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FOR EDUCATION SUPPLEMENT

Laurier's Career Services helps students put it all together

Planning for a career in today's rapidly changing world can be perplexing. But the Career Services department at Wilfrid Laurier University is there to help all its students -- full- and part-time.

Most experts in the field of career decision-making agree that the best way to formulate career goals is by first looking at yourself. The temptation may be great for a person to base career decisions on such factors as the wishes of parents, teachers and friends as well as perceived demand in the job market.

However, the best decisions must also consider the individual's interests, skills, values, personality and preferred lifestyle.

Neil Gibson, career advising co-ordinator at WLU, said, "Too often, people look solely at things such as the job market. Unfortunately, they tend to overlook what they enjoy doing, what they do well or what motivates them in life."

Laurier students can get assistance with self-assessment in various ways, including individual counselling, career testing and self-scoring exercises. As well, many self-help books are available.

The Career Services department also boasts a vast array of resources useful in career planning such as information on occupations, further education and employers as well as publications on such topics as resume writing, interviews and job-hunting techniques.

There are also audio tapes in which Laurier graduates in over 80 occupations describe their jobs. As well, a collection of videotapes feature career presentations by guest speakers.

The Career Services department also offers help in how to form an action plan. Individual assistance and group sessions are available in all three aspects of job hunting -- resume and letter writing, interviews and the approach to employers.

In addition, organizations come on campus each year to recruit graduating students for permanent positions. As well, over seventy different employers -- many of them potential recruiters -- offer information displays during Laurier's annual career fair.