

**A GUIDE
FOR POST-
SECONDARY
DECISIONS**

UNTANGLED
international

©2020



How to Use This Guide

It's an exciting time! Planning to go to college or university? Just graduating? Career-change? Let this guide be your first step to figuring out your next steps.

The guide is broken into several sections:

We start with "What do I want to do?" which is designed to focus your thoughts and direct your attention to what you love to do. You will also look at what you don't enjoy, it's just as important to be clear in this area! Spend a lot of time in this section. Be very honest. This is the foundation to your future.

Now that you have clarity, we can start to answer the next questions:

- "What do I want to study?"
- "Where do I want to study?"
- "Where in the world do I want to go?"
- And, finally "Now What?" - this is for those who have just graduated or are looking for a career change.

What don't I want to do?!

Before we even start brainstorming what you want to do, let's get rid of some of the overwhelm by ruling things out. Think about what **don't** want as much as you think about what you **do** (or **might** want to do). See the list of programs below from both the college and university sectors and mark them *yes*, *no* or *maybe*. While it's not an exhaustive list of programs, it is a starting point to see what's out there - the right and the not-so-right!



Program Options

Take a look at some of the typical programs that are offered in universities and colleges around the world. Next to each, decide if it's a yes, no or maybe. These are just some examples to show how many options you have!

- Aboriginal Studies
- Actuarial Science
- African Studies
- American Studies
- Anatomy
- Anthropology
- Archaeology
- Architecture and Visual Studies
- Art History
- Asian Canadian Studies
- Astronomy and Astrophysics
- Biochemistry
- Biology
- Book and Media Studies
- Buddhism, Psychology and Mental Health
- Canadian Institute for Theoretical Astrophysics
- Canadian Studies
- Caribbean Studies
- Cell and Systems Biology
- Celtic Studies
- Centre for Medieval Studies
- Chemistry
- Christianity and Culture
- Cinema Studies Institute
- Classics
- Cognitive Science
- Combined Degree Program (CDP) in Arts/Science and Education
- Commerce
- Computer Science
- Contemporary Asian Studies
- Creative Expression and Society
- Criminology and Sociolegal Studies

- Diaspora and Transnational Studies
- Digital Humanities
- Drama, Theatre and Performance Studies
- Earth Sciences
- East Asian Studies
- Ecology and Evolutionary Biology
- Economics
- Education and Society
- English
- Environment
- Equity Studies
- Estonian
- Ethics
- Ethics, Society and Law
- European Studies
- Finnish
- First-Year Foundations
- Forest Conservation and Forest Biomaterials Science
- French
- Geography and Planning
- German Health Studies
- History
- History and Philosophy of Science and Technology
- Human Biology
- Hungarian Immunology
- Impact Centre
- Indigenous Studies
- Industrial Relations and Human Resources
- Innis College
- International Relations
- Italian
- Jewish Studies
- Joint Courses Laboratory Medicine and Pathobiology
- Latin American Studies
- Life Sciences
- Linguistics
- Literature and Critical Theory
- Material Culture
- Materials Science
- Mathematics

- Mediaeval Studies
- Molecular Genetics and Microbiology
- Music
- Near and Middle Eastern Civilizations
- Nutritional Sciences
- Peace, Conflict and Justice
- Pharmaceutical Chemistry
- Pharmacology and Toxicology
- Philosophy
- Physics
- Physiology
- Planetary Science
- Political Science
- Portuguese
- Psychology
- Public Health Sciences
- Public Policy
- Religion
- Renaissance Studies
- Science and Society
- Semiotics and Communications Studies
- Sexual Diversity Studies
- Slavic Languages and Literatures
- Sociology
- South Asian Studies
- Spanish
- Statistical Sciences
- Urban Studies
- Women and Gender Studies
- Writing and Rhetoric
- Writing in the Faculty of Arts & Science
- Yiddish Studies

