

OnWIN - Education and Career/Life Planning Resources

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Education and Career/Life Planning

Be the Architect of Your Life

Throughout our lives we have opportunities to make decisions, set goals and make plans that influence the direction of our lives. In each instance we can choose to be actively involved, to take charge and determine the outcome, or sit back, let things happen, and take our chances.

Education and career/life planning, based on a four step inquiry process, is an effective method for making informed education and career/life choices and helps us develop the skills and knowledge required to be competent and confident planners throughout life.

We acquire skills and knowledge in four key areas of learning as we develop personally meaningful answers to the inquiry questions as shown in the graphic to the right.

Education and career/life planning begins with understanding who you are as a person. The process is ongoing and you will regularly return to the four questions, equipped with a greater knowledge of yourself, and your opportunities and a growing understanding of how you can successfully shape your life.

Whatever your age, the question, "Who am I"? is a good place to begin. So, let's get busy, you are on your way to becoming the architect of your life.

I am the Architect of My Life!


OnWin has many resources to help you develop personally meaningful answers to the following four questions: Who am I? What are my opportunities? Who do I want to become? What is my plan for achieving my goals?

Click the questions on the graphic below for help with answering the questions and developing your Individual Pathways Plan (IPP).



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Who am I?

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Who am I?
EDUCATION AND CAREER/LIFE PLANNING

What is my plan for achieving my goals?
What are my opportunities?
Who do I want to become?

Home About Us CAREER PLANNING LEARNING EMPLOYMENT Special Interest Groups Events

Français Text Size: A A

Who am I?

To help you answer the question "Who am I?" the process guides you to do the following:

- identify the characteristics that describe who you are (e.g., interests, strengths, intelligences, accomplishments, values, and skills, which include the Essential Skills and work habits described in the Ontario Skills Passport);
- identify the factors that have shaped who you are and are likely to shape who you become over time;
- reflect on how these characteristics influence your thoughts and actions, and how those thoughts and actions may in turn affect your development as a learner, your relationships and your education and career/life choices.

Click below to access a list of links related to this area of learning.

Career Cruising - Explore the Matchmaker and My Skills section: answer questions about your likes and dislikes to find careers that match up with your interests.

Enneagram Personality Type Indicator - Discover your personality type; it may help you to better understand yourself and your relationships.

Holland Code Quiz - Each question is an opportunity for you to describe the kinds of things you as a person can do, might like to do or the action that most fits you. Different assessments provide information on the relationship between job personalities and key characteristics, college majors, hobbies, abilities, and related careers.

iWIN - The Individual WorkinfoNet Portal web site for Ontario offers links from local organizations in your region. Find career centres in your region where you can assess your skills for future opportunities.

Jackson Vocational Interest Survey (JVIS) - Get a detailed snapshot of your interests and how they relate to the world of study and work.

Jung Typology Test - Identify your personality type with the Jung Typology Test. Obtain your type description and discover which career choices and schools are the most suitable for your type.

Keirsey Temperament Sorter - A powerful 70 question personality instrument that helps individuals discover their personality type.

myBlueprint - Identify your learning style and discover secondary school courses and post-secondary options that match your interests. (Requires activation key from school)

Ontario Skills Passport (OSP) - Use the OSP videos to learn about Essential Skills and work habits and search for tasks that show how people use these skills in work, learning and life. Choose a self-assessment of your skills and compare your results with occupation(s) of interest.

OnWIN Career Planning Resources - Explore more Career Planning resources including Labour Market Information, occupations, industry sectors, trends and career services/programs.

SkillsZONE - Sample Activity Database - Use classroom activities that make explicit reference to Essential Skills, work habits and tasks from everyday life and the workplace to help learners connect what they are doing now to what they want to do in the future.

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What are my opportunities?

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Home About Us CAREER PLANNING LEARNING EMPLOYMENT Special Interest Groups Events

Who am I?

What is my plan for achieving my goals?

EDUCATION AND CAREER/LIFE PLANNING

What are my opportunities?

Who do I want to become?

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What are my opportunities?

