

Welcome to Exploring Meaningful Work



We will start in a couple minutes. While you wait:

✓ Please mute (for now)



✓ Turn on subtitles (Note: REV's logo appears as "LIVE" on the top left corner of Zoom. This session is not being recorded.)

- Hover your cursor over the Zoom toolbar at the bottom of your Zoom screen
- Click on the three dots in the bottom right corner. Select "Show Subtitles"



✓ Display your name

- Hover your cursor over the square with your name and click on the three dots in the top right corner
- Use the "Rename" function to display your preferred name



✓ In the chat (centre, bottom of screen):

- Name, department, what you hope to gain after today's workshop?

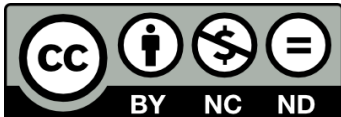
Exploring Meaningful Work



CLNx.utoronto.ca

STUDENT
LIFE

Career Exploration
& Education



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Land Acknowledgement

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years it has been the traditional land of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land.

Access Check

We understand access to be a shared responsibility between everyone in this space. We strive to create an accessible space that reduces the need for you to disclose a disability or impairment for the purposes of gaining an accommodation. In doing this together, we strive to welcome disability, and the changes it brings, into our space. ([AODA Office](#), *University of Toronto*)

- **What do you need to engage in this virtual space today?**
- **Are there any access needs we could address as a group to support your engagement?**

Equity Statement

The Division of Student Life at the University of Toronto is driven by a mission to “enrich the university experience *for and with* students by fostering learning, growth, connections, community, and support” ([Student Life webpage](#), 2021).

Career Education seeks to do this through a commitment to equity, diversity, inclusion, access, belonging and reconciliation as we navigate career conversations and skill development, while simultaneously recognizing that career education is limited by its grounding in a Euro-Western worldview.

- **What is one thing we can each do today to contribute to an equitable and inclusive space? (*Please reflect privately; this will not be shared.*)**

Forms of Engagement

In this workshop, you can expect to engage through the following formats and mediums:

- Optional sharing on-mic and/or in the Chat
- Discussion questions and open Q&A (via Chat or on-mic, your preference)
- Mentimeter and Mural activity
- Independent activities to integrate today's learning



A Plan for Our Time Together

1. Develop a better understanding of yourself, your values and what kind of work might feel meaningful to you
2. Recognize the barriers to meaningful work
3. Understand the career development model and how that can prepare you in career planning
4. Identity goals and actions to move you forward in the career development process



What makes work meaningful?

<https://www.menti.com>

Enter code:



6 Factors for Meaningful Work

1. Work that is engaging
2. Work that helps others
3. Work you are good at
4. Work with supportive colleagues
5. Lack of major negatives
6. Work that fits with the rest of your life

