystic fibrosis patients at the Hospital for Sick Children. The research technologist gives technical assistance to fellows, students and researchers or works on one main project designed by the investigator. Performs under general supervision, a variety of diversified assignments of a technical nature. Plans tests, measurements and makes simple components, sets up equipment. Work usually consists of projects of varying procedures and complexity. Usually works from/with standard procedures and practices and may assist in developing, devising or improving new ones or in modifying existing methods, practices and procedures. Orders and maintains inventories of supplies, animals and equipment. Communicates and maintains records of experimental data.

Qualifications: Must have basic laboratory research skills including ability to do western blots, ELISAs etc. Post docs welcome to apply. Bachelor of science degree in a related field; one year relevant experience.

Industry: Health
 Medicine, Research, Education
Degree:
 • Bachelors Level
Degree Completed: Either
Discipline:
 • Science
Wheelchair Accessible: N/A

Employer/Contact Information

Organization: HOSPITAL FOR SICK CHILDREN
Website: www.sickkids.ca

SAMPLE DELISTED POSTING # 2:

Service: Recent Graduates Employment Service
Position Title: Technician II
NOC Code(s): NAT-210
Job Order Number: 2008.RG.3694

Skills:
 • Technical (non-computer)
Location: St Michael's Hospital
Number of Positions: 1
Compensation Range: From: \$ 40911 **To:** \$ 51129
Compensation Type: N/A
Area: Toronto
Part-time/Full-time: Full-time
Hours of work/week: 37.5
Position Duration: Permanent
Position Start Date: Immediately

Position Description:

The Department of Neurosurgery at St. Michael's Hospital is currently looking for a Research Technician II to join our vigorous team. Our laboratory investigates the mechanisms of vasospasm and other secondary injuries following subarachnoid hemorrhage. Working on several established animal models, we employ a wide array of techniques including electrophysiology, immunohistology and imaging, as well as molecular biology. The Research Technician is expected to be an expert on a range of molecular biology techniques, with direct experience with Western blotting, PCR or RTPCR, siRNA manipulation of gene expression, genotyping, viral gene transfection, familiar with immunohistology and in situ hybridization. You work independently, and are a team player, keep meticulous experimental records.

Qualifications:

- * Minimum Bachelor's Degree and 1 year related laboratory experience.
- * Excellent attention to detail and proven ability to learn new skills.
- * Excellent communication (verbal/written) and interpersonal skills.
- * Ability to work independently and as part of a team.
- * Excellent organizational skills to manage multiple projects in a timely manner and flexibility to adapt to changing workload.
- * Proficient using computer software packages.

Industry: Health

Degree:

- Bachelors Level
- Masters Level
- Ph.D. Level

Degree Completed: Yes**Discipline:**

- Biochemistry
- Health Sciences
- Medical Sciences
- Physiology

Wheelchair Accessible: N/A**Employer/Contact Information****Organization:** ST. MICHAEL'S HOSPITAL**Website:** www.smh.toronto.on.ca**SAMPLE DELISTED POSTING # 3:****Service:** Recent Graduates Employment Service**Position Title:** Junior Sales Representative**NOC Code(s):** SAL-610**Job Order Number:** 2008.RG.2611**Skills:**

- Communication
- Interpersonal
- Organizational
- Technical (non-computer)
- Excellent verbal and written English
- Ability to deal with a variety of medical issues

Location: Mississauga, ON**Number of Positions:** 1**Area:** Toronto**Part-time/Full-time:** Full-time**Position Duration:** Permanent**Position Start Date:** Immediately**Position Description:**

Baylis Medical Company is a growing medical devices company engaged in the development and marketing of innovative products. We require a Junior Sales Representative that will be working with cardiac electrophysiology products. This involves selling directly to hospitals and traveling within the territory. The candidate will perform product demonstrations to Hospital staff including doctors, nurses, and technicians. The junior sales representative will be required to know and understand all the clinical and technical aspects of the products. Also, the person will have to follow-up with all existing customers.

Skills Required:

- Degree in Sciences, knowledge in biology and anatomy required
- High energy, self-motivated, positive attitude, results oriented
- Strong interpersonal skills
- Ability to learn technical information
- Ability to deal with a variety of medical issues
- Excellent verbal and written English required

Terms:

- Permanent position
- Some travel through Ontario will be required

Industry: Other

Research and Development

Degree:

- Bachelors Level

Degree Completed: Yes**Discipline:**

- Biology
- Other
- Science
- OTHER-Science

Anatomy, Life Sciences Programs

Additional Info/Special Instructions:

Applicants should refer to Position Reference code: BMC-Cardiac EP-ON-6772 in their email subject line and cover letter.