- 3D Animation
- 911 and Emergency Services Communications
- Accident and Sickness Exam Preparatory Course
- Accounting
- Accounting Techniques
- Accounting and Finance
- Accounting and Payroll
- Acting for Camera and Voice
- Advanced Accounting and Finance
- Advanced Investigations and Enforcement
- Airline Pilot Flight Operations
- Animation
- Art Fundamentals
- Arts and Science
- Aviation Operations
- Aviation Safety
- Behavioural Sciences
- Biotechnology - Advanced
- Brand Management
- Broadcasting - Radio
- Broadcasting - Television
- Building Systems Engineering Technician
- Business
- Business - Insurance
- Business - International Business
- Business - Marketing
- Business Administration - Entrepreneurship and Small Business
- Business Administration - Financial Planning
- Business Administration - Human Resources
- Business Administration - International Business
- Business Administration - Management
- Business Administration - Marketing
- Business Administration - Purchasing and Supply Management
- Business Analytics
- Cannabis Regulation and Quality Assurance
- Chemical Engineering Technology
- Chemical Laboratory Technician
- Chemical Laboratory Technology - Pharmaceutical
- Child Development Practitioner
- Child Development Practitioner (Pre-Apprenticeship) Child and Youth Care
- Chronic Disease Management

- Civil Engineering Technician
- Civil Engineering Technology
- Clinical Research
- College Opportunities
- Computer Engineering Technology
- Computer Networking and Technical Support
- Computer Programmer
- Computer Programming and Analysis
- Computer Systems Technology
- Coronary Care Nursing
- Cosmetic Science
- Cosmetic Techniques and Management
- Creative Advertising
- Cybersecurity and Threat Management
- Database Application Developer
- Documentary Filmmaking Institute
- Documentary and Non-Fiction Media Production
- Early Childhood Education
- Early Childhood Education (Accelerated)
- Electromechanical Engineering Technology - Automation
- Electronics Engineering Technician
- Electronics Engineering Technology
- Environmental Landscape Management
- Environmental Technician
- Environmental Technology
- Esthetician
- Esthetics and Spa Therapies
- Event Management - Event and Exhibit Design
- Event Marketing - Sports, Entertainment, ArtsEvent and Media Production
- Fashion Arts
- Fashion Business
- Fashion Business Management
- Fashion Studies
- Financial Crime Analysis
- Financial Crimes Prevention & Mitigation
- Financial Planning
- Financial Services - Client Services
- Financial Services Compliance Administration
- Financial Technology
- Fire Protection Engineering Technology

- Firefighter, Pre-Service Education and Training
- Fitness and Health Promotion
- Flight Services
- Flight Services: Operations and Cabin Management
- Floral Design
- Fraud Examination and Forensic Accounting
- Game Art and Animation
- General Arts - English for Academic Purposes
- General Arts - One Year Certificate
- Global Hospitality Business Development
- Global Hospitality Operations Management
- Global Hospitality Services Leadership
- Government Relations
- Graphic Design
- Harmonized Life Licence Qualification Program
- Honours Bachelor of Aviation Technology
- Honours Bachelor of Behavioural Psychology
- Honours Bachelor of Child Development
- Honours Bachelor of Commerce - Business Management
- Honours Bachelor of Commerce - Business Technology Management
- Honours Bachelor of Commerce - Financial Services Management
- Honours Bachelor of Commerce - Human Resources Management
- Honours Bachelor of Commerce - International Accounting and Finance
- Honours Bachelor of Commerce - International Business Management
- Honours Bachelor of Commerce - Marketing
- Honours Bachelor of Community Mental Health
- Honours Bachelor of Crime and Intelligence Analysis
- Honours Bachelor of Data Science and Analytics
- Honours Bachelor of Healthcare Management
- Honours Bachelor of Interdisciplinary Studies
- Honours Bachelor of Technology - Informatics and Security
- Honours Bachelor of Technology - Software Development
- Honours Bachelor of Therapeutic Recreation
- Hospitality - Hotel and Restaurant Services Management
- Hospitality Foundations
- Human Resources Management
- Illustration
- Independent Illustration
- Independent Music Production
- Independent Songwriting and Performance
- Infant and Early Child Mental Health
- Interactive Media Design

- International Business Management
- International Transportation and Customs
- Journalism
- Justice Administration Services
- Law ClerkLaw Clerk (Accelerated)
- Liberal Arts
- Library and Information Technician
- Marketing Management
- Mechanical Engineering Technician (Tool Design)
- Mechanical Engineering Technology - Building Sciences
- Mechanical Engineering Technology - Industrial Design
- Mechanical Technician - CNC Programming
- Mechanical Techniques (Tool and Die/Mould Making)
- Mental Health Intervention
- Non-Profit and Social Sector Management
- Nursing Leadership & Management
- Office Administration - Executive
- Office Administration - Health Services
- Office Administration - LegalOpticianry
- Paralegal
- Personal Support Worker
- Pharmaceutical Regulatory Affairs and Quality Operations
- Photography
- Pilot Fundamentals
- Police Foundations
- Practical Nursing
- Pre-Business
- Pre-Health Sciences
- Professional Accountancy
- Professional Accounting Practice
- Project Management - Environmental
- Project Management - Information Technology
- Public Administration
- Public Relations - Corporate Communications