80,000
HOURS

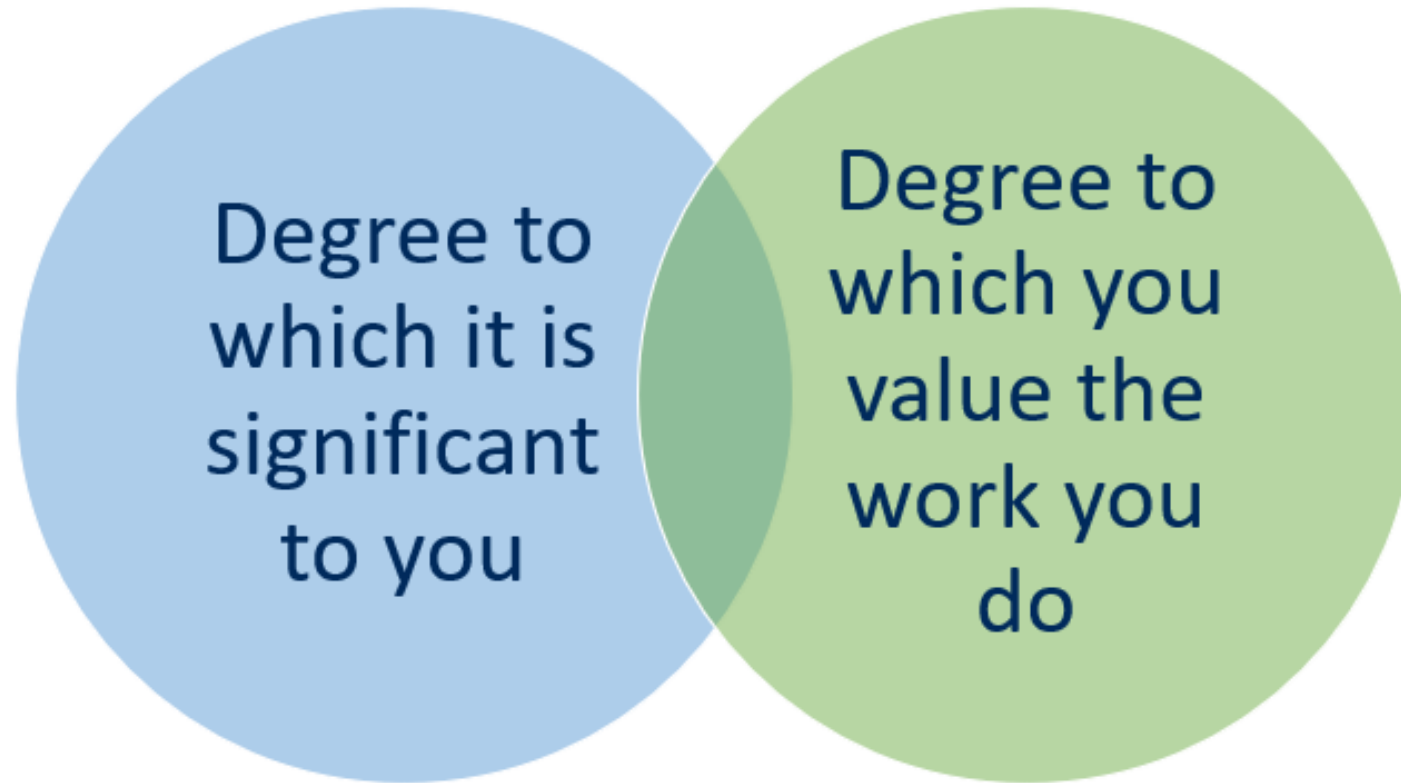
Which factor resonates with you the most?

