Career Growth Mindset Resources

Career is not a fixed place you arrive at, rather it is a lifelong process that grows and changes as you do. Growth Mindset is the belief that who you are and your potential is not fixed or limited. People with a growth mindset seek progress not perfection, they do this by focusing on the process, not the outcome.

**Career Exploration**

- Look for research challenges and opportunities to help others that motivate you.
- Gather a list of employers doing work that excites you.
- Create a list of interesting people working in roles you want to know more about and conduct informational interviews with them.
- Volunteer, read a book, take a course, an entry-level role or an internship.
- Expand your network with people you can learn from. Build reciprocity by offering to help others.

**Skill Development**

- Add or strengthen a skill you know you want to grow, or know you need to grow.
- MOOCS (Massive Open Online Courses) are perfect for this. They are self-directive and often an economical option for developing skills.
- Try LinkedIn Learning. As a post-secondary student in Ontario, you have free access through the University of Guelph. Skillshare, Coursera, Udemy and CreativeLive are other options to continue your skill development.

**Professional Online Management**

- Your personal brand is your credibility in the professional world. It is very much part of your job search toolkit - learn to grow and manage it. No better time than now to start.
- Build a LinkedIn Profile and manage your online social media presence. LinkedIn is a professional site that connects you with other like-minded industry members to learn, collaborate, and job search.

**Networking**

- Once you have a clearer picture about the career challenges and opportunities that excite you, find interesting people working on those problems.
- Reach out to request an informational interview. This is a conversation to learn about their career story and the employer’s needs. These conversations can help affirm that the work is what you think while continuing to expand your network.

**Create Your Own Project**

- In preparation for job searching, learn technical skills that showcase your achievements online, or hone those leadership skills by creating opportunities that benefit others.
- Learn through the process of creation what matters to you and how you want to contribute in the world of work.
- Start a website to market your brand and work portfolio in anticipation of your next job search.
- Start a community non-profit; consider what’s important to you? How could you do some good in the world? Engage in virtual opportunities on campus or start a blog on a topic that is meaningful to you.