

CAREER PROFILE

Presenter's Name: Richard Johnson

Career or Job Title: Physiotherapist

How would you describe your job?

I work at a private practice clinic helping clients of all demographics rehabilitate from injuries and surgeries, as well as improving their movement patterns and getting them back to doing the activities they love.

What is a typical workday like?

I have work days that are eight to ten hours long, consisting of one-on-one appointments ranging from 30 minutes to an hour. Each appointment will start in the treatment room working on therapeutic treatments, including soft tissue work, joint mobilizations, stretches, and dry needling. The other half of the appointment time will be spent in the gym working on mobility and strength exercises. I arrive at the clinic around 8:50am and prep for my first client of the day. I will probably go through four to five appointments before my lunch break, where I have time to eat and exercise in the gym at the clinic. After a one to two hour break, I start part two of my day, which consists of five to six more appointments.

What do you love most about your job?

I love helping people feel better and able to get back to the activities that they enjoy doing. I also really enjoy talking to and working with a wide variety of people. Physiotherapy also involves a lot of problem-solving, which is extremely fun as it keeps the job interesting.

What do you find the most challenging aspect of your job?

- Some clients present with issues/injuries that are more complex than others.
- Physically demanding job
- Some people are difficult to treat and communicate with

What type of education/training, technical knowledge, or experience is needed for this job?

- Bachelors of Kinesiology (or any Bachelors degree with prerequisite course for Physiotherapy complete)
- Masters of Physiotherapy

What kind of interests, abilities, and skills would help a person to be successful in this career?

- People and communication skills
- Hands-on skills
- Knowledge of the human body and rehabilitation
- Thirst for knowledge

- Interest in movement and physical activities

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

- Biology 12
- Physics 11 and 12
- English 12
- Math 12
- Chemistry 12

What type of starting position and salary (optional) would someone entering this field be most likely to find?

- Salary from \$50,000 to \$80,000 for starting positions

What are the opportunities for advancement in this occupation?

- The more established you are as a Physiotherapist, the larger the caseload you will accumulate.
- Ability to work with influential people in the community, including professional athletes
- Opportunity for continued education

What advice would you give to a student interested in this career?

- Focus on getting good grades in high school and taking the courses listed above, which will be a stepping stone for university prerequisite courses.
- Shadow a physiotherapist

CAREER PROFILE

Presenter's Name: Emily Jamieson (Macdonald) with partner Graham Kidd

Career or Job Title: Employment Facilitator-Community Living

How would you describe your job?

I provide supports and services to adults with developmental and intellectual disabilities, to prepare for and obtain competitive, paid employment. I work with local businesses to expand inclusive hiring practices and implement strategies that can help diversify their workforce.

What is a typical workday like?

Each day looks different! I have an office in Coquitlam where I meet with my co-worker and supervisor. I spend lots of time out in the community touring businesses, meeting employers and supporting people to apply for work. Once someone gets a job, I "job-coach" them on-site

to help them learn the tasks, and implement any adaptations or modifications necessary that will allow them to be successful and achieve greater levels of independence. I also help connect people to any pre-employment training opportunities they may be interested in, such as post-secondary programs or specific certifications.

What do you love most about your job?

I love supporting people to achieve their goals, and watch them gain independence along the way. I especially like to see how positive employment opportunities affect other aspects of their lives, and helps connect them to their communities. Being creative and flexible is an important part of my work, and it can make the work a lot of fun.

What do you find the most challenging aspect of your job?

Working with the business community can be challenging, as some employers are not necessarily open to inclusive hiring practices, or the “supported” and “customized” job model we advocate for.

What type of education/training, technical knowledge, or experience is needed for this job?

It’s important to have hands-on experience in the Community Living sector, or personal experience with individuals who have developmental and intellectual disabilities. Post-secondary education is also necessary in order to gain more holistic and theoretical knowledge of disability history, biological and social constructs, and what we consider to be “best practice” today. Douglas College has a specific 5-course certification program called Employment Supports Specialty that is done online, but any social science-type degree or diploma is an asset.

What kind of interests, abilities, and skills would help a person to be successful in this career?

The greatest predictor of success is personality! It’s important that you have a willingness to learn, listen, be flexible, and engage in person-centered support. Personal values that align with inclusive communities are imperative, as well as an understanding individuals with disabilities do not need to be “cured,” but instead have access to the same opportunities that are afforded to each of us.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Extra-curricular clubs that promote outreach and building community capacity are great! The best place to start, however, would be connecting with your very own Learning Resource Centre, and identifying individuals who may want to participate in those extra-curriculars with you. Finding opportunities within the school culture to include all individuals is like helping to build an inclusive mini community that you’ll all be a part of after graduation. Consider ways in which you can help make activities and opportunities more accessible for your peers.

What type of starting position and salary (optional) would someone entering this field be most likely to find?

There are different wages for different positions in this field. Starting wage for some direct-support jobs can be anywhere between \$15-\$25/hour, but it's dependent on whether you're working for an agency or privately with an individual/family. The Employment Services sector ranges from approx. \$25-\$30/hour.