Wheelchair Accessible: N/A**Employer/Contact Information****Organization:** BAYLIS MEDICAL COMPANY INC.**Website:** www.baylismedical.com**SAMPLE DELISTED POSTING # 4:****Service:** Recent Graduates Employment Service**Position Title:** Cardiovascular Pharmacologist**NOC Code(s):** HEA-310, HEA-311, HEA-313**Job Order Number:** 2007.RG.2614**Skills:**

- Analytical
- Communication
- Creative
- Interpersonal
- Technical (non-computer)

Location: Winnipeg, MB**Number of Positions:** 1**Area:** Rest of Canada**Part-time/Full-time:** Full-time**Position Duration:** Permanent**Position Start Date:** Immediately**Position Description:**

Medicure Inc. (TSX:MPH/Amex:MCU) is a cardiovascular drug discovery and development Company focused on developing effective therapeutics for unmet needs in the field of cardiovascular medicine, the largest pharmaceutical sector with annual global sales of over US \$70 billion.

Cardiovascular Pharmacologist

Reporting to the Director, Physiology, the Cardiovascular Pharmacologist is primarily responsible for developing and validating in vitro and in vivo models for the pre-clinical testing of novel cardio-protective compounds. The ideal candidate will possess the following

credentials.

Qualifications:

- * Ph.D. in either Pharmacology, Physiology, Bio Chemistry or Molecular Biology,
- * 2 years of experience in the industry or experience in cardiovascular physiology, pharmacology and/or cell biology is a strong asset,
- * Outstanding verbal and written communication skills,
- * Capable of working independently with exceptional attention to detail,
- * A dedication to quality research with an ability to adhere to project time lines.

Medicure Inc. offers a competitive salary, benefits package and the opportunity to work within a dynamic, growing environment. Interested individuals meeting the above qualifications are encouraged to submit their application.

Industry: Other

Biotechnology

Degree:

- Ph.D. Level

Discipline:

- Biochemistry
- Microbiology
- Physiology
- OTHER-Science

Cardiovascular Pharmacology

Wheelchair Accessible: N/A

Employer/Contact

Organization: MEDICURE INC.

Website: www.medicure.com

SAMPLE DELISTED POSTING # 5:

Service: Summer Employment Service

Position Title: Summer Laboratory Assistant

NOC Code(s): NAT-210

Job Order Number: 2008.SE.0790

Skills:

- Organizational
- noted in description

Location: Medical Sciences Building.

U of T Campus: St. George

Number of Positions: 3-5

Area: Toronto

Part-time/Full-time: Part-time

Hours of work/week: 15-30

Position Duration: Summer

Position Start Date: Monday, June 23, 2008

Position End Date: Friday, August 01, 2008

Position Description:

The Division of Teaching Laboratories is offering dynamic individuals an employment opportunity with The Faculty of Medicine's Youth Summer Program, www.ysp.utoronto.ca, commencing July 2008. The Program is designed to offer high school students (Grades 10 and

11) an exclusive glimpse into the world of medicine and medical research at the University of Toronto. The program offers 4 unique one week modules, each one introducing a major

medical discipline. The 4 modules are as follows: I - Human Physiology, II – Molecular Genetics, III – Pharmacology and IV – Microbiology. DTL is looking for Student Lab Assistants/Helpers. The successful candidates will begin employment mid-June and end August 1st, 2008. The following are details for the position:

Job Responsibilities:

- Assist in setting up and equipping laboratory classrooms with equipment, glassware and supplies
- Experience performing laboratory experiments (undergraduate laboratories)
- Ability to follow laboratory protocols
- Strong science background
- Excellent communication and organizational skills
- Ability to work with youths and be a team player
- Other duties as required

Industry: Education

Degree:

- Bachelors Level

Degree Completed: No

Discipline:

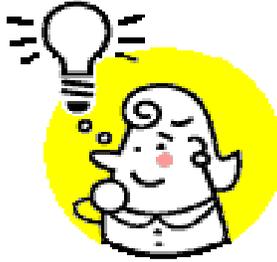
- Biochemistry
- Biology
- Chemistry
- Health Sciences
- Medical Sciences
- Microbiology
- Pharmacy
- Physiology
- Science

Employer/Contact Information

Organization: U OF T - DIVISION OF TEACHING LABORATORIES Website:

www.ysp.utoronto.ca

UTM ALUMNI PROFILES



Now that you have a general awareness of what you can do with your background in physiology, take a couple of minutes to read through the following alumni profiles prepared by students who graduated with a physiology background. Find out what the UTM grads have to say about their educational experience, and how they came to choose the career they are currently in!