Exploring Ideas of Meaningful Work

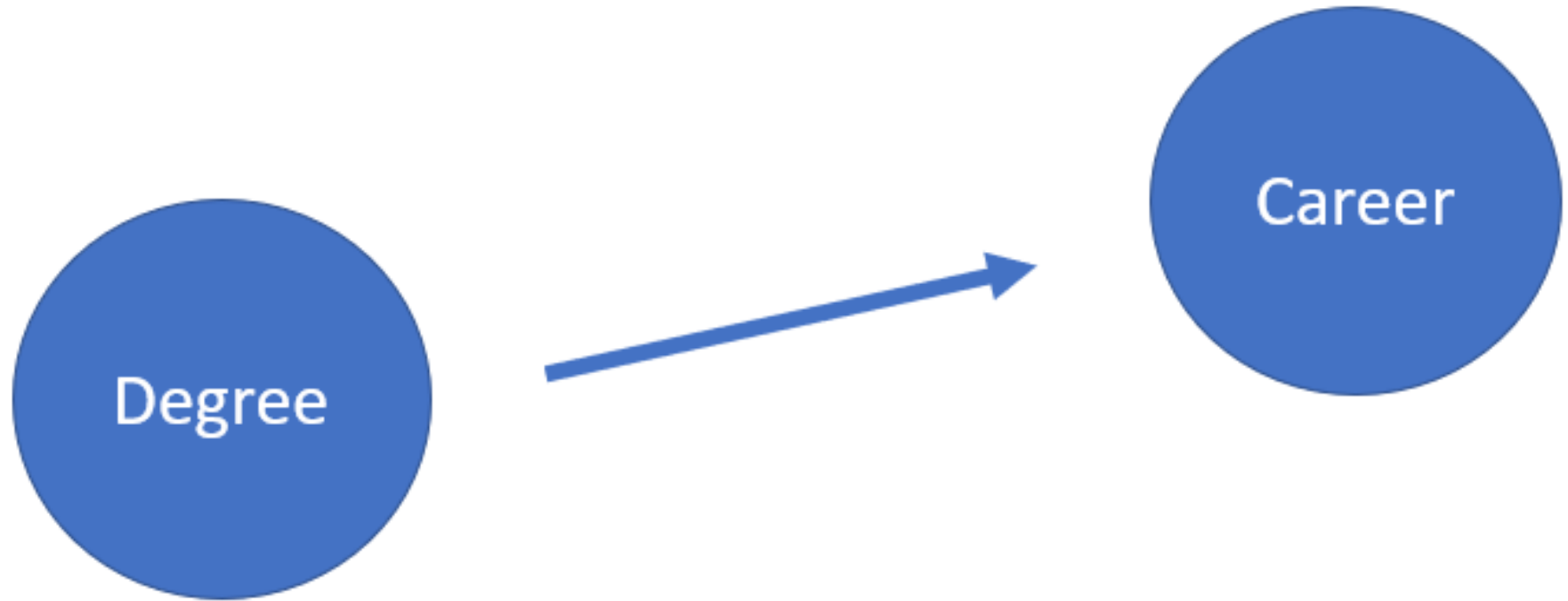


- Where do our ideas/beliefs about meaningful work come from?
- What are some myths or misconceptions about meaningful work?
- What are some of the challenges or barriers when it comes to exploring meaningful work?

Reframing Meaningful Work

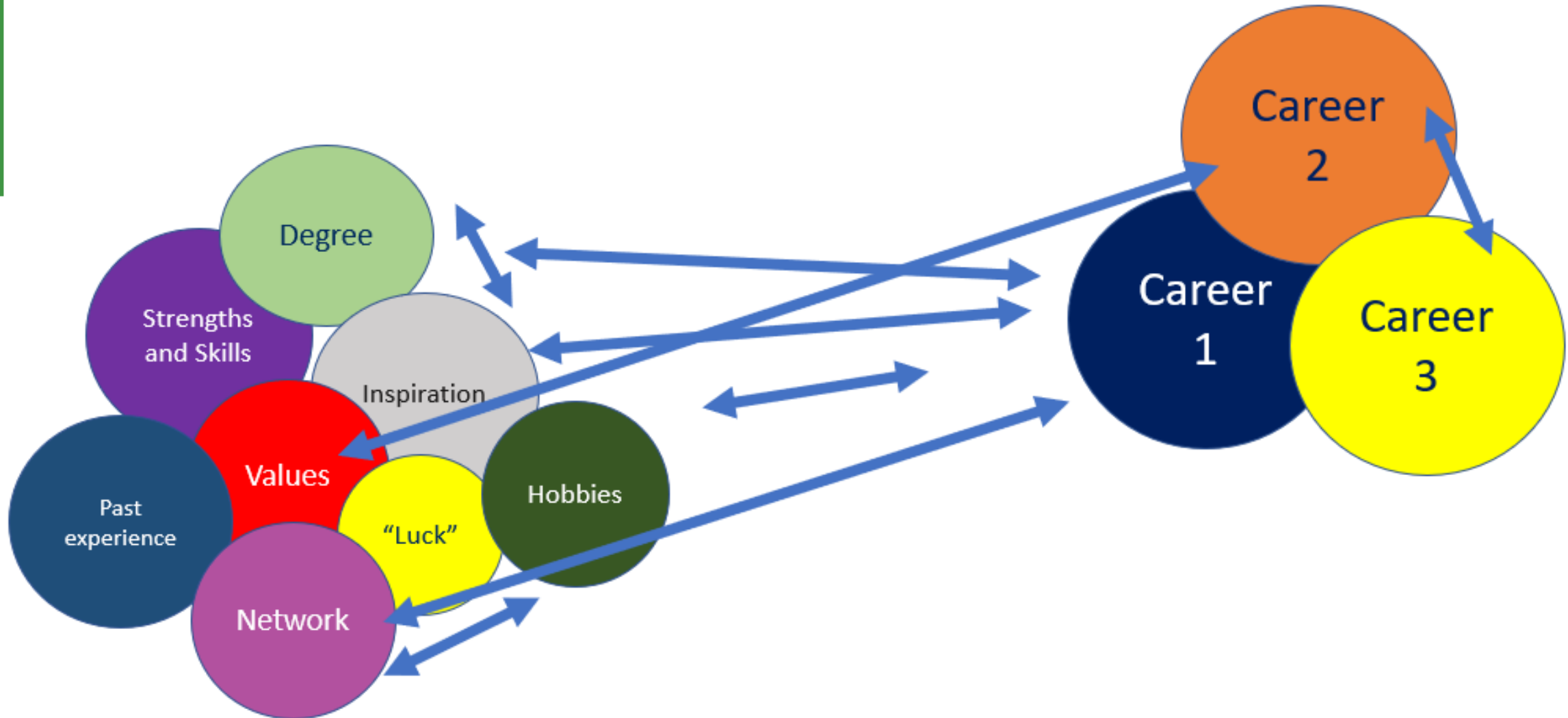


Degree to Career



Up Next: My Career...

