



Work-Integrated Learning Guide  
**FOR INDIGENOUS STUDENTS**





# Work-Integrated Learning Guide

## **FOR INDIGENOUS STUDENTS**

Adding Work-Integrated Learning (WIL) experiences to your degree is a valuable way to explore career opportunities, develop professional skills, and apply your learning in professional settings. Students who graduate with WIL experiences also tend to have higher starting salaries than their peers without, and are more likely to find jobs in their chosen industries.

WIL encompasses a variety of opportunities from formal programs like Work Study, Co-op, and Go Global, to volunteer experiences, research, and more. If you look at your academic studies as the basis of your future career, WIL opportunities complement those studies through hands-on experiences that add to your resume and grow your professional network before you graduate.

This guide will walk you through some of the WIL opportunities available to you at UBC Okanagan, how to get started, and personal wellbeing considerations to make in relation to your career planning.



## WIL OPPORTUNITIES AT UBC Okanagan

### **[ARTS CAREER APPRENTICESHIP PROGRAM \(UBCO ACAP\)](#) / [ubco.acap@ubc.ca](mailto:ubco.acap@ubc.ca) | Undergraduate Students**

A one-year work experience with an Okanagan-based employer for upcoming Bachelor of Arts (BA), Bachelor of Fine Arts (BFA) and Bachelor of Media Studies (BMS) graduates. Participants receive training and support to help develop career and employment readiness and participate in a competitive application and hiring process.

*“The role as an Indigenous Mentor has allowed me to connect with a diverse group of individuals which has led to lasting friendships. It provided me with the opportunity to support students, opened me up to new perspectives and taught me about different cultural backgrounds. It also encouraged me to reconnect with my Métis identity.”*

- Indigenous Studies Undergraduate Alumnus

### **CAPSTONE PROJECTS | Undergraduate Students**

Solve challenging real-world problems that demonstrate what you’ve learned in a specific degree program. Undergraduate students in the 4th year of a UBCO [Bachelor of Management](#), [Engineering](#) or [Computer Science program](#) work with community partners to solve challenging real-world problems in small teams.

## **COMMUNITY SERVICE LEARNING / [cslp.okanagan@ubc.ca](mailto:cslp.okanagan@ubc.ca) | Undergraduate Students**

Give back to your community in a meaningful way and help to create social change. CSL is different from traditional volunteer work and experiential education in that the focus is not only learning but also service. The beneficiary is not only the student, but also the organization served. Some opportunities include the Community Technology Program, Beyond the Bell afterschool program, and Reading Week project volunteers.

*"All these experiences have afforded me the opportunity to build connections with amazing Indigenous youth and Elders. This has contributed to the strength and empowerment I feel as I move forward in my career as a nurse and as a strong Indigenous woman."*

- School of Nursing Undergraduate Alumnus

## **CO-OPERATIVE EDUCATION PROGRAMMING / [coop.ok@ubc.ca](mailto:coop.ok@ubc.ca) | Undergraduate & Graduate Students**

Gain paid, relevant full-time work experiences with businesses, organizations, non-profits, and more as part of your degree. Many Faculties at UBCO offer co-op programs, for example:

- Faculty of Arts
- Faculty of Creative and Critical Studies
- Faculty of Science
- Faculty of Management
- Faculty of Health and Social Development
- [Faculty of Applied Science - Engineering / eng.coop@ubc.ca](mailto:eng.coop@ubc.ca)

*"My experience with the Co-op program allowed me to enter the workforce soon after graduation... [This work-integrated learning] experience taught me what it takes to succeed after securing my Bachelor of Arts degree. I strongly recommend the Co-op program as it provides you with a diverse skill set that translates well for finding and securing employment in your post-university life."*

- Indigenous Studies Undergraduate Alumnus





## **ENTREPRENEURSHIP | Undergraduate & Graduate Students**

Explore your entrepreneurial ideas with mentorship support and training. Two programs that offer opportunities like this include:

### **[entrepreneurship@UBCO](#)**

Training and mentorship support for UBC Okanagan students, faculty, staff, and recent graduates to explore startup ideas, build connections within the Okanagan innovation ecosystem, and develop the skill set needed to launch a successful new venture.

### **[Ch'nook Indigenous Business Education](#)**

Part of Sauder School of Business, Ch'nook works with community, business, and academic partners to promote business as a viable career choice for Indigenous students and provides support to develop crucial business skills and capabilities.