Profile # 1:

Rosa da Silva
PhD Candidate, UTM Biology

Degree: HBSc
Major: Biology
Minors: Italian and Psychology
Year of Graduation: 2004

Rosa is currently a PhD candidate within the Department of Biology at UTM. Her research focuses on reproductive physiology of the African migratory locust and each day Rosa eagerly faces the exciting challenges that research and graduate school brings. She attributes her ability to meet these challenges to the experiences she gained as an undergraduate biology student.

"Pursuing biology major at UTM gave me the opportunity to experience an extensive array of laboratory courses that were taught by exceptional faculty members with a passion for the material. The labs sparked my interest in research and allowed me to develop a set of skills that could easily be applied to any laboratory environment." In addition to the other laboratory courses she took, Rosa feels that one of the best decisions she made as an undergraduate was to enroll in the fourth-year Biology Research Project. "It gave me hands-on experience and a taste for independent research that led me to pursue graduate studies."

"I see graduate school as the next step of an exciting and inquisitive career in science. Research is an exciting field; its outcomes can't be predicted. Each day brings about new possibilities and you literally see your research evolve in front of you. There's a great sense of pride when you publish your work in international, peer-reviewed journals, and contribute to an ever-growing knowledge base that thousands of people around the world are engaged in developing. With research institutions all over the globe, there's plenty of opportunity to network and meet interesting colleagues within your field through correspondence and by traveling to both National and International conferences".

"Being a UTM biology graduate student also allows you to build upon your teaching and communication skills by teaching undergraduate labs and tutorials, and allows you to participate in an assortment of committees across all three U of T campuses."

"With perseverance, hard work and a positive outlook in hand, a post-graduate degree in science opens doors for endless opportunities!"

UTM ALUMNI PROFILE continued...

Profile # 2:

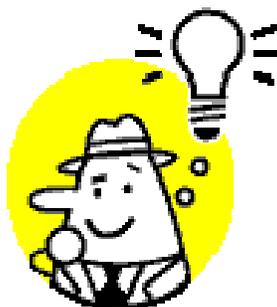
Andrew Donini
Assistant Professor, York University

UTM Degrees: H.B.Sc., Ph.D.
Specialist: Biology (Neurophysiology and Endocrinology)
Year of Graduation H.B.Sc.: 1998
Year of Graduation Ph.D: 2003

As a recently appointed Assistant Professor at York I am responsible for teaching several courses, establishing an independently funded research program, supervising the development of students in the laboratory and serving on various administrative committees. Specific tasks include: preparing course material, lectures and laboratory exercises; developing specific research experiments to meet the goals of my research program; designing and equipping a modern research laboratory; writing research grant applications to acquire funding for my research program; disseminating the results of my research by presenting at national and international conferences and writing original research articles for publication; advising students; making decisions with regards to departmental and university policy.

My Experience: When I showed up in my first year of undergrad studies, my mind was set on being a Pharmacist! I soon learned that I didn't really like chemistry, something I would really need to enjoy if I was going to be a pharmacist. Instead I was really enjoying Biology and I quickly focused on Physiology, in part due to the exceptional teaching efforts of one Professor (Angela Lange). When it became clear to me that I wanted a career that was based in Physiology I sought experience in a research laboratory and then completed a graduate degree and a successful Postdoctoral research stint.

My Advice: I would advise students to keep their minds open when it comes to developing career goals for themselves. Don't be afraid to ask any questions, utilize the resources that are available to you (including you instructors). Ultimately you need to select a career that you are going to enjoy. There will be plenty of times when specific tasks are un-enjoyable (like having to stay up all night to finish that lab report) but overall you should enjoy your work. Believe in yourself, work hard, be persistent and make careful choices about who you are going to work for. You want to work for someone that wants to see you succeed particularly if you are pursuing research activities in a laboratory.