To help you answer the question “What are my opportunities?” the process guides you to:

- explore the concept of “opportunity” and how the choices you make can open pathways for you;
- expand awareness of school-and community-based opportunities (e.g., recreational, social, leadership, volunteer, part-time employment) and how these programs/activities help develop skills and relationships;
- explore a variety of fields of work, occupations, and careers, and develop awareness of the impact of local and global trends (e.g., demographic, technology, economic, social) on the opportunities available to you;
- investigate the preparation required for a variety of school-and community-based opportunities, occupations, and jobs (i.e. acquiring the necessary experience, education/training, and specific skills, including the Essential Skills and work habits documented in the OSP) and how this preparation can be obtained.

Click below to access a list of links related to this area of learning.

Aboriginal Institutes - Find out about resources and opportunities for study in Ontario. Includes a list of aboriginal programs and institutes.

Choose a Career - Ontario Ministry of Training, Colleges and Universities - Find out how a post-secondary education may be right for you.

Cooperative Education - Cooperative education programs allow students to earn secondary school credits while completing a work placement related to a course in any subject.

Do I Want to be My Own Boss? - Government of Canada - Find out if self-employment is right for you, get tips on how to get started and guidance on how to develop a business plan.

Dual Credit Program - Ontario - Eligible students can participate in apprenticeship training and college courses, earning dual credits that count towards their high school diploma and their post-secondary diploma, degree or apprenticeship certification.

Ellis Chart - In excess of 300 apprenticeable trades are found in this comparative chart of apprentice training programs across Canada.

Employment Ontario - Employment Ontario is a web portal designed to help you get the training, skills and experience to achieve your goals.

Experiential Learning - Experiential learning opportunities are planned learning experiences which take place in the community such as job shadowing and job twinning, work experience and virtual work experience, and cooperative education. Experiential learning can assist you if you are bound for university, college, apprenticeship, or the workplace, in making career decisions as well as in developing the knowledge, skills, and attitudes that are essential in today's society.

International Opportunities – Canada Youth - Are you planning to travel outside of Canada for adventure, studies or work? Need some help getting organized? This website from the Government of Canada can help you to prepare for your trip, regardless of your destination or purpose.

Ontario Job Futures - Ontario Ministry of Training, Colleges and Universities - A publication which provides information on the current trends and future outlook for 190 occupations in demand in Ontario.

Ontario Skills Passport (OSP) - Use the OSP Work Plan and other OSP resources and tools to help you build and document your Essential Skills and work habits in classroom, co-operative education and other experiential learning, Community Involvement, volunteer and extracurricular activities.

Ontario Volunteer Centre Network (OVCN) - This site features an online map of Ontario to search for Volunteer Centres.

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Search

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Who am I?
What is my plan for achieving my goals?
EDUCATION AND CAREER/LIFE PLANNING
Who do I want to become?
What are my opportunities?

Home About Us CAREER PLANNING LEARNING EMPLOYMENT Special Interest Groups Events

Who do I want to become?

To help you answer the question "Who do I want to become?" the process guides you to:

- identify the demands, rewards, and other features of various occupations you have explored, and reflect on the fit between those features and your personal characteristics;
- based on the connections you identify, use a decision-making process to determine personal and interpersonal goals as well as education and career/life goals;
- review and revise your goals in light of changes you recognize in yourself and in the opportunities that are available to you.

Click below to access a list of links related to this area of learning.

Apprenticesearch.com - This website promotes connections between prospective apprentices and employers. You will find videos and dedicated pages featuring different trades and general apprenticeship information in other languages.

CanLearn - Find the information and interactive planning tools you need to explore career possibilities, identify learning opportunities, and create the financial plans to achieve your goals.

Career Options - Career Options magazine is a student resource that includes vital career tips from the experts, industry profiles, a career search section, co-op and internship information, and much more.

Employment Ontario - Apprenticeship - This is a comprehensive guide for people interested in the skilled trades. Find advice and resources for apprenticeships in Ontario.

Glassdoor.ca - This website helps answer questions like "What's it like to work for this company?", "How much will I be compensated?", and "How do I prepare for my interview?"