What are the opportunities for advancement in this occupation?

There are lots of opportunities for advancement, and the more post-secondary education and relevant life experience you have the better.

What advice would you give to a student interested in this career?

The Community Living/disability sector is full of meaningful and rewarding careers. Gaining experience in this field can help you in other fields as well, such as health/medical, social services and education. If you're interested in finding out more about opportunities, look into local agencies that have summer positions that may fit with a student's schedule. North Shore Connexions and the North Shore Disability Resource Centre are great employers in North Vancouver. It's important to view yourself as a tool and a resource that can be used to support people to achieve their goals, and live their best lives. This work is not charitable, and it is not "helping the less fortunate," but instead empowering those around you to grow, learn and achieve just as we all do.

CAREER PROFILE

Presenter's Name: Kreel Hutchinson

Career or Job Title: Work from Home Business Owner

How would you describe your job?

I am an entrepreneur who works for myself from home with my own business for the past 12 years. I help people gain time and financial freedom by starting home based business through the Network Marketing business model. I build a global sales team of other entrepreneurs using a laptop, Wi-Fi signal and strategic partnerships. I am basically a business coach and mentor.

What is a typical workday like?

I work in my home office from 9am to 4pm. I work on my computer and make phone calls. I use social media to provide education on my opportunity and build my sales team. I have calls with customers and business owners throughout the day. Three times a week I host live webinars at 7pm to help educate people on my opportunity.

What do you love most about your job?

Freedom of working for myself anywhere in the world and no cap on how much income I can earn.

What do you find the most challenging aspect of your job?

Seeing people fail because they are scared to fully step into their potential as a leader and create success in their business. It's not easy being a business owner and many people cannot overcome the challenges they will face.

What type of education/training, technical knowledge, or experience is needed for this job?

No previous skills or education required. You do need to be committed to working hard, being coachable and be brave to try new things. Consistency and tenacity are key success attributes.

What kind of interests, abilities, and skills would help a person to be successful in this career?

You enjoy personal and business development. You have basic computer and social media education. You enjoy people, effective communication and leadership. You are looking for something different. This is not a job but becomes a whole lifestyle.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Communication, Business, Team Sports or Arts

What type of starting position and salary (optional) would someone entering this field be most likely to find?

You start at \$0 but can earn as much as you want. We focus on creating a business that creates residual income. Residual income is money you make over and over again from efforts you put forward in the past. This is different than a job that pays you for each hour you work. Residual income eventually pays you when you don't work because you created a successful system in the past. I will tell you my story in person what happened to me.

What are the opportunities for advancement in this occupation?

You can advance to the top positions in any Network Marketing company and earn more than most people could dream off. There is no limit to earning potential.

What advice would you give to a student interested in this career?

Get a job to pay your bills and build a Network Marketing business in your spare time. Eventually, your business will earn you more than your job so you can quit it and go full time in your business. There are hundreds of great companies that you can work with. Find one that you enjoy the products, company vision and leadership team. Start early so you can retire early!

CAREER PROFILE

Presenter's Name: Maria Spitale-Leisk

Career or Job Title: Reporter/Editor, North Shore News

How would you describe your job?

Exhilarating, educational and fun. When I wake up in the morning I never know what the day will bring – that’s the nature of the news industry. There is one constant in my job: I learn something new every day.

What is a typical workday like?

In this online media age, newsrooms want to make sure they’re not being “scooped” by other outlets. So, one of the first things we do in the morning is check to see if any news broke out in our community overnight. The workweek at this community newspaper can be divided into two parts –non-deadline day and deadline day. On the off-deadline days I do most of my interviews and research. On deadline days, I put the stories and the photos on the pages of the newspaper that I’m in charge of – before sending them to the press. Deadline days are also when I copy-edit the stories, headlines and cutlines for spelling and accuracy. Every day of the week, I respond to many emails, some of which are story leads from the community. Social media has also become a big part of my job. I post links to our stories on the North Shore News’ social media channels.

What do you love most about your job?

That it’s something different every day. I’m afforded the opportunity to talk to experts who teach me or offer insight into fascinating aspects of their field. Celebrity interviews are always fun. I did a one-on-one with Walter Gretzky in a childhood friend’s backyard in North Van a couple years ago – that was pretty cool. I like to consider myself an experiential reporter. If there’s a new attraction to try or a normally off-limits place to explore – I’m always game. I’ve done an interview on top of the Grouse Mountain Skyride, inside the engine room of a B.C. Ferry – and cruised down a giant water slide on Lonsdale – all for the sake of journalism. At the end of the day, what makes this job rewarding is when people reach out to say the story I wrote touched them in some way.

What do you find the most challenging aspect of your job?

The tight deadlines. The opening your work up to scrutiny from readers of the paper. It’s interesting what people have the courage to say from behind a computer screen. I’ve also received a couple threats during my career.

What type of education/training, technical knowledge, or experience is needed for this job?

