

FIRST YEAR

MIDDLE YEARS

FINAL YEAR

ACADEMIC SUCCESS



DEVELOP

a Course Plan and
Build Academic Skills

- Check out the [Academic Support Zone](#) for writing and tutoring support.
- Review your program requirements in the [Academic Calendar](#).
- Familiarize yourself with your [myInfo](#) account, self help, and degree audit tools.
- Read through the [Academic Regulations](#).
- If you need academic accommodations, meet with our [Student Accessibility Services](#) team.
- If you are a transfer student or in an accelerated education program, reach out to your Academic Advisor in the School of Kinesiology for assistance in course planning.
- If you plan to complete co-op work terms, remember you need a 75% KINE average in first year and a 65% cumulative average.
- Meet with your [Academic Advisor](#) to plan ahead, discuss career paths, and gain overall academic support.

- Attend Academic Skills Prep - visit 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 - start to create a plan.
- Make sure to check your degree audit at the beginning and end of the year (found on [myInfo](#)). Check this anytime you add/drop courses.
- If transferring to Lakehead, please explore the [program page](#) in preparation.
- Are you in the co-op program? Make sure you know all your deadlines ahead of time! [Ask questions](#) in advance and begin the process as soon as you are able.
- Start to think about your next steps after university. Are you going to pursue more education? Find what prerequisites you need to fulfil.
- Complete your Standard First Aid/CPR-C certification by the end of the first term of 2nd year; maintain a valid certification for the duration of the program.

- Meet with the Director of the department and Student Central to ensure you are in progress to complete all necessary degree requirements needed for graduation consideration.
- Submit your Intent to Graduate.
- RSVP for convocation ceremonies.
- Understand application requirements, processes, and deadlines for future programs of interest. Apply early!
- By completing the research project, you gain and develop these skills:
Team building
Leadership development
Communication
Public Speaking

ACADEMIC SKILLS CHECKLIST

- Visit the Academic Support Zone.
- Meet regularly with your Academic Advisor in the School of Kinesiology to ensure degree requirements are being met.
- Develop professional contacts with faculty instructors.
- Enhance the value of your degree through specialization options or minors.
- Start looking for volunteer opportunities.
- Complete a compulsory research project.
- Declare your Intent to Graduate.



CONNECT

and Gain Experience
with the Local and
Global Community

- Register in courses that contain in-class experiential learning opportunities such as case studies and labs.
- Interested in entrepreneurship? Check out [Ingenuity's](#) resources.
- Meet the Director of your School, and your 1st yr [Academic Advisor](#).
- If you are not in the co-op program please contact the Co-operative Education Program Coordinator and your School of Kinesiology Faculty Liaison.
- Watch your email and social media for announcements regarding additional training and volunteer opportunities, as well as networking events.
- Consider [joining](#) campus clubs: KALU (kinesiology at Lakehead University); LU Pre-med society; LIPSS (Lakehead University Interprofessional Student Society); [Exercise is Medicine - On-campus](#).

- Develop networks and connect with your academic professors. Visit during office hours, engage with their research and projects, and ask questions.
- Consider a [work-study job](#). This is a great opportunity to gain experience, as well as assist in the cost of your education.
- By taking labs, you are developing hands-on experience and team building skills.
- Speak to your School to see if there are any research opportunities available.
- Take community based learning courses to gain skills outside of the classroom.
- Watch for volunteer and networking opportunities. Join in!
- Volunteer with the School at recruitment and promotional events on campus and in the community
- Connect with your professors! You may want to approach them to supervise your 4th year research project and/or to provide you with academic references for post-grad programs or jobs.

- Join different networking platforms such as [Lakehead Connect](#) or LinkedIn.
- Communicate interest in career-related opportunities with your professors.
- Consider working on applied research, such as a thesis project.
- Build your network and gain valuable interview skills through arranging [informational interviews](#).
- Continue to watch for volunteer and networking opportunities. Join in!
- Consider taking Career Exploration in 3rd or 4th year to gain 40 hrs of placement experience.

