

Transcript: Meet Tracey and Becky

Tracey Lloyd: Welcome to the Career Resilience Module. My name is Tracey Lloyd, and I'm the director of Career Services and Cooperative Education at Centennial College.

Becky Robinson: And I am Becky Robinson. I am the career counsellor with Career Services and Cooperative Education, also at Centennial College. We are delighted to introduce you to this section of the Thriving In the Classroom toolkit, which focuses on career resilience. As this toolkit is being launched, we are possibly emerging from the global pandemic, which for all of us has been an exercise in resilience. But for many of our students, it has been even more challenging as they have had to adjust to changes in learning environments and a disrupted and very uncertain employment landscape.

Tracey: This particular module is timely in that it aims to bring the concept of resilience to the career conversation. A resilient mindset is important as our students consider career options, their transition to the workplace and navigate the career planning and job search process. Research also supports the importance of career clarity on student engagement in the classroom, but career resilience isn't up to the students alone. It's also about creating a learning environment that fosters curiosity, flexibility, risk-taking, persistence and optimism. All essential career resilience factors.

Becky: The career resilience section, like the other sections of the toolkit, is divided into four main parts. Learn, Discuss, Share and Design. By clicking on these different links. You'll learn about career resilience, the definitions and the models. You'll be able to discuss career resilience with your students using a variety of videos, podcasts and other online and print resources to promote classroom discussion.

Tracey: There are a number of practical tip sheets and guides that you're invited to share with your students that will be helpful in their career development journey. There is even a quick questionnaire that you and your students may find insightful in assessing your career resilience.

Becky: Lastly, the Design tab leads you to tips and resources to embed career resilience in your curriculum, teaching and learning activities. The hope is that no matter your discipline, you can find some inspiration that will allow you to engage your students in career conversations.

Tracey: The Career Resilience Module is a compilation of materials from many career practitioners and researchers in the field and represents contributions from various post-secondary institutions. We hope that you will enjoy the learning journey yourself and find this to be a very useful and practical resource in the classroom.