

FIRST YEAR

MIDDLE YEARS

FINAL YEAR

ACADEMIC SUCCESS



DEVELOP

a Course Plan and
Build Academic Skills

- Check out the [Academic Support Zone \(ASZ\)](#) for free writing and tutoring support.
- Running into academic challenges? Meet with the [ASZ](#) early.
- Review program requirements on the [Academic Calendar](#) and if you have questions meet with a [Student Central](#) Professional.
- Consider elective courses that interest you. Consider areas you may want to study in the future - getting necessary prerequisites for future courses.
- Familiarize yourself with your [myInfo](#) account, which contains self-help and degree audit tools.
- Read and understand the [Academic Regulations](#).
- Meet with [Student Accessibility Services](#) if you need academic accommodations.
- You should begin thinking about whether you want to minor in first year.

- Attend Academic Skills Prep Sessions offered by the [Academic Support Zone](#).
- Meet with your Chair or a [Student Central](#) Professional to discuss your academic progress, and current/future courses.
- 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.
- Running into academic challenges? Visit the [Academic Support Zone](#) early.
- Consider taking minor courses.
- If you are doing a Thesis in your final year, you must secure a research supervisor. All faculty members of the Department are eligible to supervise research projects; talk to faculty to find a project that matches your interests.

- Meet with your Chair or [Student Central](#) 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.
- Understand application requirements, processes and deadlines for future programs of interest.
- If doing a Thesis, ensure that you are on track to complete on time, and see the program guidelines with regard to Honours theses.

ACADEMIC SKILLS CHECKLIST

- Visit the [Academic Support Zone](#); attend workshops and take advantage of free tutoring and writing services.
- Ensure degree requirements are being met, and meet with your Department Chair if needed.
- Develop professional contacts with [faculty](#) instructors.
- Review your program requirements on the [Academic Calendar](#).
- Declare your Intent to Graduate.



CONNECT

and Gain Experience
with the Local and
Global Community

- Take advantage of the labs in your courses; engage with faculty and peers, participate in discussions, and raise questions.
- Meet the Chair of your Department - get to know them, and let them get to know you.
- Ask to volunteer for the department, or if faculty knows of any opportunities where you can develop skills.
- Ask faculty about their research programs, some will be looking for summer research assistants (these can be either paid or volunteer).
- Participate for free in LUSC (the [Lakehead University Society of Chemists](#)) or other clubs to connect with your peers.
- Explore and engage with faculty research; visit office hours and raise questions.
- 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](#).

- Develop professional networks with mentors and employers, and connect with your academic professors.
- Consider an academic exchange through Lakehead International's [Study Abroad](#) program.
- See what professors are doing; sometimes they look for student workers during the year or over the summer.
- Practice effective oral communication through class discussions and presentations.
- Importantly, develop scientific writing skills. There's a lot of lab reports in 2nd year which is where you can expand and develop your written communication skills. Get [writing help](#) from the Academic Support Zone if needed.
- Seek out volunteer opportunities for community outreach. For example, the volunteer group [Let's Talk Science](#). [Science North](#) also requires volunteers with Mall Chemistry projects.

- Consider working on applied research, such as a thesis project.
- Communicate interest in career-related opportunities with your professor.
- [Attend](#) career fairs and employer events.
- If you are completing an Honours thesis, or have done summer or in-course research, consider presenting your research at an academic conference.
- Attend conferences. Reach out to faculty to see if there are conferences you can attend, if needed.
- Practice oral presentation skills; most 4th year courses and theses will have an oral presentation requirement.
- Consider a leadership or formal role within a club. Join networking platforms such as [LinkedIn](#) and [Ten Thousand Coffees](#)

EXPERIENTIAL LEARNING CHECKLIST

- Take advantage of local volunteer activities.
- Consider studying abroad through Lakehead International's [Study Abroad](#) program.
- Join [Lakehead Connect](#) Networking and Mentorship Program to speak to Alumni and Peers!
- Engage with faculty research; ask to participate.
- Network with employers on campus, especially during [Volunteer and Career Fairs](#).
- Keep track of your on-campus extracurricular activities to add to your [Co-Curricular Record](#) (found on mySuccess). Ask a Student Success Advisor for assistance if needed.
- Consider reaching out to potential employers or contacts for an [Informational Interview](#). This is a great way to build your network, gain mentors, and explore career options.



FIRST YEAR

- Visit the [Career Zone](#) to find out about the career services offered.
- Check out the job bank on [mySuccess](#) to learn about summer job, volunteer, and on-campus opportunities.
- Meet with a Student Central Professional to discuss award and bursary opportunities.
- It's never too early to start getting experiential experience in Chemistry; examples include through a research project with a faculty member or volunteer opportunities through LUSC.
- Develop networks and connect with your [academic professors](#); you can do this by visiting during office hours, engaging with their research, and asking questions.

MIDDLE YEARS

- Start connecting with employers through recruitment [events](#), such as career fairs and employer visits.
- Join [Lakehead Connect](#) to make connections with alumni in the field.
- Develop relationships with faculty. Future references can be important.
- Consider a [work-study job](#), which is a great opportunity to gain experience and assist with education costs.
- Review your program requirements with a Student Central Advisor.
- Take advantage of the research facilities in your program.
- Research employment opportunities tied to skills developed in Chemistry.

FINAL YEAR

- 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.

ACADEMIC SUCCESS

CAREER DEVELOPMENT CHECKLIST

- Apply for job opportunities in your field.
- Create a [LinkedIn](#) account.
- Attend Career Zone job readiness workshops.
- Check out [Resources and Tools](#) on the Career Zone Website to learn more about professional development and career readiness.
- Consider taking the [Strong Interest Inventory Assessment](#) to learn about career options.
- Keep track of your skills and experiences for your future cover letters.
- Understand the terms and conditions of your provincial funding to understand the repayment requirements.
- Research employment opportunities tied to the skills you developed in your program.
- Familiarize yourself with the [faculty and Chair](#). Reach out for support.



PREPARE

for Postgraduation or Career

▶ What skills do employers want?

- Experience in instrumentation
- "Wet" and "dry" (computational) laboratory experience
- Understanding of best practices in safe handling, use, and disposal of chemicals
- Scientific ethics and workplace safety
- Data analysis and record-keeping
- Effective written and oral communication skills
- Ability to think critically and analytically

▶ What skills will I gain with this major?

- Oral and written communication skills
- Wet laboratory skills working with all manners of chemical substances
- Dry/computational laboratory skills using computer simulations
- Data analysis and critical thinking skills
- Ability to synergistically and holistically understand scientific issues
- Attention to detail

▶ What double degrees can I do with this major?

- Education
- Biology

▶ What graduate degrees could I pursue?

- Graduate work (MSc, PhD) in chemistry, medical research, etc.
- Medicine
- Pharmacy
- Chemical or medical laboratory technician
- Physiotherapy, chiropractic, etc.
- Dentistry
- Law
- MBA
- Radiation therapy
- Oenology/viticulture

▶ What types of minors can I do?

- Biology
- Physics
- Mathematics
- Geology

▶ What could I add to my degree?

- Specialization in Medical Science

▶ What careers can I pursue?*

Chemistry is often referred to as the "central science" as it focuses on the behaviour of matter and the basic substance of which all matter is composed. So, don't limit yourself!

- Pharmacist
- Food Scientist
- Pathologist
- Geochemist
- Art Conservator
- Pharmacologist

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

▶ What field of work are alumni working in?

- Oenology/viticulture
- Natural resources sector (mining, forestry, etc.)
- Medicine
- Pharmacy

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

- Physical sciences: 90.9%

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

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