

## **Post Secondary LMI Video Script**

As a post secondary student, the decision you made about pursuing education, training, and career paths was probably one of the most important decisions you've ever had to make. When you chose your post secondary program and school, your choice may have been based on personal interests, career goals, or influences in your life, however, for some of you, it was because you may not have been certain of what else you could do.

Whatever your reason, there is a good chance you will have to revisit this career decision-making process again. Your studies may reinforce your interest in your career goals but through them, you might also discover new programs or new ways to apply your education or training. Or things may change in your life and in the labour market, which could cause you to revisit your career goals.

Something you can learn from all of this is that *Change is Constant*. The journey you will take with your programs of study or training and preparing for the workforce is not a straight line. Sequential career pathways are no longer the norm. Your career path will be evolving, requiring you to be adaptable and resilient through multiple transitions. The reality is you will experience different opportunities and change careers several times throughout your lifetime. Developing the skills and acquiring knowledge to prepare you for a rapidly changing economy and workforce is what will set you apart.

One specific skill essential to success in your post secondary education and training and your transition to the workforce is initiative. You need to be self-directed, you need to take ownership of your career planning. See, career planning is a lifelong series of decisions and these decisions won't look the same or happen in the same way for everyone. While at post secondary, you do not need to develop your plan alone - there are many people who can help support you from academic advisors, program faculty to career counsellors. Not only can they help you make connections between your studies and career opportunities, they can also help you learn about courses and programs that can introduce you to new exciting opportunities. Additionally, courses that focus on experiential learning or work-integrated learning can help you gain valuable exposure to careers and skills needed to be successful in understanding career options and exploring them with intent and purpose to better help make informed decisions.

Having career conversations and gaining a mix of paid and unpaid work experience throughout your post secondary education is beneficial for you and your entry into the labour market. While it's important that you take advantage of the learning and conversations you can get on campus, you should also talk to employers and explore government sites to learn about jobs and skills in demand in your own province. Remember, information is everywhere. You need to ensure you are checking out reliable sources to help you explore your prospects.