Solid literacy skills are a good foundation for a journalism job. You should be curious, a critical thinker and a great listener. Community newspaper reporters aren’t pigeonholed into covering one subject area – we write stories about crime, sports, politics, entertainment, lifestyle, etc. Therefore, it’s important to have a baseline knowledge of these areas – and keep up with current events. Your first year of journalism school at Langara College, you take liberal arts courses relevant to the journalism job, including political science and economics. Langara, Kwantlen Polytechnic University, UBC and BCIT all offer journalism programs of varying scope.

What kind of interests, abilities, and skills would help a person to be successful in this career?

You should have a strong interest in creative writing and communication if you want to be print journalist. Learning the art of the interview is important. Never ask a yes or no question is the cardinal rule of journalism. Journalism is not for the weak or faint of heart. You have to be able to ask the tough questions and be persistent.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Funny enough, in 1997 STA had a journalism class (taught by Ms. Mattia!) that I was fortunate enough to take.

I got to practise writing stories and doing interviews. The class even published a “paper,” in the form of a newsletter. It was an awesome experience! I’d say, the senior high school classes that would help set a student up for a journalism career are English, Creative Writing, English Lit, Communications and Social Studies.

What type of starting position and salary (optional) would someone entering this field be most likely to find?

I’ll be honest: I’m not in this career for the money – I’m in it for the love of writing and hopefully effecting change in the community. If you land a job as a reporter at a community newspaper in B.C., you can expect to start at about \$16/hr.

What are the opportunities for advancement in this occupation?

After you’ve been reporting full-time for five years or so, you could start applying for editor positions.

What advice would you give to a student interested in this career?

If it’s something that you are truly interested in, don’t be discouraged. While you might hear about certain mediums that are suffering, there will always be a space and platform for journalists and storytellers to inform.

CAREER PROFILE

Presenter’s Name: Alannah Cervenko

Career or Job Title: Lead, Strategic Partnerships, Teck

How would you describe your job?

I build and manage partnerships with organizations such as UNICEF, WE Day, the World Food Programme and the Government of Canada that help improve child health around the world. (See www.zincsave lives.com for more info)

What is a typical workday like?

I start around 8:30 a.m. and catch up on emails – we have a number of partnerships in development so I have to figure out what we will accomplish working together and how we will

report on the impact we are having. Then I'm usually in meetings throughout the morning – to talk about our social media and communications, how we are going to announce our partnerships, what new partners could we work with to help improve child health? Then in the afternoon I'm writing – stories for our website about the children we have helped, legal agreements for our partners, communications plans about upcoming announcements. I try to leave by 5 p.m.

What do you love most about your job?

I love that I get to design projects that can improve the lives of millions of people around the world. And these projects also create value for our company, so I work closely with our CEO and our senior management team to share information about how the company benefits too.

What do you find the most challenging aspect of your job?

It is really hard to turn down good projects. We get approached for funding by so many incredible organizations. I want to say yes to all of them, but we have to be really clear on our goals and strategy. Saying “no” never gets easier.

What type of education/training, technical knowledge, or experience is needed for this job?

A Bachelor degree from a university, and maybe some extra courses on project management or community investment.

What kind of interests, abilities, and skills would help a person to be successful in this career?

An interest in doing good in the world is definitely needed. Someone who is a critical-thinker, thinks creatively and has lots of good ideas, and who can make a good business case for why we donate the money where we do. It's also important to have excellent communications skills – writing, speaking and creating PowerPoint presentations that can inspire!

What type of starting position and salary (optional) would someone entering this field be most likely to find?

Coordinator, Community Partnerships

\$65,000 - \$75,000/year plus bonus and benefits

What advice would you give to a student interested in this career?

Be open to companies and industries that may have not crossed your radar before. I never thought I would work in mining! Have a passion for doing good in the world and be able to communicate what you want to do effectively. If you can persuade a senior executive in your company of a good idea, you will have success!

CAREER PROFILE

Presenter's Name: Joseph Spitale

Career or Job Title: Actor, Director, Teacher

How would you describe your job?

It's a diverse job that let's brings me to a variety of places and I get to connect with a diverse group of people. I work with children on one side of the spectrum, and professional actors who have often received Bachelor of Fine Arts degrees on the other side. I feel like everyday I'm given a puzzle and I have to put it together artistically. There are so many different ways to go about putting a show together so I have to use a balance of creativity and life-experience.

What is a typical workday like?

Nothing is typical. That's the beauty of this industry. From the second I wake up to the second I fall asleep, I am thinking about work. It's a very creative process. It consumes you. I could work 24 hours a day if I wanted to so I have to schedule downtime and time with friends and family. When I am working, I'm writing scripts, scheduling actors, researching, memorizing, planning staging/lighting/sets/choreography etc.

What do you love most about your job?

Meeting like-minded people who are also creative, hard-working, and passionate about what they do. Most people in my field do it because they love it. I also love to make people smile and brighten up someone's day. I follow politics and so theatre, film, or tv is either a commentary on that or an escape from that. I mostly love the escape.

What do you find the most challenging aspect of your job?

Auditioning. 100%

What type of education/training, technical knowledge, or experience is needed for this job?

Bachelor of Fine Arts, or completion of an acting conservatory program. Masters degrees in directing, acting or classical voice can help with connections in Vancouver in particular.