My Career...



Up Next: Career Development Framework

Career Development Framework



Mural Activity - Reflection



Consider the following prompts:

- **What do you need in your work for you to thrive?**
 - Preferred workplace characteristics (i.e., flexibility, independent work, project-based, collaborative team etc.)
- **What will make your work meaningful?**
 - Values (i.e., integrity, learning, social justice, innovation, work-life balance, respect, etc.)

Career Actions

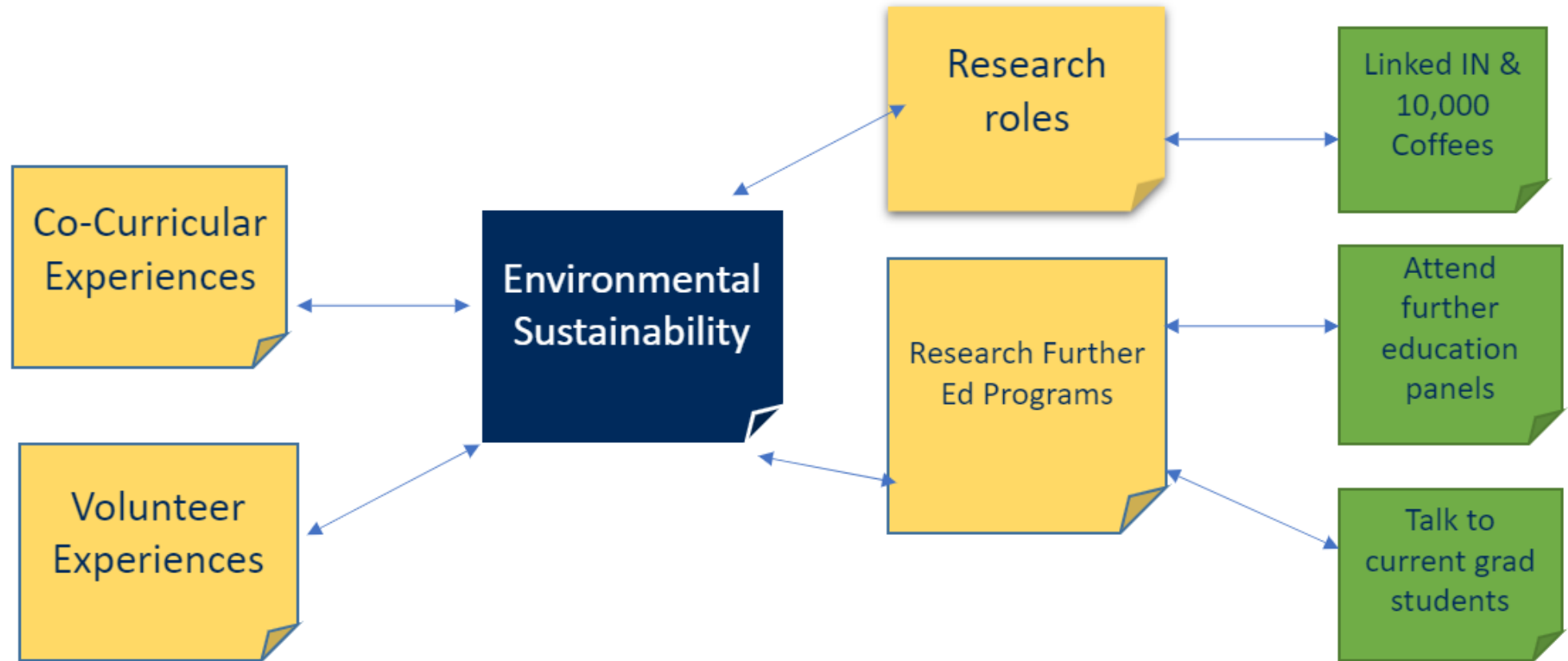
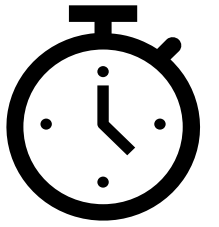
Build your career understanding & skills

- Research the industries and organizations you're interested in (websites, socials, news)
 - Learn more about the work they do, their values, hiring process
- Learn about educational requirements or specialized skill sets (e.g., job postings)
 - Consider Upskilling
- Gain experience while on campus (CCR)
- Engage in self-reflection activities to gain insight
- Leverage your coursework to learn more about your career areas of interest
- Consider parallel possibilities

Reach out and connect!