*"The hands-on learning that I participated in at UBC took my undergraduate experience to a whole new level. Through my work as a Co-op student, I was able to make super strong connections to people across the province. Each one of my [work-integrated learning] experiences really accelerated my professional development."*

- Indigenous Studies Undergraduate Alumnus

## **PRACTICUM OR FIELD EDUCATION | Undergraduate & Graduate Students**

Develop skills for professional and ethical practice in your field of study. Certain programs at UBCO offer practicum opportunities such as Social Work, Nursing, Education, and Human Kinetics.

*"The benefit [of enrolling in co-op education] is I'm paying for a course that I'm actually getting paid back in...so it can work out in the end."*

- School of Engineering Undergraduate Alumnus

## **RESEARCH | Undergraduate & Graduate Students**

Build your CV for grad school or explore a topic of interest in depth. There are several formal programs at UBCO that offer research opportunities:

### **[Indigenous Undergraduate Research Mentorship \(IURM\)](#)**

Self-identified Indigenous undergraduate students can gain practical research and laboratory experience while working with a UBC Okanagan faculty member or post-doctoral fellow.

### **[Go Global / \[goglobal.okanagan@ubc.ca\]\(mailto:goglobal.okanagan@ubc.ca\)](#)**

Travel abroad to study, conduct research, or take a course overseas with UBC students and professors. Opportunities include exchange, Global Seminars, Research Abroad, and Summer Abroad.

### **[Indigenous Research Support Initiative \(IRSI\) / \[irsi.info@ubc.ca\]\(mailto:irsi.info@ubc.ca\)](#)**

IRSI facilitates research developed and conducted in collaboration with Indigenous communities and led by Indigenous perspectives. They support undergraduate and graduate students engaging in (or looking to engage with) research with Indigenous communities.

### **[Management Undergraduate Research Awards \(MURA\)](#)**

The MURA program supports undergraduate student research in the Faculty of Management. Selection of winning proposals is based on the merit, strength, and feasibility of the proposed research project as well as the abilities and quality of the student and the capacity and involvement of the supervisor.

### **[Natural Sciences and Engineering Research Council \(NSERC\) Undergraduate Student Research Awards](#)**

Undergraduate students in natural sciences and engineering can get research experience by working with professors on their research projects.

### **[Undergraduate Research Awards \(URA\)](#)**

The Undergraduate Research Awards and International Undergraduate Research Awards (IURA) program encourages undergraduate students enrolled in the Faculty of Science and Faculty of Arts and Social Sciences to pursue innovative and original research as part of their learning experience while at UBC's Okanagan campus. The awards are aimed primarily at students in their third year of study.



## **VOLUNTEER | Undergraduate & Graduate Students**

Give back to your community with flexible, hands-on learning experiences. Browse community postings on [Get Involved](#) or email [getinvolved.ubco@ubc.ca](mailto:getinvolved.ubco@ubc.ca).

## **WORK EXPERIENCE | Undergraduate & Graduate Students**

All work experience is valuable! Whether you are honing your customer service skills in a restaurant or retail environment, learning the ropes of administration in a UBC department, or managing your time in a physical labour job, general work experience offers an opportunity to both develop transferrable skills and earn money. To find jobs both on and off campus, search the [UBCO Student Job Board](#), follow departments' social media accounts, sign up for their newsletters, and talk to staff from different departments to find out about work opportunities.

*"WIL has entirely contributed to the ongoing job opportunities I received. I have stood out in job interviews because I can speak to my work experience in university. I have applied for scholarships that have contributed immensely to my success and taken away extra financial burden stress."*

- School of Nursing Undergraduate Alumnus

## **WORK STUDY / [workstudy.ok@ubc.ca](mailto:workstudy.ok@ubc.ca) | Undergraduate & Graduate Students**

Build skills and grow your professional network on campus with paid positions that work with your class schedule. There are two Work Study sessions each year: Summer Program, May 1 - August 31, when you can work a maximum of 20 hours/week, and Winter Program, September 1 - April 30, when you can work a maximum of 12 hours/week. Opportunities are posted on the [UBCO Student Job Board](#). Summer Program positions are posted mid-February through late April, and Winter Program positions are posted mid-August through mid-September.

**Note:** There continues to be new and changing WIL opportunities for students at UBC. Direct and indirect costs may be required to participate in some WIL experiences, however, there is funding available for Indigenous students that can offset these costs. Talk to your Indigenous Student Advisors to explore ways in which you can cover such costs.





