

# Strive to Thrive

## Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni.

September 2024

### Exploring a Meaningful Career: A Guide for University Students

This report aims to provide university students with practical insights and strategies for identifying and obtaining a career they find meaningful. This will be very specific to each person so being able to identify work that is fulfilling to you will be the key step with careful self-reflection and proactive exploration.



### What is a Meaningful Career?

Developing your career is a self-improvement process that requires your investment. To start determining what you find meaningful you will want to identify your values:

#### Identifying Your Values:

- **Consider what matters most:** Think about what you view as important. Identifying these priorities can help you guide your career choices.
- **Keeping an open mind:** Being able to reevaluate your values and be receptive to new experiences which can formulate new and renowned values.
- **Exploring your passion:** Create a list of your passions and rank them based on what you like the most. Your interests often align with your values.

#### Connecting Your Values to Work:

##### Research

Find organizations that align with your values. Figuring out their mission, culture, and practices lets you understand whether your values align with theirs.



##### Connections

Surrounding yourself with colleagues who share similar values lets you connect with like-minded people and create a bigger impact in your workplace.

##### Leadership

Demonstrating integrity, and being a role model by showing your values can help change people around you and the work environment around you.



##### Goals

Aligning your workplace goals to your values lets you create a positive impact, and promotes proper work ethic.

## Insight from an Alumni



**SOPHIA CHEA** 

**Toronto Global  
Manager,  
Business Insights**



**What aspects of your career do you find most meaningful?**

One of the most meaningful aspects of my career is the contribution we make to society. Unlike profit-driven environments, the industry I work in focuses on economic development, benefiting the broader community. I also take great pride in supporting clients with research and data to guide their decision-making and help them expand their operations into the Greater Toronto Area.



**How did you come to the decision that this was the career path you wanted to pursue?**

After holding various roles in the private sector, I realized that I didn't enjoy working in profit-driven environments. I sought a position that felt more meaningful to society while still aligning with my academic background.

In my current role, I work primarily with international businesses, applying my knowledge to practical situations. The information I provide can significantly influence their decision to establish a business here, which makes this career particularly rewarding. The satisfaction of supporting these companies in their pursuit of a new global location ultimately motivated me to pursue this career path.

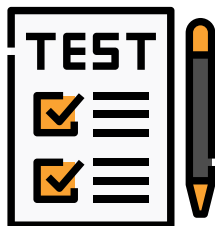


**Do you have any advice for students who are interested in working in the non-profit sector?**

Not all non-profit organizations are the same; they each have their own unique focus and mission. If you're interested in this field, I recommend reflecting on the type of job you're interested in and finding an organization or industry you're passionate about. This alignment will help keep you motivated and engaged in your work.

## Methods for Identifying your Meaningful Career

To find a meaningful career, it's crucial to monitor your advancement and maintain consistency. Tracking progress and staying committed to your values helps discover your professional paths. Here are a few methods that can be effective tools to help identify your meaningful career.



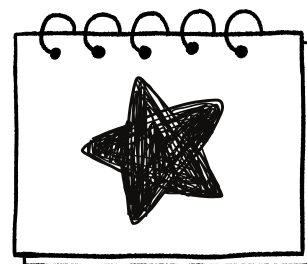
### Self Assessment Tests

These tests can be found on the internet which can often evaluate your interest, personality traits, etc.



### Career Consulting

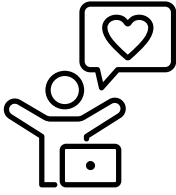
Talking with professional counselors can help you gain insight and guide you a way to figure out what you want to do.



### Bullet Journaling

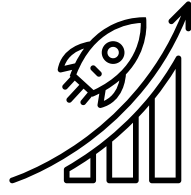
When you jot down what you enjoy, it helps you dig deep into your values and preferences, leading to a better understanding of yourself.

## Want to Learn More for Free?



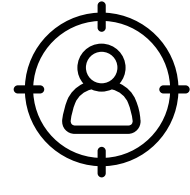
### Strive to Thrive: Deciding if a Role is Right for You

Learn how to assess job alignment with your values and career success in this Hub Insights report.



### Industry Prep Program

Learn more about our experiential learning program features interactive workshops co-developed by Ted Rogers Alumni and industry experts.



### Take the MBTI Test!

Discover how understanding your MBTI personality type can guide you in finding a fulfilling career.

## Visit the Business Career Hub

### Employer Events

The BCH hosts several employer events to prepare you for your professional career. Refer to your weekly BCH Careers Newsletter for a list of upcoming events.

### Bootcamps/Prep Programs

Advance your technical and soft skills, earn digital badges, and gain an advantage in today's workforce through Bootcamps. [Click here to register for current Bootcamps.](#)

### Coaching & Mock Interviews

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.



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### Career Consultant Contributor Alysha Chin

Alysha is a Career Consultant with Ted Rogers School of Management. She is a graduate from TMU with a Bachelor's in Psychology, and has had the opportunity to work in many roles across multiple industries including HR, operations management, recruitment and career services.



### Student Contributor Jakhishan Pandurankan

Jakhishan is a Business Technology Management student participating in the Co-op program. He is currently working as a Data Analyst at the Business Career Hub, and is one of the Director of Events for the Ted Rogers Co-op Student Association.

## References

1. Castrillon, Caroline. "5 Strategies to Find Meaningful Work." Forbes, Forbes Magazine, 2 Aug. 2020, [www.forbes.com/sites/carolinecastrillon/2020/08/02/5-strategies-to-find-meaningful-work/](https://www.forbes.com/sites/carolinecastrillon/2020/08/02/5-strategies-to-find-meaningful-work/)