**ESEC 2023 – 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 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. If you have questions or want to follow-up for further conversation about your thinking you can email Jennifer Galley at [jennifer.galley@utoronto.ca](mailto:jennifer.galley@utoronto.ca)

**Use this sheet during the conference and bring it to the reflection workshop at the end of the ESEC lectures.**

1. Who did you speak/connect with/hear from (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 option, 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?

Based on Statistics Canada data analyzed by Troost ILead, only 19% of 2010 Ontario engineering graduates were working within their discipline of study three years after graduation; 37% were working in an engineering field different than the one that they studied. In 2018, only 40.3% of engineering graduates in Canada obtained their P.Eng. license. What did you discover/hear at ESEC that has changed or opened up your perspective on what you can do as an engineering graduate?

1. 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 further. The important thing is to pick something small and achievable. Here are some examples of what that may look like:

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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 more of 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 |
| 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 water treatment and access seems 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 water treatment |

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).