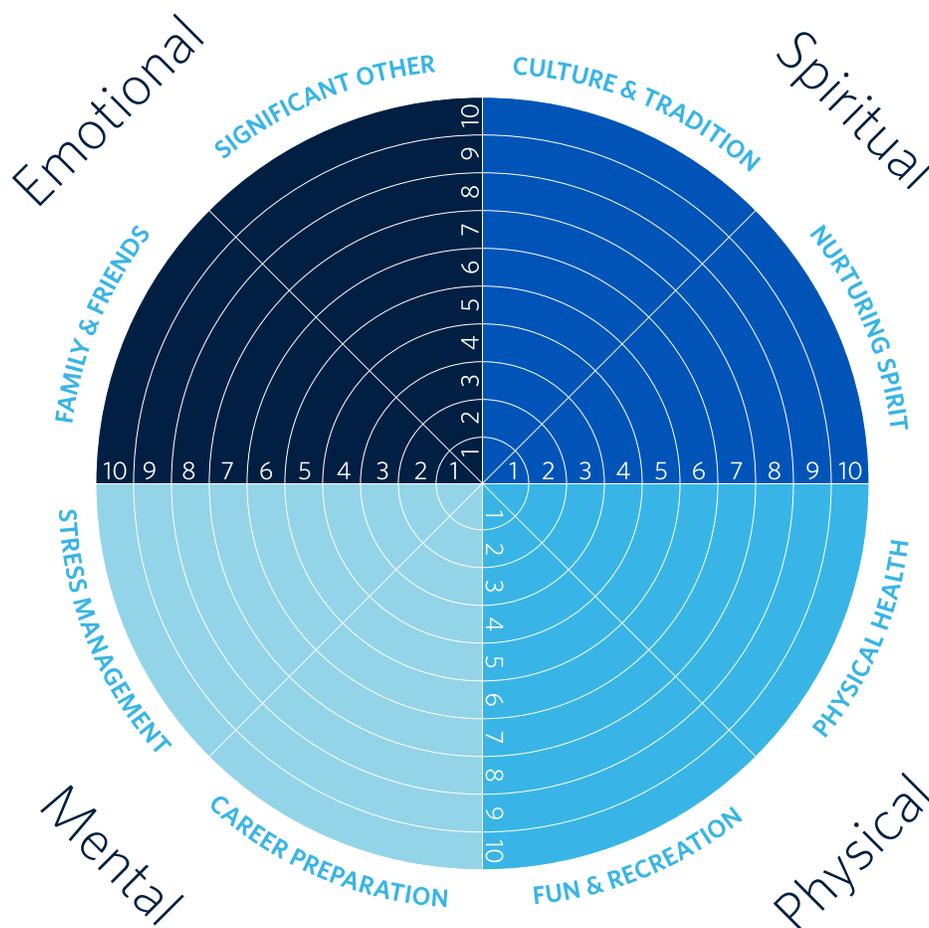
## HOW TO Get Started

- **Explore this guide.** Check out the links associated with the WIL opportunities throughout the guide. Email the contacts to explore these opportunities in greater detail.
- **Meet with a Career Advisor.** [Career Advisors](#) can help with job search strategies, career exploration, resume reviews, mock interviews, grad school exploration and general career-related questions.
- **Talk to your professors.** Is there a specific topic you want to research or a professor you'd like to work with on a research project? Consider approaching your professor with your research idea or research inquiry directly. If you don't feel comfortable approaching a prof directly, your Career Advisor or Indigenous Student Advisor can assist you.
- **Talk to your Indigenous Student Advisors.** If you're unsure which opportunities are the best fit for you, start by reaching out to your Indigenous Student Advisors. Your advisors can connect you to the various WIL opportunities outlined in this guide.

# What does wellbeing have to do with career success?

Career success rarely happens in isolation. Your professional development is a part of a larger equation that includes your education and experiences in addition to your emotional, spiritual, physical, and mental wellbeing.

Take time to reflect on how you might fill in the wheel below to determine your personal wellbeing balance. For example, if you are moderately satisfied with your physical health, shade in the first five levels of that section. Do the same for each section, beginning from the center and moving outward. Use the table below to help guide this exercise.



How balanced is your wellbeing wheel, and what does it say about you? What factors do you feel you need to work on to achieve better balance? If your "Career Preparation" section appears out of balance, then WIL opportunities might help to change that!

Your university experience is uniquely your own. While you may or may not choose to take part in WIL opportunities at UBC, please keep us informed about your experience. Let us know how we can help improve the ways you learn.

Contact Indigenous Programs & Services: [students.ok.ubc.ca/indigenous-students/](https://students.ok.ubc.ca/indigenous-students/)