**ESEC 2022 – Post-Conference Reflection and Action Planning**

**This guide will help you clarify some of your experiences from this year’s ESEC and move you forward with some simple concrete steps to continue your exploration and decision making.**

**The questions are meant to spark self-reflection and are more useful the more you honestly commit to answering.**

**→→** [**Watch this handy video to learn more about how to use this worksheet.**](https://utoronto-my.sharepoint.com/:v:/g/personal/albert_huynh_utoronto_ca/Edw9qK56ZUBHjJwWTpA_gSkBq_GxVdvf_LWTVTBFfwIi9w?e=k4S11R)

If you have questions or want to follow-up for further conversation about your thinking you can email [Albert Huynh](https://ilead.engineering.utoronto.ca/people/albert-huynh/) at [albert.huynh@utoronto.ca](mailto:albert.huynh@utoronto.ca)

1. **Who did you speak/connect with (including alumni, upper-year students, other classmates)? What did you learn from these conversations?** These lessons may have been about potential pathways, factors to consider in deciding your major, fun facts, or something else that was surprising.
2. **How did you feel as you spoke with and heard from people during ESEC? When were the moments you felt most energized?** What do you think contributed to that feeling? What were the moments or pieces of information that raised your curiosity? When did you feel most de-energized? What do you think contributed to that?
3. **Based on what you heard at ESEC and your own prior knowledge, what subjects or technical areas do you feel inclined to learn more about?**
4. Based on Statistics Canada data analyzed by Troost ILead (see Figure 1), only 19% of engineering students in Ontario who graduated in 2010 were working in a job within their discipline of study 3 years after graduation; an additional 37% were working in an engineering field different than the one that they had studied. In 2018, only 40.3% of engineering graduates in Canada obtained their P.Eng. licenses. **What information at ESEC did you discover/hear that has changed or opened up your perspective on what you can do as an engineering graduate?**
5. **Look at your answers from Questions 1-4, are there themes that emerge in terms of what excites you or where your curiosity is leaning? If not, are there specific ideas that stand out to you more than others?** Think about one way within the next 2 weeks that you can explore one of these themes or ideas further. The important thing is to pick **something small and achievable**. Here are some examples:

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| **From your answers  (example themes/ideas)** | **Idea for exploration** |
| Data privacy is a huge challenge for health care | Ask one of the BME professors if they are connected with alumni who work in health care data so that I can look into what they do |
| Micro and nanofluidics seems a lot more important than I thought | Look in the [ESROP](https://engsci.utoronto.ca/research-and-work/summer-research/summer-research-overview/) databases to see if there are summer openings in fluids research |
| I noticed through conversation that I really like learning about information from different fields intersecting | Look into clubs/lecture series that take a systems lens on engineering topic and see if I can attend some (e.g. [EWB](https://utoronto.ewb.ca/en/), [SEA](https://seauoft.ca/), [PsychEng Seminars](https://www.mie.utoronto.ca/events/psycheng-seminars/)) |
| The difference between Canadian market forces and the business environments of other countries makes a huge difference in what technical innovation can happen | Look for virtual summer internship roles or research exchange opportunities abroad on the [U of T Learning Abroad website](https://learningabroad.utoronto.ca/) |
| The topic of sustainability seemed to come up a few times | Use [U of T Engineering CONNECT](https://uoftengineeringconnect.ca/) to search for and ask for an [informational interview](https://www.utm.utoronto.ca/careers/information-conducting-informational-interviews) with an alumna working in sustainability   [PS: If you need advice on making connections through this platform, ask our resident CONNECT expert, Christina Heidorn (EngSci 9T1), who is EngSci’s External Relations Officer, engsci@utoronto.ca.] |

**Take a moment now to write out an observation and action of your own.** Keep yourself **accountable** by setting a date and time within the next 2 weeks and making the action very **clear** (i.e. it should be obvious when the action is completed).