

Strive to Thrive

Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni.

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Transitioning from Academia to Industry

The shift from academia to the professional world can create unexpected challenges for new graduates. Based on a 2019 research study from the Harvard Business Review, 54% of graduates had feelings of confusion and dissatisfaction during their transition from university to a full time role.

This report aims to help students understand the nuances and professional expectations in the corporate world. The key topics that will be explored include familiarizing yourself with the new workplace culture and methods for work-life balance.



Adapting to Corporate Culture

Your new grad job may be your first introduction to a corporate office environment. Below are some tips to keep in mind when beginning your role to set yourself up for success.

Prepare and Research

It is likely that you have already conducted research about the company during the interview preparation process. However, after accepting the job offer, revisit the company website to develop a comprehensive understanding of the workplace culture and the leadership team. You may want to connect with your manager on LinkedIn before your start date to better understand their professional background.

1st Week: Ask Questions

In the first week of your new role, you will be going through the onboarding process to understand the code of conduct, new technological platforms, and common office resources. This is your time to ask questions about your new tasks and take notes as necessary because the first week can be the most challenging. Do not be afraid of speaking up because understanding your responsibilities now sets you up for success later in the role.

Build Relationships Early

The best way to become comfortable in a new workplace is to establish great relationships with your coworkers. During the first few weeks, be friendly and make an effort to engage in one-on-one conversations with all members of your team. Examples can be actively participating in team calls, offering assistance to ongoing projects, attending team dinners/events, and scheduling coffee chats with high-level members.

Embrace Feedback

There is a learning curve when starting any new job, especially if you have made a career pivot. In the early months of your new role, be active in asking for feedback on your work and embrace any constructive criticism that is given. This will not only improve the quality of your contributions, but it demonstrates to your managers your commitment to continuous learning. You should also keep track of your improvement and accomplishments to refer back to during performance reviews or promotion-related conversations.

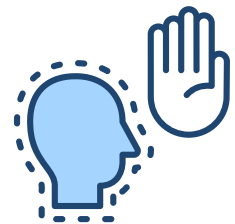
Tips for Achieving Work-Life Balance

The balance between your personal and professional obligations—including physical, mental, and emotional well-being—is known as work-life balance. It is essential for recent graduates to set boundaries and implement efficient time management techniques as they enter the hectic corporate world.

Establish Boundaries

Establishing boundaries is crucial to protecting your personal space and keeping work from interfering with other parts of your life. To create clear boundaries between your career and personal life, you can define precise rules about the start and end times that you work and the work locations.

For example, a great method for establishing work-life boundaries when working from home is refraining from working in a 'cozy' bed because that is considered 'leisure space'. When your designated work-time is done, try to schedule in exercise, hobbies, or joining friends for dinner.



Time Management

Using digital tools like calendar apps and task management softwares is very helpful for recent university graduates that are just starting their career. During university you probably have already learned how to use Google Calendar to schedule any meetings and events. It is also quite beneficial to also set reminders for any miscellaneous tasks at work to keep yourself from missing deadlines.

Consider leveraging new task management platforms like Trello and Asana to create specific work calendars, collaborate on projects with colleagues, and track specific deadlines.



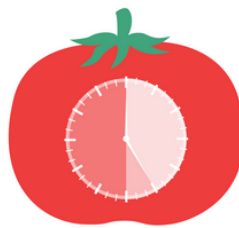
Prioritizing Self-Care

A number of organizations define the term self care with a health-driven perspective. The World Health Organization uses the following description for self-care "The ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker".

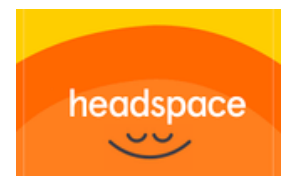
This concept encompasses all aspects of maintaining physical health, such as proper cleanliness, eating habits, and seeking medical attention when necessary. It encompasses all the actions a person can do to handle stressors in their life and look after their own health and wellbeing. Many employers offer FREE self care tools so don't forget to learn about the many resources for new employees!



Pomodoro Technique



25 min working
5 min resting



Exercise:

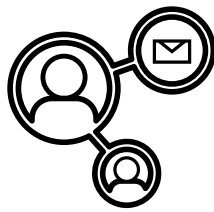
Including exercise in your routine can improve your mood, lower stress levels, and increase energy. Make physical activity a priority in your life by taking a short walk outside during the day, taking a yoga class, or playing a recreational sport.

Time-Management:

A great method for managing your responsibilities at work is by using time-blocking and the [Pomodoro Technique](#). You may find it easier to be productive by blocking in designated 5 minute breaks for every 25 minutes of work. Many people use Pomodoro to avoid burnout during the work day.

Meditation Apps:

Using apps like [Headspace](#), [Calm](#), or [Insight Timer](#) are helpful because they have guided meditation sessions designed to lower stress and sharpen attention. Consider taking a short 5 minute meditation during your launch to stay centered in a corporate environment.



Visit the Business Career Hub

Employer Events

The BCH hosts several employer events to prepare you for your professional career. Refer to your weekly BCH Careers Newsletter for a list of upcoming [events](#).

Bootcamps/Prep Programs

Advance your technical and soft skills, earn digital badges, and gain an advantage in today's workforce through bootcamps. [Click here to register for current bootcamps](#).

Coaching & Mock Interview

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.



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Career Consultant Contributor

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Alethia is a Career Consultant and UWindsor Alumni with 6+ years of experience in the career services industry and is a founding member of SMILE, a nonprofit organization. She is passionate about encouraging individuals to live fruitful lives and aspire to greatness.



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