Innovation Skills Profile - Conference Board of Canada - Comprehensive description of the skills needed to contribute to an organization's innovation performance—to produce new and improved strategies, capabilities, products, process, and services.

iWIN - The Individual WorkinfoNet Portal web site for Ontario offers links from local organizations in your region. Find articles and local websites with workforce information relevant to your community.

Job Futures - Government of Canada - Discover the latest labour market trends, emerging sectors, and labour force status. Learn about the average earnings and work prospects for various occupations and fields of study.

Jobs People Do - This site offers over 600 job videos, job profiles, a free resume builder, career quizzes, campus life advice, relevant student articles and contests.

Labour Market Information - Data and analysis of trends in the labour market provide valuable insights into labour market conditions and trends in Ontario, as well as in specific regions or communities.

National Occupational Classification (NOC) - A nationally accepted reference on occupations in Canada. It organizes over 40,000 job titles into 500 occupational group descriptions - providing detailed job descriptions, labour market outlook, and other useful information for many occupations.

Ontario Job Futures - Ontario Ministry of Training, Colleges and Universities - A publication which provides information on the current trends and future outlook for 190 occupations in demand in Ontario.

Ontario Skills Passport (OSP) - Check out the OSP occupational profiles to see how Essential Skills and work habits are used on the job in over 400 occupations as well as get labour market information.

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OnWIN - Education and Career/Life Planning Resources

What is my plan for achieving my goals?

Search

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Ontario's largest network of work related resources

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Home About Us CAREER PLANNING LEARNING EMPLOYMENT Special Interest Groups Events

Français Text Size: A A

What is my plan for achieving my goals?

To help you answer the question "What is my plan to achieve my goals?" the process guides you to:

- create a plan that identifies in detail the steps required to achieve the goals you have set;
- identify the resources required to implement your plan;
- identify potential obstacles and challenges you may encounter in implementing your plan, and devise possible solutions.

Click below to access a list of links related to this area of learning.

Academic Invest - This site helps solving affordability and job availability problems by creating awareness for students of potential career fields as well as current and upcoming opportunities within those fields. It is also a venue for information on available scholarships, grants, bursaries and awards to assist students with funding their education.

Apprenticesearch.com - This website promotes connections between prospective apprentices and employers. It is an excellent resource of apprenticeship postings. You can also post your resume, so interested employers can contact you.

College Find - Ontariocollege.ca - This Canadian education directory allows you to find colleges by city or category, request information, book a campus tour and ask questions.

Education Planning - Find the information and interactive planning tools you need to explore career possibilities, identify learning opportunities, and create the financial plans to achieve your goals.

eINFO - Guide to Ontario Universities - A guide to Ontario universities for secondary school students and guidance counsellors with information about university programs, admission requirements and additional resources.

How Do I Market Myself? - Service Canada - Build your work hunting skills with these tips on resumes, cover letters, job applications, interviews and staying motivated.

iWIN - The Individual WorkingInfoNet Portal web site for Ontario offers links from local organizations in your region. You will find a comprehensive list of educational institutions, employment providers and volunteer centres in your community.

Ontario Ministry of Training, Colleges and Universities - Includes information on Postsecondary Education, Employment and Training and Labour Market Information.

Ontario Postsecondary Transfer Guide (ONTransfer) - An online searchable database of collaborative programs, agreements and credit transfer policies between Ontario universities and colleges.

Ontario Skills Passport (OSP) - Use the OSP Tracker and the OSP Reflection Worksheet to track and plan further skills development so that you can achieve your goals. Use the OSP Transition Plan to transfer your skills to everyday life and the next place you go –whether it's further education, training or the workplace.

Ontario Student Assistance Program (OSAP) - Gateway for financial aid information for Ontario students. Get started by registering or login to apply online or check the status of your application. Also includes the A-Z list of student aid (30% off Ontario tuition, grants, scholarships, bursaries and loans).

Ontario Universities' Application Centre (OUAC) - This is a one-stop site for those wishing to apply to any of the province's universities. Includes application information for undergraduates, teacher education and those wishing to attend medical or law school.

Ontario Youth Apprenticeship Program (OYAP) - Ontario high school students can begin their training as apprentices while enrolled in secondary school. Complete your high school diploma and also get apprenticeship training towards certification or journeyman status in a skilled trade.

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