WORDS OF WISDOM



Ever wondered the type of advice professors would give to a student in terms of career planning and work search? Read below to see what Professor Angela Lange has to say! Professor Lange currently teaches physiology related courses in the UTM Biology department. Her research interests lie within studying Insect Reproductive Physiology. Here is what she has to say about her research interest:

'My research interests lie within the field of insect reproductive physiology. In particular, I am interested in the means by which cells and tissues communicate with one another in order to produce integrated and coordinated output. To this end, I have developed a model system in which I have identified motor and modulatory input onto the oviducts of the locust, *Locusta migratoria*. These inputs must be coordinated in order to produce the correct response at the appropriate time (e.g. egg laying). This work entails neurophysiology, neurochemistry, receptor physiology, molecular biology and signal transduction. Work of this nature can furnish the means of controlling insect pests by development of new insecticides.¹⁰

When asked the one piece of career related advice she would give to UTM science students, Professor Lange responded with the following:

"Students should take the time to consider many alternative career paths associated with Biology. During the undergraduate years, students should not specialize too early in their program; they should take a breadth of courses to experience the many areas of science. It is also important that students experience research work through lab work and research projects. Most importantly, students should get to know their faculty so that they are able to build good reference and networking opportunities. Having a career back up plan is important."

¹⁰ Biology Handbook- http://www.utm.utoronto.ca/~w3bio/undergrad_studies/students.htm

UTM CAREER CENTRE RESOURCES & SERVICES

The UTM Career Centre has plenty of resources and services to assist you during your career planning, and career work search. As mentioned before, the Career Centre is dedicated to helping students make informed career choices. Listed below are a few of the services and resources available at the Career Centre. This is not an extensive list of all the resources and services found within the Centre. This section has been created to give you an idea of what the Career Centre does, how we can help you, and what you should look out for. To become better acquainted with the Career Centre services and resources, visit our homepage online, speak with a Career Assistant on shift, or browse through the library on your own.



CAREER CENTRE SERVICES

INDIVIDUAL COUNSELING APPOINTMENTS: Not sure about your future? Need insight on what you can do with your degree? Not sure how you should go about your work search? Book an individual career counselling appointment to speak with a professional Career Counsellor. Individual appointments can also be used to go over personal statements for graduate/professional school applications.

RESUME CRITIQUES: Applying to a job, but not sure whether your resume will make the cut when reviewed by an employer? Sign-up for a thirty minute resume critique and receive feedback on your resume from a Career Counsellor or Employment Advisor.

EMPLOYMENT SERVICES: Graduating this year? Are you a recent grad? Learn about the employment services designed specifically for students to begin their full time work search. Services include the Recent Graduate Employment Service and Graduate Student Employment Service. To learn more about these services visit the UTM Career Centre homepage under Find Employment to learn more. The Career Centre also offers regular employment services to students where you have access to postings for summer employment, part-time/temporary, on campus and volunteer. Register for a job postings account today by going to our website.

WORKSHOPS: Throughout the school year many workshops are held at the Career Centre to help students get in contact with important information that can help you make effective career choices. Some workshops that may be of particular interest to you include:

- Your B.Sc Under The Microscope
- Education After Your Science Degree
- Getting Into Medical School
- The Road to Graduate School
- Networking Workshop

UTM CAREER CENTRE RESOURCES & SERVICES continued...

- Summer Job Search Workshop
- Effective Interviews Workshop
- Resume and Cover Letter Workshop

To learn more about the workshops and when they are happening, visit the Events Calendar online to get updated workshop listings and descriptions.

EXTERN JOB SHADOWING: Ever wondered what your dream career is really like? Consider applying to the Extern Job Shadowing Program. This is a unique career exploration program offered to current U of T students. The program will allow you to have the opportunity to investigate your career interests in the actual workplace over a 1 to 5 day voluntary placement in February and/or May.

ALUMNI MENTORSHIP: Looking for insight, guidance, and the opportunity to network with a working professional in your career area of interest? Apply to the Alumni Mentorship program to become a protégé, and gain invaluable knowledge from a UTM alumni.