What kind of interests, abilities, and skills would help a person to be successful in this career?

Special skills are put on your resume and directors care about them. For example, if you can tumble and do gymnastics, you are much more marketable than someone who doesn't. People want to be wowed in this industry. If you can bring something different and excellent to the table, you are more likely to be successful. Take dance classes (tap, jazz, theatre dance and ballet). You are your own business so any skills like website development, social media, or marketing is really helpful.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Drama, Choir, Public Speaking, Band, PE (staying fit), Marketing, Entrepreneurship, English Lit, IT, French

What type of starting position and salary (optional) would someone entering this field be most likely to find?

A theatre actor starting out can work for free, \$350 a week, or given \$1000 stipend for the rehearsals and performances. Broadway actors work 8 shows a week and start out getting paid min \$1700 a week.

Film/TV background actors can get paid anywhere from 100-200 a day depending if you are in the SAG/AFTRA union. This is a realistic full-time job.

Any TV/Film actor that has a line to say will get “bumped up” in pay substantially.

Directors get paid for the whole contract. Starting out, you might get paid anywhere from zero pay to \$1000 for the whole contract.

What are the opportunities for advancement in this occupation?

This all depends on how much you market yourself and put yourself out there. Everyone says, one gig always lands another gig. You never know where your next gig or contract will come from. The difference between someone getting paid nothing, to that same someone getting cast in a Netflix show getting paid ridiculously well, is just being lucky and prepared for the audition process.

What advice would you give to a student interested in this career?

I would say go see professional theatre or critically-acclaimed movies at least once a week and watch with a critical eye. Never stop taking class. I take dance classes and singing classes every week. I should be taking acting classes too. You have to put yourself out there and find the work. Be kind to everyone you work with because it’s a nice thing to do AND you never know where your next job will come from.

CAREER PROFILE

Presenter’s Name: Pam Pasicnyk

Career or Job Title: Pharmacist

How would you describe your job?

The job can be diverse! Pharmacists are trained as **Medication Specialists**. We spend 5 years learning how each medication works within the body. A Doctor specializes in diagnosing, while the Pharmacist specializes in the medications; knowing which drug is best, what dose is best, what the drug and disease interactions are, as well as what the contraindications and side effects are.

There are many career paths a Pharmacist can take. There is the clinical type of job, working in a hospital pharmacy, collaborating with doctors and nurses, or retail pharmacy, filling

prescriptions that patients bring in. When you bring a prescription in to the Pharmacy they are not just taking the drug from a big bottle and putting it in to a little bottle. Many many things are happening as the Pharmacist checks is this the right drug, is this the right dose, what are the side effects etc. Pharmacists regularly find errors or omissions on prescriptions which they then can change themselves or contact the Doctor to suggest changes or get clarification.

Pharmacy can lead to MANY other types of jobs besides dispensing in a Pharmacy such as research, working in outreach clinics (ie. for addiction patients or mental health patients), teaching, running a business (ie. opening a pharmacy store), corporate management of pharmacies, government health authorities, rural community health, Regulatory Bodies, First Nations health, specializing in Diabetes, providing immunizations, etc.

What is a typical workday like?

A typical day varies greatly depending which aspect of Pharmacy you work. When I worked in a retail setting, my typical day was spent hands on with patients who came to my counter. I filled prescriptions, often intervening when a potentially dangerous drug or dose were written on the prescription. I assessed patients and spoke to physicians on their behalf. I provided daily dose pill packs for the elderly. I gave immunizations such as flu, tetanus, and shingles vaccine. I also spent a lot of time answering questions and making recommendations for people about which cold medicine, nausea medicine, fever medicine, etc was best for them.

When I did corporate pharmacy management my days were spent ensuring that each pharmacy I managed held a very high legal and ethical standards. As you can imagine, pharmacy has many rules and regulations as we deal with some very potent drugs such as narcotics (ie morphine, fentanyl patches, methadone), as well as other potentially dangerous drugs such as blood thinners, and various anti-psychotic medications). These can pose risk to the patients and the public if not handled exactly right.

What do you love most about your job?

I love how Pharmacy combines medical and health aspects as they pertain to the human body. I also love that it is a profession that you can make profound differences in people's lives. There are many options and varieties of jobs available, you have to continuously learn as new drugs and professional services are brought forward. For example, I learned how to provide injections 18 years after I graduated Pharmacy school. It is awesome and exciting to keep learning, growing and helping people.

What do you find the most challenging aspect of your job?

Healthcare can be a very stressful and challenging environment. The government plays a big role in deciding how money is spent in Healthcare and this can end up putting more on the Pharmacists shoulders. Also, Pharmacists deal with sick people, who are not at their best and as such, they sometimes may not be very easy to deal with. You must have empathy and patience to be a Pharmacist.

What type of education/training, technical knowledge, or experience is needed for this job?

You need to go to Pharmacy School. Up until recently it required one year of general university sciences, plus 4 years in the Faculty of Pharmacy. There are a number of Universities in Canada that have a Faculty of Pharmacy. The program is changing from a BSc or Pharmacy (Bachelor of Science) to the a Pharm D (Doctor of Pharmacy) program. UBC just started this with new students entering the program.

