

FIRST YEAR

MIDDLE YEARS

FINAL YEAR

ACADEMIC SUCCESS



DEVELOP

a Course Plan and
Build Academic Skills

- Check out the [Academic Support Zone](#) for free writing and tutoring support.
- 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, self help and degree audit tools.
- If you need academic accommodations, meet with [Student Accessibility Services](#).
- Familiarize yourself with the [Academic Regulations](#).
- Consider planning future years according to the program's streams of focus, based on where your interests lie.
- Want to add more to your degree? Consider completing a certificate or thesis!

- 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? Meet with the [Academic Support Zone](#) early.
- Explore [available online resources](#) and research to gain a better understanding of how to succeed in the discipline. This will also help if you conduct your own research or a thesis. Your professors can also help point you to helpful [resources](#).
- Keep on top of [current developments](#) in the field.
- Keep track of [future graduate programs](#) or job requirements. Plan ahead to ensure you are meeting the necessary prerequisites.

- 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.
- Review application requirements, processes and deadlines for future academic programs of interest.
- If doing a Thesis, ensure that you're on track to complete on time, and see the program guidelines with regards to Honours theses. Check in regularly with the instructor of the thesis seminar.

ACADEMIC SKILLS CHECKLIST

- Reading and writing skills are extremely important; ensure that you utilise feedback from your professors.
- Visit the [Academic Support Zone](#); attend workshops and take advantage of free tutoring and writing services.
- Meet regularly with your Program Chair to ensure you are keeping on track.
- Declare your Intent to Graduate.
- Develop professional contacts with [faculty](#).
- Complete all the [necessary steps](#) to graduate.



CONNECT

and Gain Experience
with the Local and
Global Community

- Register in courses with in-class experiential learning and hands-on research.
- Meet the Chair of your Department - get to know them, and let them get to know you.
- Engage with the [Canadian Sociological Association](#) (SCA) by attending their live, interactive [webinars](#). They also run [conferences](#).
- Join SALU for free; the Sociology Association of Lakehead University.
- Consider volunteering within the community; the [benefits](#) are endless.
- 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 with peers, faculty, mentors, and employers.
- Develop networks and connect with your academic professors. Begin by dropping in during their office hours.
- Consider a [work-study](#) job; a great opportunity to gain experience, as well as assist in the cost of your education.
- Lakehead's faculty are engaged in a wide array of research areas. Explore their research, find out what interests you, and build connections.
- Join SALU. Consider a leadership position or formal role within the club.
- Ask your professors if they need assistance. See what they are doing; sometimes they look for student workers during the year. Don't hesitate to reach out!
- Consider studying abroad through Lakehead's [Study Abroad](#) program.

- Consider working on applied research, such as a thesis project.
- Connect to the local community through experiential learning and applied research projects.
- Join networking platforms such as [LinkedIn](#) and [Ten Thousand Coffees](#).
- Communicate interest in career-related opportunities with your professors.
- If you have conducted your own research, seek to present it at a conference or through [Research and Innovation Week](#). Ask faculty about opportunities to share your work.
- Consider joining Toastmasters; an organization which will help you develop essential public speaking skills.

EXPERIENTIAL LEARNING CHECKLIST

- Attend and participate in speaker series events and conferences.
- Register in courses with in-class experiential learning and hands-on research.
- Take advantage of local volunteer activities.
- Engage with the [Canadian Sociological Association](#) (SCA).
- Participate in [Research and Innovation Week](#); in particular, the Undergraduate Student Research Conference.
- Build professional networks with peers, faculty, mentors, and employers.



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 and on-campus opportunities in your program.
- Apply for the [Lakehead University Work Study Program \(LUWSP\)](#). This is an excellent way to both gain experience and finance your studies.
- Use online resources for job-hunting support, like [Youth in Canada](#), or through [mySuccess](#). Speak to faculty about opportunities and ask them for advice on making professional connections.
- Look into the [Sociology Newsletter](#) to gain ideas and a better understanding of the department.
- It's never too early to begin gathering experience; start in your first year.

MIDDLE YEARS

- Start connecting with employers through on campus 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 your career interests.
- Build career readiness skills by attending resume, job search and interview skills workshops in the [Career Zone](#).
- Speak to faculty in your department about your career interests and potential career-related opportunities.
- Make curriculum and project choices based on career goals and interests post-graduation.

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 Fair to network with employers.
- Check the [Career Zone calendar](#) to find out when career-building events are being held.
- 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.
- Attend sociology conferences and take advantage of other networking opportunities in the discipline.
- Consider presenting your thesis results or other working papers at academic conferences. Coordinator.

ACADEMIC SUCCESS

CAREER DEVELOPMENT CHECKLIST

- Start applying for part time job opportunities in your field early in your studies.
- Create a [LinkedIn](#) account.
- Attend Career Zone job readiness [workshops](#).
- Network with employers, especially during [Volunteer and Career Fairs](#).
- Keep track of your on-campus extracurricular activities to add to your Co-Curricular Record (found on [mySuccess](#)).
- 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.
- Research employment opportunities tied to the skills you developed in your program.
- Check out [Resources and Tools](#) on the Career Zone Website to learn more about professional development and career readiness.



PREPARE

for Postgraduation or Career

What skills do employers want?

- Critical / analytic reasoning skills
- Qualitative research skills
- Quantitative research design and statistical analysis
- Taking initiative, leadership, independent work
- Ability to work in a diverse and sensitive environment
- Ability to synthesize large volumes of information
- Ethical decision making

What skills will I gain with this major?

- Critical thinking and analysis
- Understanding cultural diversity
- Written and oral communication skills
- Qualitative and quantitative research methods
- Coding and data analysis
- Applying theory to real-world settings
- Understanding human organizations
- Connecting individuals, groups, and organizations to broader structural patterns
- Specialized knowledge of health and aging, media and technology, and rural and Northern regional issues

What double degrees can I do with this major?

- Sociology honours degrees can be taken as a double major with History or Women's Studies, or a major concentration in Gerontology.
- Sociology programs are also offered concurrently with a BEd

What graduate degrees could I pursue?

- Master of Arts in Sociology: Research Paper Program, Thesis Program, Specialization in Gerontology, Specialization in Women's Studies, Specialization in Social Justice Studies
- Master of Arts in Cognate Social Science Fields
- Law School
- Medical School
- Teacher's College
- Journalism
- Social Work

What types of minors can I do?

- History
- Psychology
- Applied Ethics
- Philosophy
- Anthropology
- Archaeology
- Forensic Science
- Women's Studies
- Gerontology

What could I add to my degree?

- Indigenous Language Specialist Certificate
- Certificate in Education Studies
- Certificate of French Proficiency
- Certificate in Global Entrepreneurship
- Certificate in Indigenous Learning
- Certificate in Health Ethics

What careers can I pursue?*

- Public Relations Officer
- Data Analyst
- Politician
- Researcher (for private or public sector)
- Social Service Worker
- Marketing and Sales
- Policy Analyst
- Human Rights Officer
- Police Services

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

What field of work are alumni working in?

- Research Analyst
- Counsellor
- Probation Officer
- College Instructor
- RCMP and other police services
- Teacher for elementary or high-school
- Policy maker for the government

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

- Education: 99.1%
- Humanities: 82.4%
- Social sciences: 98.7%

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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