



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.