- Real Property Administration (Assessment and Appraisal)
- Recreation and Leisure Services
- Social Media
- Social Service Worker
- Social Service Worker - Gerontology
- Social Service Worker - Immigrants and Refugee
- Strategic Marketing and Marketing Analytics
- Summer Institute of Multiplatform Journalism
- Supply Chain Management - Global Logistics
- Sustainable Business Management
- TESL 1
- TESL 2
- Technical Communication
- Tourism - Services Management - Global Tourism Business Specialization
- Tourism - Services Management - Travel Services Specialization
- Tourism - Travel Operations
- Underwater Skills
- Veterinary Assistant
- Veterinary Technician
- Visual Effects for Film and Television
- Visual Merchandising Arts
- Workplace Safety and Prevention

What do I want to do?!

Great start! Now it's time to think about what makes you happy and feel fulfilled. Where do you enjoy spending your time? What have you always thought would be cool to do? Write it all down - you never know what might come up!



Thinking back to when I was a child, what did I want to be when I grew up?

What do I like most about school? This can be anything – big or small – classes, time with friends, advisory, extra-curricular... don't leave anything out.

Which ones do I avoid?

What is it about those classes that makes me feel the way I do (challenge, teacher, subject area, other students in the class)?

What else am I involved in – sports, gaming, shopping, volunteering? Get it all down!

What else am I interested in? List everything, including the things you have always wanted to try but never have.

When I surf the internet, what sites do I visit? What gets my attention? What keeps it? Where do I find myself when I 'go down a rabbit hole'?

When I watch tv/movies/YouTube, what grabs my attention?

What brings me joy and fulfilment?



What do I want to study?

Now that you have gone through the 'What do I want to do' section, what have you noticed? Any surprises? What themes showed up? Now before you continue, did you go through the list of programs and mark them yes, no, or maybe? Now, based on the "What do I want to do" section, let's recap:

What do I enjoy?

What do I want to study?



What do I want to do after I graduate?

What work do I want to do?

"Ten years from now, make sure you can say that you chose your life, you didn't settle for it."

What will my opportunities be like after I graduate?

Priorities

What are your priorities when choosing a school/country? Either rank them in terms of importance. You can find an example at the end of this guide. Decide what criteria is important to you when you choose a school and place to live...

- Program availability
- Physical environment
- Location
- Experiential and Co-Op opportunities
- Community and leisure opportunities
- Costs – tuition, travel, residence, meals, books
- Friends and family
- Extra-curricular – sports, groups, clubs
- Support services
- Personal development
- Reputation and recommendations from current and past students
- International opportunities – exchange, short-term study and travel abroad
- Health and fitness
- City size
- Costs
- Anything else that matters to me...



Where do I want to study?

You know what you want to study. But where do you want to go? Will you choose a college or a university? A small campus or a larger one? In a big city or a small town?

Does the school have my program of choice?

What is the campus like (big, small, city or rural, class sizes?)

What are the costs? Tuition? Meal plan? Books? Residence? Is residence even available? If not, what are my options?

Can I transfer my credits from somewhere else?

Where in the world do I want to go?

Whether you choose a school that is around the corner or around the world, how you decide which one is the best fit? Things to consider:

How far is it from home?

What are the travel and transportation costs?

Is there enough time to come home on shorter breaks?

What extra-curricular opportunities are available? Can I work while I am in school? What about after?

What about studying in another country – how easy is it for me to travel there? What documents do I need?

Are there different requirements (for example, language requirements) that I need to know before I apply?

You've graduated, so now what?

So you have graduated. Or you have been working for a while and are looking for something new. After going through the "What Do I Want To Do" section, here are some additional considerations...

What did I love about my program or job?

Do I want to work for myself or work for someone else?

What is my preferred lifestyle?



**“ You are never too old
to set another goal or
dream a new dream. ”**

C.S. Lewis

UNTANGLED
international

www.untangledinternational.ca
©2020