

# Next Steps Conference 2018

Friday January 19<sup>th</sup> and  
Saturday January 20<sup>th</sup> 2018  
Chestnut Residence  
and Conference Centre  
89 Chestnut Street  
Toronto, ON M5G 1R1

Completing your degree is an exciting milestone but it can also be a little overwhelming to enter into a new stage of your life and career. More than just a job, your career is the ongoing culmination of your education, experience and choices, and it can take you in directions that you hadn't anticipated. Whether you are a student or recent graduate, this conference will support you on your journey by equipping you with professional insights, teaching you strategies to help get you started and giving you an opportunity to grow your professional network.

**Welcome to your future!**

# Taking Place at Next Steps

## Keynote Address

### Jesse Wente (HBA 1996 Innis)

*Broadcaster, Curator, Producer, Activist and Public Speaker*

Jesse Wente is a sought after Ojibwe broadcaster, curator, producer, activist and public speaker. He's been a columnist covering film and culture on CBC Radio's *Metro Morning* for 21 years and is also culture columnist for CBC Radio's *Unreserved*. He has programmed for film festivals including Reelworld, ImagineNATIVE and the Toronto International Film Festival, and is currently Head of TIFF Cinematheque, overseeing their historical film program. Jesse has curated retrospectives on Stanley Kubrick, Tim Burton, Bernardo Bertolucci, Michael Mann and Kelly Reichardt. In 2012 he curated the world's largest retrospective of Indigenous films, titled First Peoples Cinema: 1,500 Nations, One Tradition and its accompanying gallery exhibition, Home on Native Land. Jesse is currently producing his first film, a screen adaptation of Thomas King's best-selling book, *The Inconvenient Indian*. An outspoken advocate for Indigenous rights and First Nations, Metis and Inuit art, he has spoken at the Smithsonian's National Museum of the American Indian, the Canadian Arts Summit, the Canadian Media Producers Association's Prime Time conference and numerous universities and colleges. Jesse currently serves on the board of directors for both the Toronto Arts Council and the Canada Council for the Arts. Jesse lives in Etobicoke with his wife and two children.

## Alumni and Student Networking Reception

Over 150 alumni are on hand to offer invaluable advice on your career path after graduation.

### Next Steps Hub

Let us know how you are doing. Visit the Next Steps Hub outside the ballroom to share your thoughts, get your questions answered, and access resources that will support your life after graduation.

### Panels

Attend panels to hear the stories of alumni who faced challenges identical to yours. Each panel is made up of two to four alumni who will each give a brief introduction and then open the session to your questions.

### Workshops

From entrepreneurship to personal finance, graduate school to working abroad, these workshops will answer your questions about life after U of T and help prepare you for what happens next.

### Student Life App

Go to [guidebook.com/app/uoftstudentlife](http://guidebook.com/app/uoftstudentlife) to get the U of T Student Life app on your phone. From there, download the Next Steps Conference Event Guide to find bios of our alumni speakers and guests, full session descriptions and locations, tipsheets and more!

### Connect with Us Online

Share photos and event insights on social media with the official event hashtag: #UofTNextSteps

For additional information, visit the Next Steps website: [uoft.me/nextsteps](http://uoft.me/nextsteps)

“As a recent graduate seeking employment, the requirement of minimum amounts of work experience was daunting and discouraging. Over time, I learned to better market myself and find ways to match the advertised requirements against my qualifications by taking a less narrow approach and giving myself credit. I learned to extrapolate and identify qualifications that went beyond paid employment and considered experiences in non-paid arrangements and my personal life.

**Veronica Ha (HBA 2012, MIRHR 2013)**

Business Analyst, Disability Support Program, Ontario Public Service (OPS)

*Veronica will be speaking on the ‘How to Leverage Your Arts & Science Degree’ panel, Saturday 1:30–2:30pm*

“An early career struggle I faced was figuring out what I wanted to do. I completed an internship and reached out and spoke to about 30 individuals across the company to learn more about their department, the nature of their work, and their career path. It was these experiences that helped me rule out several options as well as decide to pursue a career in epidemiology/health economics research.”