What kind of interests, abilities, and skills would help a person to be successful in this career?

Communication is a huge one. You can have the most 'book smart' Pharmacist, but if that person cannot connect and communicate with his/her patients and other healthcare workers it would be very difficult. Multitasking and attention to detail are essential skills. People skills are key! A healthy interest in Sciences: Biology, Chemistry, as well as Anatomy and Physiology are great! If you want to help people this may be the career for you!

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Sciences: Human Biology, Microbiology, Chemistry, Math (there is a lot of calculus math in order to calculate how each long it takes for each drug to metabolize (break down) in the body. This is called Pharmacokinetics and you need to know this to figure out optimal doses. It also important to be able to connect and communicate with people, so Communication courses and Toast Masters would be good.

What type of starting position and salary (optional) would someone entering this field be most likely to find?

Currently, a new Grad Pharmacist can earn from about \$38 to 44 dollars per hour plus benefits in the Lower Mainland as a starting wage. That wage dramatically increases to \$50, \$60 and \$70 plus dollars per hour for those interested in going to more remote and Northern places.

What are the opportunities for advancement in this occupation?

There are lots of opportunities and it depends on the path chosen. It is a great career for women who want a family as it is easy to work full time, and then step back to part time when kids arrive. In a retail setting it is possible to advance from dispensing Pharmacist, to Pharmacy Manager, to District Pharmacy Manager, to Director of Pharmacy to VP and beyond. You can own your store or stores. In hospital settings you can climb the ladder in the Health Authority. If you choose teaching/research it would take you down a different path. I worked in the Corporate side for many years and now currently am learning about the field of Medicinal Cannabis.

What advice would you give to a student interested in this career?

Focus on Sciences. Work on people skills as this is vital! Consider volunteering or doing day observing in a Pharmacy setting. Getting in to the Faculty of Pharmacy is competitive so working on being well rounded, well spoken, having excellent grades, as well as doing volunteer hours would all be beneficial.

CAREER PROFILE

Presenter's Name: Tim Kostamo

Career or Job Title: Orthopedic Surgeon

How would you describe your job?

I fix people's broken bones, worn out joints, and sports injuries or other traumas with surgery.

What is a typical workday like?

I get up before 6 AM, sometimes earlier, go to the hospital, prepare for my surgeries, and then operate on a mix of planned and emergency surgeries depending on the day. On office days I see new patients to decide whether a surgery could help their pain or problem, as well as seeing patients who have already had surgery to ensure they are recovering well. The boring part is filling out all the paperwork and insurance forms!

What do you love most about your job?

Restoring people who are crippled by their pain or injury back to full function and no pain is really great! Doing a highly technical and physically and mentally engaging job in a team environment is very rewarding.

What do you find the most challenging aspect of your job?

When patients have complications or die it is quite horrible.

What type of education/training, technical knowledge, or experience is needed for this job?

I did a 4-year Science degree and lots of volunteer work after high school. Medical school is another 4 years. Surgical training was 5 more years of a pretty tough apprenticeship (residency), followed by 1 year of extra sub-specialty training called a fellowship. You do a lot of on-the-job training as well as more school while you are a resident and fellow, including research projects.

What kind of interests, abilities, and skills would help a person to be successful in this career?

If you like working with sick and suffering people and are not squeamish is a good start. My job is very hands-on, so you need to be practical and have good manual skills. I work in a team in the operating room, so strong communication and teamwork is also very important. You have to be able to learn and collate information quickly, and be good at decision-making.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

It's important to do the science and math pre-requisites for a science degree, although you can do a completely different degree as long as you do the pre-medicine courses in University like biology and biochemistry. Volunteer work where you are in an environment with people who need care is also important, especially to figure out if you enjoy that type of work. Any work you do that involves people directly, learning to communicate well in complex situations, will

be valuable. Sports that teach you discipline, perseverance, and a strong work ethic are also very valuable.

What type of starting position and salary (optional) would someone entering this field be most likely to find?

After you (finally) finish all your training, your role as a consultant surgeon is well-paid. However, during your 14 years of school and training you are making either no money or essentially minimum wage. You also have to factor in once you are working that you have to pay for your own office and staff. Most students/residents also finish their training with substantial debt.

What are the opportunities for advancement in this occupation?

There are a lot of opportunities both in increasing your skills, as well as working in administration, teaching, or research. For example, I currently have an administrative role as head of my division of surgeons, as well as teaching as an assistant professor at UBC. Many doctors also pursue business opportunities, such as one of my colleagues who runs a virtual reality training company for surgeons on the side.

What advice would you give to a student interested in this career?

This career is exciting and engaging, but very challenging. It's important to talk to people about what their lives are like, and what they like and don't like about their jobs. You have to enjoy studying hard for a long time, and be able to have the passion and interest to persevere in it. Many careers are a calling/vocation rather than just a job, and this particularly is like that.

CAREER PROFILE

Presenter's Name: *Dr. Ewa Lesinska Kostamo*

Career or Job Title: *Dentist, DMD*

How would you describe your job?

