



FutureReady (Pilot)	Workshop Topic	Pre-EL Requirements	In-Process EL Experience	Post-EL Experience
Communications	Public speaking and storytelling (Three-part series x 2)	Communication Active Listening Judgment and decision-making	Communication skills Listening skills Public speaking Social Perceptiveness Negotiation	Self-Awareness Reflection: Articulation of skills and knowledge gained
	Negotiation	Communication Active Listening	Communication Interpersonal Skills Persuasion Negotiation Social Perceptiveness	Self-Awareness Reflection: Articulation of skills and knowledge gained
	Active Listening	Communication Active Listening	Communication skills Listening skills Public speaking Social Perceptiveness	Self-Awareness Reflection: Articulation of skills and knowledge gained
	Personal Branding (Two-part series)	Communication Active Listening Self-awareness	Communication Self-Marketing Social Perceptiveness Self-Awareness Creativity	Self-Awareness Reflection: Articulation of skills and knowledge gained



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	Conflict Resolution	Communication Active Listening Empathy Conflict Resolution Self-Awareness	Communication Active Listening Conflict Resolution Self-Awareness	Self-Awareness Reflection: Articulation of skills and knowledge gained
	Professional Communication	Communication Active Listening Empathy Conflict Resolution Self-Awareness Judgment and decision-making	Communication Collaboration Social Perceptiveness Self-Awareness Judgment and decision-making Active Listening	Self-Awareness Reflection: Articulation of skills and knowledge gained
	Digital Storytelling (only in winter)	Communication	Communication	Self-Awareness Reflection: Articulation of skills and knowledge gained

COMING THIS FALL!

Career and Planning Services is offering the following skill-building events to help you maximize your EL experience and beyond.

CAREER-RELATED LEARNING ACTIVITY	PRE-EL REQUIREMENTS	IN-PROCESS EL EXPERIENCE	POST-EL EXPERIENCE
Workshops		Attention to detail, note-taking, communication skills, listening skills, job search and career knowledge & skillsets	Knowledge in application of Career and Job Search concepts, greater self-confidence
Job Search Advising		Communication, Interpersonal Skills, Effective Job Search Strategies, Managing Uncertainty	Knowledge of how to look for work, greater self-confidence, sense of professional direction, ability to take self-directed action related to employment
Career Counselling		Self-Awareness, Managing Uncertainty, Goal Setting, MBTI Personality Type, Interests, Self-Expression, Career Planning	How to align education, career and life goals with personality and personal interests, greater self-confidence, sense of professional direction, ability to take self-directed action related to education and career decisions
Events (Career Fairs, Company Information Sessions, Career Panels)		Networking, Communication, Self-Marketing, Research	Advanced self-marketing and networking skills
Student Career Advising (Working at CAPS helping other students)	Intermediate communication and interpersonal skills, writing skills in English (French is an asset), Teamwork & Collaboration	Develop interpersonal skills, communication skills, editing skills, attention to detail, self-marketing skills (through helping students market themselves), professional teamwork skills, knowledge of how to integrate within an office work environment	Transfer of skills learned in-process to professional work environment in student's field of interest