**Michael Lebenbaum (HBSc 2010)**

Epidemiologist, Institute for Clinical Evaluative Sciences (ICES)

*Michael will be speaking on the ‘Research and Development—Industry Panel’, Saturday 10:00–11:00am*

# Schedule

Chestnut Residence  
and Conference Centre  
89 Chestnut Street  
Toronto, ON M5G 1R1

## Friday, January 19, 2018

- 4:30 p.m.** Conference check-in opens.  
Visit the Next Steps Hub after you register!
- 5:00–5:50 p.m.** Improv for your Next Steps—a conference prep session for registered delegates, [Terrace Room](#)
- 6:00–7:00 p.m.** Opening keynote address by Jesse Wentz (HBA 1996 Innis), Broadcaster, Curator, Producer, Activist and Public Speaker, [Ballroom](#)
- 7:00–9:00 p.m.** Alumni and student networking reception with 150+ alumni on hand to speak with you about their career path after graduation, [Ballroom](#)

## Saturday, January 20, 2018

- 9:00 a.m.** Conference check-in opens.  
Visit the Next Steps Hub after you register!
- 10:00–11:00 a.m.** **Concurrent Panels and Workshops:**
- Research and Development—Industry Panel, [Giovanni Room](#)
  - Success Isn't a Straight Line, [St. Patrick Room](#)
  - Think like an Entrepreneur, [Terrace Room](#)
  - Working without Borders, [Armoury Suite](#)
  - Money after Graduation, [St. David Room](#)
- 11:00–11:15 a.m.** Coffee break
- 11:15 a.m.–12:15 p.m.** **Concurrent Panels and Workshops:**
- Work or More School? Your Life after Undergrad, [Giovanni Room](#)
  - Media and Marketing in the Digital Era—Industry Panel, [Armoury Suite](#)
  - Entrepreneurship and Innovation—Industry Panel, [Terrace Room](#)
  - Education and Training—Industry Panel, [St. David Room](#)
  - Social Services—Industry Panel, [St. Patrick Room](#)
- 12:30–1:15 p.m.** Networking Lunch with Alumni Volunteers
- 1:30–2:45 p.m.** **Concurrent Panels and Workshops:**
- Internships: The Good, the Bad, the Ugly, [Terrace Room](#)
  - Arts and Recreation—Industry Panel, [Armoury Suite](#)
  - Public Policy—Industry Panel, [St. David Room](#)
  - How to Leverage Your Arts and Science Degree, [Giovanni Room](#)
  - Medicine, Health Care and Wellness—Industry Panel, [St. Patrick Room](#)

# Make the Most of the Conference

This guide is about YOU, and about YOUR experience here. Use this booklet as a tool to prepare your conference strategies, remember the network connections you make, think through the information you hear, build your future plans and use the learning tools in your booklet.

## **Before the Conference: Invest 20 minutes to build your strategies [see p. 7]**

1. Set your learning goals. To make the most of your experience at Next Steps, it helps to identify what you want to learn here. Deciding this now will make it easier to recognize when someone talks about something related to your goals.
2. Build your personal introduction and identify questions you might want to ask during your Next Steps experiences.
3. If you arrive early, visit the Next Steps Hub located outside the ballroom to learn more about the conference and resources available to you as a student or an alum.
4. Plan on staying for the full two days of the conference. We've ensured that both days are jam-packed with opportunities to learn about careers connected to your degree, to meet professionals in these fields and to develop important career skills.

## **At the Conference**

1. Actively participate in your sessions and talk to fellow delegates, alumni and staff. Keep track of your connections in the network section [see p. 12]. When you complete four, visit the Next Steps Hub to learn how to enter the prize draw.
2. Ask your questions during the workshops and panels. You will help out other delegates by speaking up [see p. 8].
3. Deepen your experience by taking notes, using your booklet's career tools and building your future actions list [see p. 9–10].
4. Share your thoughts at the Next Steps Hub and tell us how you are doing. The Next Steps Hub is just outside the ballroom on the second floor.
5. Connect with other attendees and conference speakers on social media: #uoftnextsteps

## **After the Conference**

1. Go back to your Next Steps Conference goals and reflect on what you have learned [see p. 11].
2. Return to your Next Steps Network page and re-introduce yourself to your Next Steps contacts by phone, email, LinkedIn or your U of T Ten Thousand Coffees account.
3. Stretch your network further: read up on panelists, seek additional professional contacts and connect with someone you don't know for an informational interview.
4. Continue your connections with U of T:
  - attend alumni events
  - attend Career Exploration & Education workshops, industry panels and events
  - use your \$550 credit towards continuing education

“After failing to get a job through the structured hiring processes of large companies, I struggled to land my first job after graduation. New grad unemployment was high in 2010 and it was difficult to stand out. I tried innovative ways to contact recruiters, including calling them in person to ask them for more details about the job, or delivering my resume in person. The hiring manager of a small start-up remembered me when he received my application, because I was the only one who called. He set up an interview and I was hired for my first job after graduation.”