Providing dental services for the community including: preventative dentistry, hygiene, cosmetic dentistry, fillings, crowns and bridges, root canals, extractions, basic orthodontics, implants

What is a typical workday like?

My day in the office starts at 7:30am. I typically see anywhere from 7-13 patients providing the above services and my day finishes at around 6pm.

What do you love most about your job?

I love the fact that I have the privilege to work with people every day. I enjoy resolving tangible problems like tooth pain, broken teeth, missing teeth etc, and also helping educate people to prevent disease.

What do you find the most challenging aspect of your job?

Treating people who are afraid of the dentist. Finding and managing the office staff.

What type of education/training, technical knowledge, or experience is needed for this job?

An undergraduate University degree and completion of Dental School.

What kind of interests, abilities, and skills would help a person to be successful in this career?

You need to be excited about working with people, need to be caring, professional, organized, self motivated, have good manual skills, keen on learning new skills which you will require to progress in your field.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

You will need to have Biology, Chemistry, Math, Physics and English

What type of starting position and salary (optional) would someone entering this field be most likely to find?

A starting dentist can expect to make approximately \$8000.00 gross/month working 5 days per week.

What are the opportunities for advancement in this occupation?

The possibilities for growth are substantial, since you can specialize after dental school into a sub specialty. If you are interested in business, you can expand your business and start up several practices. You have quite a bit of control if you choose to be self employed, however, it will require a lot of time, energy and resources.

What advice would you give to a student interested in this career?

I would first recommend for a student to volunteer with several different dentists, and or specialists. Do some research on the field, to see if it is something that you are excited about and can see yourself doing. Ask yourself if you enjoy school, because you will be spending at least 8 years in University to reach your goal!

CAREER PROFILE

Presenter's Name: Chris Chapman

Career or Job Title: Senior Software Developer at SAP

How would you describe your job?

Being a software developer is a combination of communication, problem solving, innovating and focusing on the details as well as the larger purpose of Software Applications. On a daily basis I write code for new features, elaborate and design future features, do code reviews,

mentor, communicate and teach junior developers to succeed both in their technical areas and their professional goals and work with customers to help them achieve success.

What is a typical workday like?

A typical workday in the office can include :

8-10:30: Work on existing features/ design& elaborate new features

10:30 -11: Team Scrum (5 minutes per person)

11-12: Code reviews and helping colleagues

12-130: lunch with colleagues

1:30 -430 In the office for more code reviews/ meetings/ elaboration

430 - ? Depending on the stage of a feature we might work late in the evening to ensure we meet our target release date.

Often, we work from home and the schedule is about the same, but we call in to meetings using Slack.

What do you love most about your job?

- 1) A sense of satisfaction when you accomplish a new feature or finish a new app.
- 2) Always learning new things and researching better ways of doing things. Never stays the same.
- 3) Great perks and awesome team mates.

What do you find the most challenging aspect of your job?

- 1) There is never enough time in the day to finish all the things I want or have to do
- 2) Handling high stress situations with customer incidents and SLA (Software Licensing Agreement) breaches
- 3) Elaborating new features and ensuring it fits within the current architecture (how everything fits together) of an app

What type of education/training, technical knowledge, or experience is needed for this job?

Computer Science and Discrete Mathematics are the two most important areas. New Hires usually have a Bachelor's Degree at least in Computer Science, Engineering or Math and have done multiple co-ops at Technology firms.

What kind of interests, abilities, and skills would help a person to be successful in this career?

Desire to innovate, good at problem solving, interest in computers and how they work, dedication to being committed and achieving deadlines on time.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars? Any STEM programs

What type of starting position and salary (optional) would someone entering this field be most likely to find? Starting positions are Junior Developers around 85-90K with ~ 10-20K Bonuses/Share Plans

What are the opportunities for advancement in this occupation? Depends on the company and your goals but there is room for advancement if you work hard.

What advice would you give to a student interested in this career? Be prepared to continually learn and have the ability to handle pressure.

CAREER PROFILE

Presenter's Name: Myshsael Schlyecher (just pronounced Michelle)

Career or Job Title: Freelance photographer

How would you describe your job?

Creative & artistic

What is a typical workday like?

Photographing in studio or on location, editing, coordinating photo shoots. Booking makeup artists and models. Sourcing props and gear. Setting up my backdrop & gear and tearing it all down again.

What do you love most about your job?

Its always changing and evolving. Not a desk job for sure.

What do you find the most challenging aspect of your job?

To stay current is the most challenging part of my job.

Photography is an ever changing industry.

What type of education/training, technical knowledge, or experience is needed for this job?

Degree & technical knowledge are necessary but mot importantly a creative ability.

What kind of interests, abilities, and skills would help a person to be successful in this career?

Dreamer, creative, artist, loves the way light plays on any subject. Enjoys people and is a great communicator.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Art. Charcoal drawing, Image transfer course. Photography classes. Video classes.

Offer to assist with a photographer, to see if that is really what you want to do .

What type of starting position and salary (optional) would someone entering this field be most likely to find?

