

APPLIED LIFE SCIENCES HBSc, BSc

EXPERIENTIAL MAJOR MAP



FIRST YEAR

MIDDLE YEARS

FINAL YEAR

ACADEMIC SUCCESS



DEVELOP

a Course Plan and Build Academic Skills

- Review program requirements with the APLS program coordinator or student advisor.
- Check out the [Academic Support Zone](#) for free writing help and tutoring support for challenging subjects like physics, calculus and chemistry.
- Review program requirements on the [Academic Calendar](#) and if you have questions, meet with a [Student Central Professional](#).
- Familiarize yourself with your [myInfo](#) account and degree audit tool.
- Understand the [Academic Regulations](#).
- If academic accommodations are needed, meet with [Student Accessibility Services](#).
- Consider planning for a research internship in your third or fourth year.
- Choose Elective courses to determine where your interests lie. You have a variety of specialized courses to choose from,
- Consider a minor or certificate to complement your APLS program.

- Attend Academic Skills Prep Sessions offered by the [Academic Support Zone](#).
- Meet with the APLS program coordinator or student advisor to discuss academic progress and any academic challenges early.
- Consider [post-degree programs](#) that may require specific courses or academic requirements - create a plan.
- Ensure your degree audit is accurate and check your audit anytime you add or drop a course.
- Look into securing a position as an [undergraduate Teaching Assistant](#).
- Begin thinking about what steps you may need to take for further education e.g. MCAT test, teacher education program, and look into program requirements.
- If registering in a 4th year thesis course like BIOL-4101, arrange for a faculty supervisor.
- Internships in Biology are available during third/fourth year as electives. •Consider taking these formalized internships to develop valuable lab skills, and enhance your knowledge.
- Reach out to faculty for advice and ideas regarding post-grad career paths or further education.

- Meet with the APLS program coordinator or student advisor to ensure you have completed and are in-progress to complete degree requirements needed for graduation.
- Submit your Intent to Graduate (on [myInfo](#)).
- RSVP for convocation ceremonies.
- Review application requirements, processes and deadlines for future academic programs of interest.
- If you are enrolled in a thesis course like BIOL-4101, ensure you are on track to complete it.
- Submit your final thesis with all required signatures. Email a PDF to the Library for archives.

ACADEMIC SKILLS CHECKLIST

- Visit the [Academic Support Zone](#). Attend their workshops and take advantage of free tutoring and writing services.
- Develop professional contacts with faculty.
- Enhance your degree with a specialization or concentration.
- Look into and engage with research opportunities.
- Look into concentrating your interests in particular fields. Research where your interests can take you in Applied Life Sciences.
- Develop your own interests in research, take initiative to explore the topics of research that interest you.
- Work on your oral and written communication skills; ensure you implement feedback from professors.



CONNECT

and Gain Experience with the Local and Global Community

- Register in courses with experiential learning opportunities, such as case studies and labs.
- Meet your APLS program coordinator or APLS student advisor- get to know them, and let them get to know you.
- Join a [club or society](#), such as the Applied Life Sciences Club, the Pre-Med Society, [etc](#).
- Begin gaining relevant experience in areas of interest to you. Reach out to local organizations for opportunities, such as clinics or labs, or access the job and volunteer bank on [MySuccess](#).
- Start building your network and connect with your professors. You may want to approach them to provide you with academic references for post-grad programs.
- If you're an international student, check out [Lakehead International resources and programs](#).
- If you identify as Indigenous check out [Indigenous Initiatives](#) and the [Indigenous Student Services Centre](#).

- Build professional networks in your field of interest.
- Develop networks and connect with your academic professors.
- Consider a [work-study](#) job. This is a great opportunity to gain experience, as well as assist in the cost of your education.
- Determine your post-graduation path and build your network in your chosen field.
- Think about whether you want to pursue further education after graduation and begin gaining relevant experience.
- Depending on your interests, there are many organizations you can volunteer for. Utilize the [MySuccess](#) job bank.
- Consider becoming a Peer Tutor through the [Student Success Centre](#).
- Start attending conferences and seminars in your chosen concentration or specialization to network.
- If you are doing a thesis, ensure to reach out to gain support from faculty and your department.
- Start planning early for your thesis, speak to mentors in your department regarding your interests.

- Consider working on applied research, such as a thesis project.
- Connect to the local community through attending courses that involve case studies.
- Join different networking platforms such as the [Ten Thousand Coffees](#) program.
- Communicate interest in career-related opportunities with your professor.
- Attend career fairs and employer events.
- Ensure you have the relevant experience for any further education path you want to pursue.
- Consider a leadership role in a student club or organization.
- If you are completing an Honours thesis, consider presenting your research at an academic conference.

EXPERIENTIAL LEARNING CHECKLIST

- Join [Lakehead Connect](#) Networking and Mentorship Program to speak to Alumni and Peers!
- Complete an internship.
- Discuss potential lab or research opportunities with faculty.
- Talk to a Student Success Advisor about starting your [Co-Curricular Record](#). This is a great way to build your network, gain mentors, and explore career options
- Build your network in the areas of interest to you
- Become involved in Lakehead's Research and Innovation Week.
- Familiarize yourself with the [faculty and Chair](#). Reach out to them to build relationships and obtain support.



