



Business & Professional Women Regina Presents

40th Annual! **CAREERS UNLIMITED**

An event for high school girls to explore great career options

Tuesday
23
OCT

LIVING HOPE ALLIANCE CHURCH - 3900 ARCOLA AVENUE

Business and Professional Women (BPW) Regina is a member of BPW Canada and the International Federation of Business and Professional Women (IFBPW). Our mandate is to work towards the improvement of economic, political, social and employment conditions for women.

For 40 years, BPW Regina has organized and hosted '**Careers Unlimited**'. This event pairs high school girls in grades 10, 11 & 12 from Regina and surrounding areas with female professionals from various careers. Students have the opportunity to discuss the particulars of careers with women who actually work in those fields. In addition to the discussions with the career women, there is a trade show for the students to visit sponsoring organizations regarding potential career opportunities.

More than 10,000 young women have been involved in this program since its inception, gaining insight into the work world and the education and commitments involved in achieving their goals. The career women who attend to share their knowledge and experience with the students represent a broad range of professions including healthcare, science, technology, business, trades and art sectors.

The career women are organized into workshops where 3 to 4 women sitting together represent a certain industry or sector. There are two sessions during the evening each lasting approximately 30 minutes. During the sessions the workshops are attended by pre-registered students where the career women each in turn summarize their occupation, educational requirements or any other pertinent information that may be relevant to their profession and of interest to the girls. The students are encouraged to participate by asking questions and are able to interact with these career professionals.

The event begins at 5:00pm with light food, an opportunity to visit the trade show and for the first time this year, an opportunity to visit the STEM (Science, Technology, Engineering, Mathematics) focus room. At 6:30, the students gather for a keynote address, then proceed to the sessions with the career women. Our keynote speaker this year is Shantel Kalika. Shantel won the 2016 Pro Truck racing championship and is the only woman and the first Saskatchewan female to race in the NASCAR Pinty's series. Shantel is a dynamic young woman who will inspire our students to think more broadly about the opportunities in front of them.

Also noteworthy is that each year during the Careers Unlimited event, a random draw is made for a \$500 educational bursary from those names in attendance! Details are included on the last page of this registration package.

We look forward to hosting your students for the event this year. We only have room for 350 students so make sure your student registrations are submitted as early as possible. If you have any questions feel free to follow up with our coordinators.

Michelle Statz – BPW Careers Unlimited school liaison (mstatz@bdo.ca, 306-517-0131)

Susan Sutherland – BPW Regina President (reginabpw@gmail.com, 306-581-1920)



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Agenda

- | | |
|------------------------|--|
| 5:00pm – 6:30pm | Student registration
Light food/snacks
Trade Show/STEM Careers Exhibition |
| 5:30pm – 6:15pm | Registration of Career Resource Women |
| 6:30pm | Opening Program (Gymnasium) <ul style="list-style-type: none">• Greetings from Gold Sponsors• Keynote Address: Shantel Kalika NASCAR Pinty's series driver• Bursary Award |
| 7:00 pm | 1st Session with Career Resource Women |
| 7:30 pm | 2nd Session with Career Resource Women |
| 8:00 pm | Event Conclusion (Gymnasium) <ul style="list-style-type: none">• Closing remarks• Door prizes |



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Career Resource Women Categories

1. **Medicine** – physician, nurse, specialist
2. **Rehab Medicine** – chiropractor, occupational therapy, speech pathology, audiology, dietician, nutritionist
3. **Alternative Medicine** – naturopathy, midwifery, homeopathy
4. **Dental** – dentist, dental assistant, dental hygienist, orthodontist
5. **Optometry and Pharmacy** – optometrist, pharmacist, optometry assistant, pharmacist technician
6. **Psychology and Social Work** – psychologist, psychiatrist, psych nurse, social worker
7. **Health Care** – radiology technician, laboratory technologist
8. **Health Care Aid** – home care provider, senior/disability health care worker
9. **Physical Well-being and Fitness** – massage, physiotherapy, kinesiology, sport coach/trainer
10. **Legal and Legislation** – lawyer, legal assistant, judge, politician
11. **Financial** – accountant, stock broker
12. **Business** – marketing, entrepreneur, sales, human resources
13. **Emergency Services** – police, firefighters, paramedics, armed forces
14. **Education** – teacher, guidance counsellor, early childhood educator
15. **Communications and Media** – journalist, advertising, digital media/social media
16. **Engineering, Architecture, Computer Science, GIS** – engineers, architects, IT, computer science, Geographic Information Systems (GIS)
17. **Trades** – mechanics, construction, electrician, plumber, painter
18. **Sciences** – chemistry/toxicology, forensic/biology, geologists
19. **Veterinary and Agriculture** – veterinary, veterinary technician, agricultural studies
20. **Environment Sciences** – environmental engineers, biologists
21. **Arts** - photography, graphic design, interior design
22. **Performance Arts** - writer, actor, musician
23. **Image and Beauty** – hair stylist, make-up artist, esthetics, fashion design



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STUDENT QUESTIONS Re: Trade Show and Career Displays

When visiting career displays it is important to ask the representatives at the booth questions. Here are some suggestions to help guide you in this regard:

Education Institutions

Ask them questions about:

- types of courses they offer?
- costs of a course/textbooks (generally speaking)?
- how easy/difficult is it to get into these courses – is there a minimum grade/mark required – enrolment criteria etc.?
- what success do students have in finding a job in Saskatchewan once they graduate?
- what's 'hot' right now in terms of career opportunities for graduating students?

Organizations

Many organizations will be represented. It's important that you find out:

- what types of jobs do they have available now and in the future?
- what education/experience is needed?
- do they offer summer jobs to students?
- how do you go about applying?



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Exploring Potential Careers

The following questions have been designed to provide you with an interview guide to use as you speak to the Career Women.

1. How did you get started in your career? (technical school training, university, experience, additional training, etc.)
2. What is a typical working day like for you?
3. What is the best thing about your career? The worst?
4. What skills have you found to be the most valuable or important for you to achieve success in your chosen career?
5. Is there one thing you know now that you wish you'd known before choosing your career?
6. Can you think of anything about your career that I'm unlikely to find in material that I read about it?
7. What kind of salary and benefits can I expect to earn in the first year? The fifth year?
8. What are some of the areas of specialization that exist in your chosen career?
9. How will your career change in the next five years? Ten years?
10. Why might someone choose to leave your career?
11. Is your career compatible with the demands of a family? Why or why not?
12. Would it be an advantage to belong to a professional association or union? Why or why not?
13. Do you know of any scholarships or bursaries that are available to women who choose to pursue your career?
14. Are there other sources (written, people, etc.) that I could contact for further information about your career?



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Careers Unlimited \$500 Educational Bursary

Rules and Regulations for Winning the Careers Unlimited Bursary

Each year during the Careers Unlimited event, a random draw is performed for a \$500 educational bursary!

The following are the rules that apply to the awarding of the bursary prize:

- The student must be in grade 10, 11 or 12 in order to win.
- The student must be in attendance to win the award.
- The winning student must provide receipt of educational supplies, books, tuition, or receipt of RESP before receiving the \$500 bursary.
- The bursary award must be completed within one year of the Careers Unlimited event otherwise the award is considered forfeit.