\$20,000-\$30,000.

What are the opportunities for advancement in this occupation?

It is what you make it. Stock photography, media , advertising, magazine and art gallery work.

It can also be a beginning to many other creative jobs.

What advice would you give to a student interested in this career?

If you are creative and love photographs, this would be a great place for you.

It can also be a beginning step, to film, commercials, ad work and much more.

Follow what interests you, and you will end up in a job in life you will be connected to, and LOVE!

CAREER PROFILE

Presenter's Name: Lisa Bayne

Career or Job Title: Associate District Director, Correctional Service Canada

How would you describe your job?

My office is responsible for assisting and monitoring offenders who have served between 2 years to life terms of imprisonment when they are released from a penitentiary (jail) on parole.

My job is to make sure that the 1487 offenders on conditional release in British Columbia and the Yukon are able to reintegrate into their communities safely.

What is a typical workday like?

I make sure the 100 parole officers, 40 program officers and 30 Community Residential Facilities (halfway houses) have all the tools and training required to do their jobs properly. When they have the things they need they are better able to make sure the offenders have the support and structure necessary to not get sent back to jail.

Mostly my day involves solving problems, answering emails, talking to people and attending meetings. I have to look at policy and laws and then making sure everyone follows the policies. I also have to make sure our parole and program officers are safe when they are working with

offenders. When a crisis happens, my job is to protect our community, our staff and our offenders.

I work in parole offices, institutions (jails) and I attend meetings with community partners. No day is ever the same.

What do you love most about your job?

Every day is different. In my 21 years with CSC I have been a parole officer, a manager, a community development officer, an employment developer and a director. Each day brings new challenges. There is good and bad in every day but when you work with people it is always an adventure.

What do you find the most challenging aspect of your job?

Working with criminals can be hard work. You always worry about whether or not you made the right decisions in our day because each decision impacts someone's life and freedom. The job is fast paced and there is never enough hours in the day. You have to make tough decisions dozens of times in a day.

What type of education/training, technical knowledge, or experience is needed for this job?

For a job as a correctional officer or program officer you need a high school diploma. If you want to be a parole officer you need a degree in criminology, sociology or psychology. The process for getting hired is hard but then when you are hired, you get training for your jobs. You also get on the job training so that you have all the right skills to do the job well.

What kind of interests, abilities, and skills would help a person to be successful in this career?

People who are successful in this work are interested in human nature. It is not easy work and you have to deal with stressful and emotional situations at times. People who like variety do well in this job.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

I would recommend doing well in law and socials. I would also recommend volunteering as much as you can in any area related to people. No one in my business is hired without having some form of volunteerism on their resumes.

What type of starting position and salary (optional) would someone entering this field be most likely to find?

Parole Officers start at about \$75,000 per year.

What are the opportunities for advancement in this occupation?

If you have your degree there is a lot of opportunity for advancement. Everyone does their career path differently but there is lots of room for advancement in the government.

Jobs with the government are a great career because they are stable, there is lots of room for growth and change. Once you work with the government, you can move around to different departments like Transport, Border Services, RCMP, Veterans Affairs and Service Canada.

What advice would you give to a student interested in this career?

Volunteer, stay active and curious about human nature. When you turn 19 volunteer with a parole office or a non-profit agency like John Howard or Elizabeth Fry.

CAREER PROFILE

Presenter's Name: Kyprios (No Profile Available)

Career or Job Title: Singer/Songwriter

CAREER PROFILE

Presenter's Name: Marco Cusano

Career or Job Title: Senior Project Manager / Engineer

How would you describe your job?

You know how traffic sucks in Vancouver? Well I'm working to find a solution for that. I work with local municipalities to develop and implement their transportation planning solutions.

My job involves repairing old, and installing new city infrastructure such as roads, bridges, and pipes for drinking water, storm water, and sanitary wastewater.

What is a typical workday like?

Walk to the SkyTrain, 20-minute ride, and then a one-minute walk. My office is right by the SeaBus station downtown.

I typically start the day by checking my emails. Then I:

- have coffee at the coffee shop downstairs.
- prioritize my work for the day.
- complete my work for the day.

A typical work day would involve a meeting or two, possibly a teleconference. I receive about 25 emails per day, and will send about the same amount.

I work from home quite often. I've also been working out of clients' offices. Lately this has mostly included Burnaby City Hall, Surrey City Hall, and Chilliwack City Hall.

What do you love most about your job?

What I love most about my job is that it's flexible. By flexible, I mean that I can wake up when I want, work when I want, take breaks when I want.

There is also a lot of variety in my job. Every day is different. Some days I entertain clients; taking them out for lunch. Some days I go to seminars and/or give presentations. Some days I spend mentoring junior staff. And some days I just spend working and doing engineering projects.

What do you find the most challenging aspect of your job?

Office politics. You can't get away from it. Though, it's less frustrating in some places.

What type of education/training, technical knowledge, or experience is needed for this job?

Engineering degree, which is 4 years. I completed this at UBC. I minored in Commerce. Then I had to do 4 years of work experience under a Professional Engineer and then apply for my own Professional Engineering status. During those four years I was an EIT or "Engineer-in-Training."

