



Spotlight: Career Exploration

Career research has many layers. Early in our career research, it is important to discover a wide range of careers that have appeal to us.

There are approximately 35,000 job titles classified into the 500 unit groups used by Canada's National Occupational Classification (NOC) system. And these 35,000 job titles are still just a skeleton outline of the jobs performed every day in Canada. NOC is not meant as an exhaustive list and has to be updated regularly. *It's important not to limit yourself to a job title since the jobs of tomorrow need to be invented!*

This month, spend some time with the career exploration tools linked throughout this document and let us know what careers you want to learn more about!

When doing career research, its best to get information from a variety of resources. Using LinkedIn and other social media platforms can help expand your network of role models and future employers, while career quizzes can help you focus on your interests and values.

Ready to get started? These worksheets will help you organize your career research and prepare for informational interviews with role models.



STEMforGIRLS Role Models



**Meghan Couves –
Mechanical Engineer,
NL Hydro**



**Oliva Smith - Ocean &
Naval Architectural
Engineering, Husky**



**Valerie Slaney –
Reservoir Engineer,
Equinor**



**Find More Role Models
at STEMforGIRLS.ca**



**Click on the Role Model's picture
to learn about her STEM career.**

Marketing You



Have you [written your first resume](#)? Know how to format a cover letter? Get started with this [pre-employment course](#) for job-seekers.

Once you have a draft, you can also ask career development professionals, such as those at [Community Youth Networks](#), to help polish it.

[Power skills](#) will set you apart on your resume and in [job interviews](#). To market yourself effectively, start by building your [core values list](#) to help describe your fundamental personality traits. This will help you identify your power skills and ultimately help you recognize what areas you would like to improve.



Challenge Cards



Have you sorted your Challenge Cards yet? As a benefit of membership, create an account on [SparkPath](#) using the code “S4Gexclusive”. This career exploration tool asks what *challenges* you want to work on. Check the most interesting ones for more information using the icon on the top left of each card as you sort. Sort the challenge cards as often as you like, and then print your “Challenge Profile”. When you tackle the worksheets included, **take a screenshot of the table in step one and tag us on Instagram @STEMforGIRLS.ca**

[Check out the world’s biggest challenges, the Global Goals for Sustainable Development, and related resources here.](#)



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Summer Summit

As a benefit of membership, you will be pre-registered for the STEMforGIRLS Summer Summit – and you can invite your friends! Week by week in July, we will tackle Science, Technology, Engineering, and Math with hands-on experiences, career exploration activities, and interactions with professional women.

Let us know on Instagram @STEMforGIRLS.ca when you receive your Summer Summit Package.

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