EXPERIENTIAL LEARNING CHECKLIST

- Apply for Co-op.
 - Take advantage of labs.
 - Keep track of your skills/experience and continue to update your resume.
 - Join clubs and connect with peers.
 - Build a bank of experiential learning and specific assessment skills that you can use for future cover letters.
- Talk to a Student Success Advisor about starting your [Co-Curricular Record!](#)
- Gain valuable soft skills and boost your resume through completing [online certificate modules](#).



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PREPARE

for Postgraduation or Career

- Visit the [Career Zone](#) to find out about the career services offered.
- Discuss bursary and award opportunities with [Student Central](#).
- Check out the job bank at mysuccess.lakeheadu.ca to learn about summer job and on-campus opportunities in your program.
- Consider applying for OSAP/Provincial Loan funding.
- Meet with a Student Central Professional to discuss financial management, and funding resources.
- Start looking for internships and volunteer opportunities as early as first year!
- Talk to an Academic Advisor about starting your [Co-Curricular Record!](#)
- Join the [Ontario Kinesiology Association](#) - free student memberships!

- 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 career options.
- Develop relationships with faculty. Future references can be important.
- Begin looking into careers of interest and research education requirements.
- Start thinking about Grad School and talk to career and departmental services.
- Complete additional certifications to build your resume (CSEP-CPT; various certification workshops advertised annually).

- Build career readiness skills by attending resume, job search and interview skills workshops in the Career Zone.
- Attend the Career 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.
- Begin preparation for the CKO'sl entry-to-practice exam, check dates!
- If you haven't already - join the Ontario Kinesiology Association.

CAREER DEVELOPMENT CHECKLIST

- Apply for job opportunities in your field.
- Network during Volunteer and Career Fairs.
- Create a LinkedIn account.
- Check out [Resources and Tools](#) on the Career Zone Website to learn more about professional development (i.e. Strong Interest Inventory).
- Explore the [College of Kinesiologists of Ontario](#).
- Begin to prepare for The CKO's entry-to-practice exam to become a Registered Kinesiologist.
- Keep track of your skills and experiences for your cover letters and resumes.
- Attend employer information sessions and career fairs. Check the Career Zone [calendar](#).

▶ What skills do employers want?

- Understanding of human movement
- Communication and interpersonal skills
- Ability to think critically, creatively and analytically
- Conflict resolution
- Teamwork; coaching; time management
- Ability to complete MSK, biomechanical, functional, and fitness assessments
- Ability to prescribe exercise to individuals and groups
- Other patient/client assessments specific to the industry
- Functional capacity evaluations, physical demands analysis; workplace assessments

▶ What skills will I gain with this major?

- Understanding of human movement
- Communication and interpersonal skills
- Ability to think critically, creatively and analytically
- Conflict resolution
- Team work
- Fitness and movement assessments
- Musculoskeletal assessments
- Exercise prescription
- Motivational interviewing skills

▶ What double degrees can I do with this major?

- Education

▶ What graduate degrees could I pursue?

- Medical School / NOSM
- Master of Science, Physiotherapy
- Master of Science, Occupational therapy
- Master of Science, Kinesiology
- Graduate Diploma, Professional Kinesiology
- Osteopathic Manual Practitioner
- Chiropractic college
- Physician Assistant program
- Prosthetic & Orthotics programs
- Pedorthics programs
- Law school

▶ What types of minors can I do?

- Aging and Health
- Psychology

▶ What could I add to my degree?:

- Certificate in Entrepreneurship*
- Other industry specific certificates offered as weekend or evening courses outside of university (fascial release; Diabetes Educator; Bone Fit® certified)

*May have to go into course overload, please speak to your program Director for permission

▶ What careers can I pursue?*

- Strength and Conditioning Coach
- Personal Trainer
- Sports Coach
- Athletic Therapist
- Kinesiologist
- Nutritionist
- Rehabilitation Specialist
- Ergonomist
- Workplace Wellness Coordinator
- Physiotherapist
- Occupational Therapist
- Chiropractor
- Doctor

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

▶ What field of work are alumni working in?

- Registered Kinesiologists in many settings
- Physician Assistant
- Chiropractic
- Chiropractic; Pedorthics
- Prosthetics/Orthotics
- Osteopathy
- Teaching
- Physiotherapy; Occupational Therapy
- Polysomnography

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

- 100.0% of graduates are employed!

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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ORILLIA

lakeheadlifeor

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