What kind of interests, abilities, and skills would help a person to be successful in this career?

Interested in and skilled in math. Interested in analytical problems, problem solving, and puzzles.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

Map 12, Physics 12, Calculus. English could also be considered important. It's helpful if you enjoy report writing. I didn't like it at first, but you can get really into it and it becomes enjoyable.

What type of starting position and salary (optional) would someone entering this field be most likely to find?

Starting position – you would be called an EIT, or you might be called a Junior Engineer. Once you become a fully-fledged Engineer you get one of these cool rings. These rings were once made from the steel of a bridge that collapsed in Quebec. You wear the ring on your writing hand to remind yourself every time you do an engineering calculation not to make any mistakes because otherwise the consequences could be severe.

Starting salary, right out of University could range from \$40k - \$60k annually. After five years, you could expect to be around \$90k, and after 10 years around \$120k, but this all depends on where you work.

What are the opportunities for advancement in this occupation?

Becoming an Engineer signifies you are capable of learning about complicated subjects, and you are capable of solving difficult analytical problems. There are numerous job opportunities within the engineering sector, but also in other areas of business, that would be well suited for somebody with Engineering training.

What advice would you give to a student interested in this career?

Look into all the different options and specialties you have within Engineering and find the one that suits you best. Find an Engineer you know to take you to work for a day and see how it is.

CAREER PROFILE

Presenter's Name: Ben Colangelo

Career or Job Title: Lawyer

How would you describe your job?

A lawyer is someone who assists his or her clients with a legal issue or matter. A lawyer will apply the laws to

the problem they face, to find a solution, and advise their clients accordingly.

What is a typical workday like?

A typical workday involves researching case law, reviewing files, speaking with clients, meeting new clients.

Some days involve going to court or mediation.

What do you love most about your job?

The ability to find a resolution to a matter that helps my client move forward, with a result that is fair, assists

them, and is beneficial to their livelihood.

What do you find the most challenging aspect of your job?

Sometimes issues or matters don't resolve immediately, or in a way that you would have hoped, and so it's

hard not to overanalyze what you could have done differently. Sometimes you stay up at night thinking about

your clients and what you want to help them achieve.

What type of education/training, technical knowledge, or experience is needed for this job?

Generally speaking, you will need:

- ☐ Undergraduate degree
- ☐ Law degree
- ☐ Articling and Professional Legal Training Course
- ☐ Call to the Bar (Licensed to practice in your jurisdiction).

What kind of interests, abilities, and skills would help a person to be successful in this career?

Someone who is interested in problem solving, interpreting rules, thinking critically and analyzing issues. Good

reading, writing, and listening skills are also important.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars?

English, Language Studies, Social Studies, History, Sciences, Mathematics

What type of starting position and salary (optional) would someone entering this field be most likely to find?

In my experience, law graduates start out as articling students, who can make up to \$50,000 at large, national

law firms. At smaller firms, the starting salary may be less.

What are the opportunities for advancement in this occupation?

Opportunities to advance including become a partner at a law firm, starting your own firm, or becoming a

member of the judiciary (Judge)

What advice would you give to a student interested in this career?

Try different things, come up with a plan, talk to many lawyers in different fields, and study things in which you

are passionate. Take time to make sure you're ready for law school applications, and stay persistent!

CAREER PROFILE

Presenter's Name: Detective Constable David STEVERDING, Constable Damien KILLORAN, Constable Mike THOW

Career or Job Title: Policing Specific to the Vancouver Police Department.

How would you describe your job? Never knowing what is going to happen next.

What is a typical workday like? There is no such thing as a typical workday. You can be investigating a crime and the next second you are responding to an in progress call rushing to the incident. We respond to situations where people are calling for help.

What do you love most about your job? Being out on the road, dealing with situations that most people won't, don't, or can't deal with.

What do you find the most challenging aspect of your job? Dealing with people that in most cases don't want to deal with you.

What type of education/training, technical knowledge, or experience is needed for this job? Minimum 2 years of post secondary. Current standards minimum completion of a college diploma or a university degree.

What kind of interests, abilities, and skills would help a person to be successful in this career? Ability to finish what you have started. Having a passion for something. This career offers people the ability to be a police officer in a variety of jobs where they utilize their interests. interest in dogs, horses, dynamics, sciences, finance.

What senior courses in high school would you recommend for someone interested in this career path? Or High School extracurriculars? What ever courses you are in and that you get good marks to get into college or university. Interests in sports but not just team sports. Also individual sports.

What type of starting position and salary (optional) would someone entering this field be most likely to find? Vancouver has different ways of starting at the VPD. Volunteering, Special Municipal Constable, or as a Recruit. Salary will depend on where you start.

What are the opportunities for advancement in this occupation? Define advancement ?
Moving up (administration) or moving (different types of police work, investigation, tactical, specialty sections.)

What advice would you give to a student interested in this career? Be prepared to to explain your actions in your life. The application process is about finding suitable candidates that are honest. We accept about 1 in 40 applications and the process is competitive.