FIRST YEAR

MIDDLE YEARS

FINAL YEAR

ACADEMIC SUCCESS



PREPARE

for Postgraduation or Career

- Visit the [Career Zone](#) to find out about the career services offered.
- Check out the job bank on [mySuccess](#) to learn about summer job and on campus opportunities in your program.
- Meet with a [Student Central Professional](#) to discuss award opportunities and bursaries.
- Look into summer jobs and work-study opportunities. You can find some of these opportunities on [MySuccess](#) or by asking faculty.
- Think about what you like about Applied Life Sciences and what areas you want to further your interest in.

- Start connecting with employers through recruitment events such as career fairs and employer visits.
- Join [Lakehead Connect](#) to make connections with alumni in industry.
- Consider taking the [Strong Interest Inventory Assessment](#) to learn about career options
- Develop relationships with faculty and mentors. Future references can be important.
- Look into research internships in Biology.
- Try connecting with your faculty. If you develop and demonstrate interest in their research, you can reach out to discuss potential volunteer and research opportunities.

- Build career readiness skills by attending resume, job search and interview skills workshops in the [Career Zone](#).
- Attend the Career and Job Fair/ Career and Summer Job Fairs to network with employers.
- Consider and discuss graduate school options with your faculty.
- Finish strong with your final year – in many cases, grad programs only look at your last year or two of grades.
- Understand the terms and conditions of your provincial funding to understand the repayment requirements.
- Speak to alumni from your department to see what their next steps were when approaching graduation.
- Talk to faculty about your options for graduate school (e.g., an MSc in Biology).

CAREER DEVELOPMENT CHECKLIST

- Visit the [Career Zone](#).
- Apply for job opportunities in your field.
- Create a [LinkedIn](#) account.
- Attend Career Zone job readiness [workshops](#).
- Network with employers and mentors. Consider arranging an [informational interview](#). This is a great way to build your network, gain mentors, and explore career options.
- [Attend](#) the Volunteer and Career Fairs hosted by the Career Zone.
- Research employment opportunities tied to skills developed in your major.
- Consider checking out [Resources and Tools](#) on the Career Zone Website, to learn more about professional development (i.e. Strong Interest Inventory).
- Keep track of your skills and experiences for your cover letters and resumes.
- Keep track of your on-campus extracurricular activities to add to your [Co-Curricular Record](#) (found on mySuccess).

What skills do employers want?

- Experience with research and independent work
- General experience working in a lab
- Flexibility in taking on new tasks and learning new skills
- Being well organized with the ability to document, analyze, and present findings
- Attention to detail
- Proficient with problem solving and critical thinking
- Leadership and passion within the field
- Superior written and verbal communication skills
- Ability to multitask
- Strong research skills
- Ability to take initiative and innovate

What skills will I gain with this major?

- Scientific literacy
- Attention to detail
- Teamwork
- Extensive research skills
- Critical thought
- Problem solving
- Oral and written communication
- Investigative skills
- Experience working in a lab setting
- Ability to analyze and interpret data and findings
- Ability to prepare and present reports
- Development of critical thought, innovation, and attention to detail

What double degrees can I do with this major?

- Honours Bachelor of Science (Applied Life Sciences Major with Concentration in Biomedical Sciences)
- Honours Bachelor of Science (Applied Life Sciences Major with Specialization in Biomedical Techniques) (Lakehead/Georgian Partnership)
- Specialization in Biotechnology
- Specialization in Experimental Life Sciences

What types of minors can I do?

- Writing
- Art History
- Mathematics
- Entrepreneurship

What can I add to my degree?

- Standard First Aid
- Certificate in Entrepreneurship
- Certificate in Geomatics
- Certificate in International Languages
- Certificate in Indigenous Learning
- Certificate in Global Entrepreneurship
- Certificate of French Proficiency for Non-French Majors
- Certificate in Education Studies
- Certificate in Business Information Technology Management

What graduate degrees could I pursue?

- Master of Science
- Business Administration
- Master of Health Sciences
- Master of Public Health
- Medical School
- Dentistry

What careers can I pursue?*

- Microbiologist
- Diagnostic Radiologist
- Forensic Lab Analyst
- Geneticist
- Food Analyst
- Biotechnical Engineer
- X-Ray Technician
- Environmental Chemist

*Your career path is not limited to this list. There could be other options to explore!

What field of work are alumni working in?

- Medical doctor
- Dentist
- Physiotherapist
- Medical research
- Environmental research

What percentage of graduates are employed within 2 years after graduation?

- Social sciences: 98.7%
- Physical sciences: 90.9%
- Agriculture and biological sciences: 100%

STUDENT SUCCESS CENTRE

THUNDER BAY (SC0008)

(807) 343-8018

ssc@lakeheadu.ca

Monday - Friday | 8:30am - 4:30pm

ORILLIA (OR1021)

(705) 330-4010 x 2118

orillia.ssc@lakeheadu.ca

Monday - Friday | 8:30am - 4:30pm

CAREER ZONE

THUNDER BAY (UC00)

(807) 343-8010 x 8264

careerzone.ssc@lakeheadu.ca

Monday - Friday | 10:00am - 4:30pm

SOCIAL MEDIA

THUNDER BAY

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