

FIRST YEAR

- 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 and areas you may want to study in the future - find out necessary prerequisites for those future courses.
- Familiarize yourself with your [myInfo](#) account, self help and degree audit tools.
- Meet with [Student Accessibility Services](#) if you need academic accommodations.
- Familiarize yourself with the [Academic Regulations](#).
- Want to add more to your degree? Consider completing a certificate or thesis!
- Seek guidance from faculty to help you determine where you want to take your talents and interests, and the best path to take to pursue these goals.
- Consider the discipline(s) that you will study. Your options are Anthropology, Biology, Chemistry, Criminology, English, Entrepreneurship, French, Gender and Women's Studies, General Science, Geography, History, Media Film and Communications, Political Science, Psychology, and Sociology.
- Determine whether you want to pursue a concentration to enrich your education.



DEVELOP

a Course Plan and Build Academic Skills

MIDDLE YEARS

- 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 on [myInfo](#) is accurate and check your audit anytime you add or drop a course.
- Running into academic challenges? Meet with the [Academic Support Zone](#) early.
- In second year, think about minoring in an elective area of interest, which could enhance your degree without any additional cost. If you do want to complete a minor, note that this may require you to take specific elective courses in years 3 and 4.
- Settle on the disciplines that you will study.
- If you are considering graduate studies in a particular area, ask the profs in that area what courses would be particularly useful to take.
- Consult with the Interdisciplinary Studies Program Coordinator if you run into problems with satisfying your degree requirements.
- If you are in the Honours degree, consider whether it is best to pursue your fourth-year research in one of the Capstone Research courses or as an Honours Thesis.

FINAL YEAR

- Meet with your Chair or [Student Central](#) to ensure you are on track to complete degree requirements 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 Capstone Research Project or Thesis, ensure that you're on track to complete on time.
- If you are doing an Honours Thesis, once you finish, submit a copy to the library and your department for archives.

ACADEMIC SUCCESS

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 Coordinator to ensure you are keeping on track.
- Declare your Intent to Graduate.
- Develop professional contacts with [faculty](#).
- Complete all the [necessary steps](#) to graduate.
- Explore the various pathways of research in your field of interest.

- Register in courses that contain in-class experiential learning opportunities such as case studies and labs
- Meet the Interdisciplinary Studies Program Coordinator - get to know them, and let them get to know you.
- Participate in events offered through [Ingenuity](#).
- Consider joining a [club or society](#) to deepen your interests in a particular area, and connect with other students and faculty.
- Ground yourself in the community and build upon your employability skills through [volunteering](#).
- Engage with faculty research to deepen and enrich your interests.
- Follow through by asking questions or engaging in discussions.
- Check out the [resources and programs](#) available to international students through Lakehead International.
- Connect with [Indigenous Initiatives](#) and the [Indigenous Student Services Centre](#).



CONNECT

and Gain Experience with the Local and Global Community

- Build different networks with employers, mentors, peers, and faculty.
- Develop networks and connect with your academic professors. Visiting during office hours is a great way to start.
- Consider a [work-study](#) job; a great opportunity to gain experience, as well as assist in the cost of your education.
- Consider [studying abroad](#).
- Explore faculty research. The faculty in your department have a wide breadth of research in many different areas. Look into the faculty research that interests you and reach out to discuss or ask questions.
- Attend the yearly career fairs (run by the [Student Success Centre](#)) to practice networking, find jobs, and most importantly, connect with employers.
- Connect with potential future employers, ask them what courses / skills it would be particularly useful to have for a career in their field.

- Consider working on an applied research project for your Capstone project or thesis.
- Connect to the local community through attending courses that involve case studies.
- Join different networking platforms such as [Ten Thousand Coffees](#).
- Communicate interest in career-related opportunities with your professors.
- [Attend](#) Career Fairs and Networking Events.
- Consider volunteering locally. This is a great way to gain experience, connect with the community, and develop essential skills. Opportunities can be found on [mySuccess](#) or locally.
- Consider a leadership or formal role within a [society or club](#). If there is no [society or club](#) that fits your interests, consider creating one.
- If you have completed research, ask faculty about opportunities to share and present your research.

EXPERIENTIAL LEARNING CHECKLIST

- Attend conferences as a volunteer or participant.
- Take advantage of local volunteer activities.
- Participate in an exchange through Lakehead's [Study Abroad](#) program.
- Consider joining Toastmasters; an organization which will help you develop essential public speaking skills.
- Consider arranging an [Informational Interview](#). This is a great way to build your network, gain mentors, and explore career options.
- Talk to a Student Success Advisor about starting your [Co-Curricular Record](#).
- Engage with faculty research, and conduct research of your own.
- Keep track of your skills and experiences for your future cover letters.



INTERDISCIPLINARY STUDIES

HBASc, BASc, HBASc/BeD, BASc/BeD

CAREER INFORMATION



Lakehead
UNIVERSITY

FIRST YEAR

MIDDLE YEARS

FINAL YEAR

ACADEMIC SUCCESS



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.
- Apply for the [Lakehead University Work Study Program \(LUWSP\)](#). This is an excellent way to both gain experience and finance your studies.
- It's never too early to begin gathering experience; start in your first year.
- Discuss bursary and award opportunities with [Student Central](#).
- Attend careers [workshops](#) in the Career Zone; these can help if you are applying to jobs, uncertain about future paths, trying to network, or learning how to market yourself. Check [ongoing events](#) or the calendar on [mySuccess](#) to see upcoming events.

- 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.
- Start connecting with employers through recruitment events, such as career fairs and employer visits.
- Check the [Career Zone calendar](#) to get started.
- Engage with your field of study outside mandatory learning; explore research, attend local/regional conferences, and begin thinking about conducting your own research.

- 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.

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](#)).
- 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.
- [Book](#) an appointment to have your resume reviewed.

What skills do employers want?

- Prioritization and organization
- Effective oral and written communication
- Problem solving and analysis
- Management and coordination
- Good judgement, emotional intelligence, and integrity
- Adaptability and flexibility

What skills will I gain with this major?

- Advanced critical thinking
- Problem solving strategies
- Research skills
- Ability to work independently or as part of a team
- Specialized knowledge in various areas
- Attention to detail
- Organization
- Analytical skills
- Communication skills
- Leadership
- Creativity

What double degrees can I do with this major?

- You can combine your degree with a Concurrent Education degree, allowing you to teach Primary-Junior or Intermediate-Senior grades.

What graduate programs could I pursue?

Potential graduate programs will depend upon one's choice of disciplines, but include

- Anthropology
- Business
- Cultural Studies / Media Studies
- Criminology
- Education
- English
- Gender Studies
- Law
- Political Science
- Psychology

What types of minors can I do?

You can pursue a Concentration in:

- Environment in Politics and Culture
- Human Nature
- International Conflict Human Rights
- Social Justice

Minors:

- Archaeology
- Criminology
- English
- Environmental Science / Studies & MORE!

What could I add to my degree?

- Certificate in Education Studies
- Certificate in Global Entrepreneurship

What careers can I pursue?*

- Video Producer
- Anthropologist
- Conservation Officer
- Journalist
- Cartographer
- Lawyer
- Political Advocacy / Lobbying
- Human Resources Manager
- Admissions Counsellor
- Biochemist
- Public Relations Officer

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

What field of work are alumni working in?

- Education
- Law
- Medicine
- Entrepreneurship

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

- Agriculture and biological science: 100%
- Fine and applied arts: 71.4%
- Humanities: 82.4%
- Other Arts & Science: 97.2%
- Physical sciences: 90.9%
- 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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