- Talk your ideas through with someone you know well
- Be curious – reach out to someone you don't know well (informational interview)
- Attend another workshop, career fair, or employer event
- Join clubs/societies/organizations related to your areas of interest
- Attend virtual events, webinars, and/or conferences related to your areas of interest
- Create a professional online presence
 - LinkedIn Groups & Alumni Finder

Brainstorming next steps



Creating Manageable Goals

Turning your next steps into goals and concrete actions.

Select one of your next steps, think about the goal of this step, and determine what actions you can take to accomplish this goal

What is my goal? (What do I want to accomplish, why is it important?)

I want to deepen my understanding of Further Education possibilities that will equip me with the knowledge and skills to pursue a career in Environmental Law

Actions	Strategies (What strategies and resources will I use to accomplish my goal)	Tasks (What will I do to complete the steps)	Time When will I achieve this?
Research relevant fairs, events, and panels in further education	<ul style="list-style-type: none">• CLNx (professional school fair and Grad school alumni panel),• LinkedIn (see if there are any grad school events)	<ul style="list-style-type: none">• Create a list of fairs, events, and panels I can attend	March 20th, 2023



Key Messages

- Thinking about meaningful work is a privilege; we need to recognize the barriers to it and reframe our understanding of what 'meaningful' is.
- What makes work meaningful is personal and will be different for everyone.
- Understanding what is important to you in your work and life is an important part of your career process.
- While sometimes it may feel like we don't know how to move forward, there are lots of actions one can take.

Thank You – Q & A



To ask a question:

- ✓ Unmute
- ✓ Turn on your video if you like
- ✓ Use the chat



Before you leave:

- ✓ In the chat, share:
 - ✓ What has been your key take-away from today's session?

Appendix A

Additional Career Resources

Career Exploration & Education Online

Check out clnx.utoronto.ca for the following:

- Online one-on-one advising appointments
- Online workshops
- Online Career & Alumni Chats
- Job Boards – Still Active
- Work Study Program
- Job Shadowing Program
- CLNx Resources
- [Online Chat Tool](#)

Questions or concerns, please email
careercentre@mail.careers.utoronto.ca

Be Well

- Find [answers to frequently asked questions](#) about coping with stress, residence, help for international students and safety abroad from the Office of the Vice Provost, Students.
- U of T My SSP: Call 1-844-451-9700 or download the app at the [Apple App Store](#) or [Google Play](#). Immediate counselling support is available in 35 languages and ongoing support in 146 languages.
- [Good2Talk Student Helpline](#): Call **1-866-925-5454** Professional counseling, information and referrals helpline for mental health, addictions and students well-being.
- [Anishnawbe Health Toronto Mental Health Crisis Line](#): Call 416-360-0486

Seeking Mental Health Support at the University of Toronto

SEEKING MENTAL HEALTH SUPPORT AT THE UNIVERSITY OF TORONTO?

I AM CURIOUS ABOUT IMPROVING MY OVERALL MENTAL HEALTH.

I AM A BIT STRESSED AND LOOKING FOR POSITIVE COPING STRATEGIES.

I FEEL LIKE I NEED SOME HELP AND COUNSELLING WITH WHAT I AM FEELING.

I AM OVERWHELMED, I NEED HELP NOW.

MENTAL WELL-BEING



URGENT CRISIS

No matter where you are on the mental wellness continuum, from being proactive about your well-being, to feeling stressed and needing urgent help, U of T is here to support you.

We want to empower you to find the resources you need to feel and do your best. We have two new tools to help you.

Navi & Mental Health Resource Hub



An anonymous chat tool that can respond to specific questions and direct you to helpful resources. Check out Navi if you want help on specific topics, like test anxiety or roommate issues, or if you're simply feeling stressed but don't know where to start.

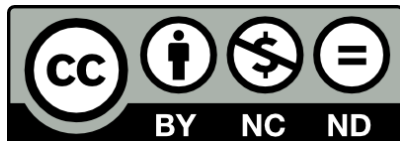
Look for the Navi icon on many U of T websites or visit **uoft.me/navi**.

MENTAL HEALTH RESOURCE HUB

A website where you can browse programs and services on all campuses, build a personal tool kit of apps and resources or explore the stepped care model of service.

mentalhealth.utoronto.ca

If you are in crisis, visit **uoft.me/feelingdistressed** or call/visit My SSP at **1-844-451-9700** or **uoft.me/myssp**



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