EVENTS: Throughout the Fall/Winter academic term many events are held by the UTM Career Centre ranging from Career Fairs, Employer Information Sessions, Career Panels, Networking Events and more. To learn more, visit the UTM Career Centre homepage under the Events category. Here are a few annual events that may be of interest to you:

- Get Experience Fair
- Professional Schools Fair
- Career Expo
- Summer Job Fair

CAREER CENTRE RESOURCES

* Resources listed here are by no means the only resources at the Career Centre. These resources have been listed to provide you a starting point for your research.

NOC BINDERS: The following are a list of NOC binders available in the Career Centre library to help you obtain information about a certain career occupation. Each binder will consist of a career profile, educational information, sample job postings, associations, labour market information and articles. The following NOC binders may be of interest to you:

- NAT 212- Physiology
 - HEA 311- Medical School
 - HEA 312- Health Related Careers
 - HEA 314- Occupational Therapist
 - HEA 315- Nursing
- Plus Many More!



UTM CAREER CENTRE RESOURCES & SERVICES continued...

CAREER PANEL PACKAGES & VIDEOS: Explore through career panels to get career related information. To view a complete list of panel packages, check out the 'Career Panel' binder under the 'What Can I Do With My Degree' section of the library or visit the Career Centre website to view electronic versions of the Career Panel packages. You can also watch a video recording of past career panels. Past video subjects & career panels include:

Video:

- Put Your Science Degree to Work
- Careers in Health Science
- Medical School
- Plus many more!

Career Panels:

- Beyond The Stethoscope: Careers In Health Care
- Careers in Biology
- Careers in Biotechnology
- Plus many more!

EMPLOYER DIRECTORIES: Browse through career directories to help you begin your work search. The directories can be used to find employment by specific education, location, field of interest as well as other options. Career directories are a great way to begin cold calling employers and targeting employers who are interested in hiring you. Some sample career directories available include:

- Career Directory (2.4 Identify)
- Who's Hiring? (2.4 Identify)
- The Canadian Student & Grad Job Directory (2.4 Identify)
- Plus many more!

CAREER BOOKS: The Career Centre also has many books for general career development. Books range from information on a specific career occupation to interview, resume, networking information, how to write effective personal statements as well as others. Here is a sample listing of books available:

Interviews

Have an interview coming up for a job, professional/graduate school? Don't sweat it! The Career Centre has many resources that can help you prepare for your interviews. Sample book listings include:

- Naked at the Interview (3.7 Market)
- Perfect Phrases for the Perfect Interview (3.7 Market)
- The Interview Kit (3.7 Market)
- Plus many more!



UTM CAREER CENTRE RESOURCES & SERVICES continued...

Networking

Wondering how you can network your way to the job of your choice? Browse through the Career Centre library to learn more about the art of networking. Sample book listings include:

- Vault Guide to Schmoozing
 - The Networking Survival Guide (2.1 Identify)
 - Networking Guide to Job Search and Career Success (2.1 Identify)
- Plus many more!

Resume/Personal Statement/Graduate Essays

Need to prepare a resume, personal statement, CV and/or graduate essay? Here are sample resources that you can use to help you get started:

- Resume & Cover Letter Toolkit (online on Career Centre webpage)
 - The Complete Book of Resumes (3.61 Market)
 - Resumes for Scientific and Technical Careers (3.2 Market)
 - Academic Work Search Essentials; Curriculum Vitae
 - Mastering The Personal Statement
 - Graduate Admissions Essay (1.73 Discover)
- Plus many more!

TIPSHEETS

Need access to quick information? Check out the tip sheets section of the library to get access to summarized information including:

- Admission Tests Tipsheet
 - Considering Graduate School
 - Effective Interviews
 - Research Experience
- Plus many more!

LABOUR MARKET INFORMATION

Wondering what the work prospects are for occupations you are interested in? Trying to determine the industries which will be blooming with employment in the years to come? Don't know the level of salary to expect? Check out the following resources to get more information:

- NAT₂₁₂-Biology Job Market Analysis
- www.jobfutures.ca – provides work prospects, salary information
- www.careercruising.com- provides salary information related to various career paths



Closing Notes

Now that you have read through this package, you can begin to decide what it is that you would like to do in terms of your individual career planning and work search. Hopefully this package has helped reinforce some of the career goals you had made for yourself before, and has also allowed you to broaden your thinking of what it is that you can do with a physiology background. Remember to choose a career path that is RIGHT for you and pick a career which will complement your skills, qualities, values and interests. As mentioned before, **don't forget that the Career Centre is always here to assist you during your career development, career planning, and career work search!**