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ESEC 2024 – Post-Conference Reflection & Action Planning

Use this guide during the conference. It will help you clarify your experiences and gives you 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**, Experiential Learning Specialist (ILead) at jennifer.galley@utoronto.ca.

Not sure how to relate your own experience to this year's ESEC speakers? Find speaker-specific question prompts on the last page to help you get started!

1. Who did you speak with or 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 options, fun facts, or something else that was surprising. What **stood out**? (**Hint:** speakers are listed on the last page of this document.)

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? What will you explore?

4. 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 your perspective** on what you can do as an engineering graduate?

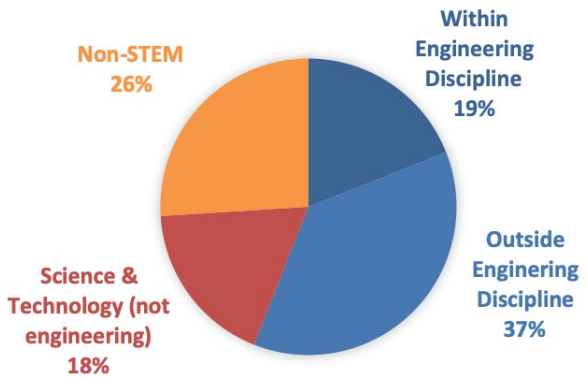

Figure 1 - Jobs of Ontario engineering graduates from 2010 three years after graduation

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

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 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
The topic of water treatment and access seems to come up a few times	Use U of T Engineering Connect to search for and ask for an informational interview with an alumna working in water treatment

Take a moment now to write out an observation and action of your own. **Be specific.** 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).

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ESEC 2024 – Speaker-Specific Reflection Prompts

Speaker session	Ideas for exploration
Raffaello D'Andrea The Machine Revolution: Where we are, how we got here, and where we are going	Have you ever considered how creating art can make you a more effective engineer?
Kristy Duncan Engineer, Banker, Payments Geek – A Unique and Interesting Career Journey	What is the role of EDI in engineering and how can you contribute to building EDI into engineering culture?
Jeremy Wang The Simple Guide to Building Self-Flying Airplanes and a Meaningful Career	How do you define leadership and what role do you think leadership will play in your career?
Subo Sinnathamby Electrifying life in one generation – What will it take?	In what ways do your current beliefs and values align with your broader life goals and aspirations?
Christian Weedbrook The Journey to a Quantum Future	What is your approach to navigating challenges and uncertainties in planning your professional journey?
Stephanie Willerth 3D Bioprinting Human Tissues	To what extent do you think academia will play a role in your future career journey?
Foteini Agrafioti Borealis AI's Impact on RBC Businesses and the Evolution of Finance	How do you plan on navigating and leveraging the rapidly evolving technological landscape
Olugbenga Olubanjo Unlocking Opportunities: Bridging the Electricity Challenges in Sub-Saharan Africa Through Innovative Solutions	Have you ever considered how you can use your skills to create positive social, environmental, and economic change on a global scale?