

WEDNESDAY, JUNE 10, 2020

Graduate Student Professional Development Mini-Conference: Professional Development and Career Planning in Uncertain Times

Register [HERE](#)

12:00 PM – 12:10 PM	Welcome by Prof. Mary Silcox, Vice-Dean Graduate & Postdoctoral Studies, UTSC
12:15 PM – 1:00 PM	Graduate Professional Development During a Pandemic <i>Presenters:</i> Jessica Carlos , Graduate Student Support Strategist, Robert Gillespie Academic Skills Centre, UTM Liam O’Leary , Graduate Programming Coordinator, School of Graduate Studies Greg Sharzer , Graduate Development Coordinator, Center for Teaching and Learning, UTSC It is not always easy to select which professional development opportunities are best suited for us. Is now the right time for a skill-building course, should I be extending my network to get a broader perspective, should I look for a stretch assignment at work or through a campus organization that will challenge me professionally? As the pandemic continues and more online opportunities become available, this decision becomes even more difficult. Join us as we discuss how to select professional development opportunities during the pandemic. You cannot do it all, but you can pick your options carefully. Knowing when it’s okay to say ‘no’ to the pressure to be productive is all part of a healthy approach to career development.
1:15 PM – 2:00 PM	Communicating Your Experience: Transferable Skills and Teaching Dossiers <i>Presenter:</i> Michal Kasprzak , Assistant Director, Teaching Assistants’ Training Program/Centre for Teaching Support & Innovation We often hear about the range of skills, attributes, competencies or strengths that are needed for our future careers. In this workshop, we will explore ways to identify, reflect on, and talk about transferable skills, especially those related to communication and teaching. We will also examine strategies for demonstrating your teaching skills and experiences in a teaching dossier.
2:15 PM – 3:15 PM	Career Strategies during a Pandemic <i>Presenter:</i> Jen Davies , Manager, Academic Advising & Career Development, UTSC Maria Mercado , PhD Student, President of the Life Sciences Career Development Academy Yuxuan Wang , Community Animator, Grad Room, School of Graduate Studies Daniel Zhan , GPLLM Candidate at the Faculty of Law, Chair of the GSU Professional Graduate Students Caucus Choosing a career path is a complex process at the best of times; during a pandemic, navigating the broad trends in the labour market and knowing what’s going on in your industry can be daunting. You may not know where or how to start, or whom to talk to. Hear what our panel of experts have to say about some of the biggest challenges – and opportunities – for graduate students currently on the job market. Join us with your questions for a lively session!
3:30 PM – 3:50 PM	Mindfulness Session <i>Presenter:</i> Liam O’Leary , Graduate Programming Coordinator, School of Graduate Studies Mindfulness is a practice of being aware of yourself, your body and your surroundings in the present moment. By learning to incorporate principles of mindfulness in your life through meditation and yoga, or in your diet through mindful eating, you can improve how you manage academic stress. You will learn practical skills to enhance your focus in class and deepen relaxation outside of class.