**Audrey Ooi (HBA 2010)**

Digital Marketing Advisor, Canadian Red Cross

*Audrey will be speaking on the ‘Media and Marketing in the Digital Era—Industry Panel’,  
Saturday 11:15am–12:15pm*

“I was four years younger than my classmates (I started school really early), and I’m blind. Those two circumstances posed huge barriers to getting people to take me seriously as a candidate. I had to work hard to convince people of my ability, even after I had experience.”

**Mahadeo Sukhai (HBSc 1998, MSc 2001, PhD 2007)**

Head of Research, Canadian National Institute for the Blind (CNIB)

*Mahadeo will be speaking on the ‘Success Isn’t a Straight Line’ panel,  
Saturday 10:00–11:00am*

# Preparing to Connect

## My Next Steps Conference goals

Create focus for your Next Steps experience. Invest 10 minutes to identify what you want to learn here. Setting your goals now will make it easier to recognize when someone talks about your topics of interest.

### At the Next Steps Conference I hope to learn:

### Things I might say

During Next Steps you will meet a lot of great people eager to get to know you. Take five minutes to prepare what you can share with them.

#### 1. My experiences at U of T allowed me to develop the following skills:

#### 2. A U of T accomplishment I'm proud of is:

#### 3. I'm interested to know more about:

### If you are unclear about your future goals, that's okay...try this!

I'm curious to know more about:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Now write out your introduction here, and see if and how it changes throughout the conference.

### Questions I want to ask

The Next Steps alumni, facilitators, panellists and keynote speakers have prepared career insights for you, and they are also excited to share their thoughts on your questions. Go to [guidebook.com/app/uoftstudentlife](https://guidebook.com/app/uoftstudentlife) to download the U of T Student Life app to your phone. From there, download the Student Life Events Guide and select the Next Steps conference from the upper left menu to find bios of our alumni speakers and guests, full session descriptions and locations, FAQs and more!

### Select any questions that will help you with your learning goals:

- How did you handle the transition from U of T into your career?
- What is one thing you wish you knew when you were leaving school?
- How do you think your degree helped you in your career? When did you realize this?
- What is an exciting area of growth in this field?
- How is the world of work different now than from when you were entering it?
- What advice do you have for students/recent graduates like us?
- How did you know you made the right choice in your career?
- What was the biggest challenge you faced and how did you overcome it?
- Other questions:



# Career Workbook

## Career thoughts

During the conference's presentations and discussions, use this page to organize your thoughts and take notes on key information that could help you with your goals and next steps:

**Actively listen to speakers for ideas that align with your...**

Values:

Strengths:

Interests:

Skills that are useful/relevant to my career interests include:

Some experiences or ideas on how to successfully transition out of university are:

I can develop professional relationships with people by:

### After the Conference: applying what I've learned

Looking back at my Next Steps Conference goals, I now know:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I now understand about my values, strengths and interests is:

Ways I will manage my transition from U of T include:

The relevant professional skills that I have are:

...and this is how I can further develop them:

To maintain the connections I made at Next Steps, I will:

Additional notes, questions, ideas:

## Your Next Steps Network

Everyone at the Next Steps Conference—alumni, fellow delegates, panellists, staff—want to meet you and help you expand your network. To make sure you are building meaningful connections, when you meet someone you want to speak with again, take a moment to note who they are and what you talked about (to personalize your connection). Then plan to follow up with them.

**When you have found four contacts and completed the information below, show this page to a Student Leader at the Next Steps Hub to have your business card entered in the prize draw.**

Name and contact info	Where at Next Steps did we meet?	What did we talk about?	Follow-up complete?

### Staying connected after the conference

Your walk across the stage at Convocation Hall will be here before you know it. But graduation doesn't mark the end of your relationship with U of T. Far from it. The University is a lifetime resource of ideas, networks, connections and support. The moment you become a U of T alum, you'll enjoy a wide range of benefits, including career support and privileged access to ongoing educational opportunities. Wherever life takes you, there will always be engaging events or programs to attend, like our popular SHAKER series for young alumni and other exclusive U of T gatherings around the world.

[uoft.me/newgrad](https://uoft.me/newgrad)

### Complete a post-conference survey and win!

Complete the post-conference survey to let us know about your experience at Next Steps, as this helps us enhance the conference for future delegates. The first 100 people to complete a survey (available at the URL below following the completion of the conference) will receive a \$5 Starbucks gift card to help kick-start informational interviews with people you meet at the conference!

[uoft.me/nextstepssurvey](https://uoft.me/nextstepssurvey)