

A New Chapter: A Career Transition Guide for University Alumni

Whether you're feeling stuck, curious, or ready for change—your experience, education, and professional network are powerful assets. This guide will help you reflect, refocus, and take meaningful next steps toward your future career move.

1

Reflect & Reassess

What does success mean to you?

- Revisit your [values, skills, and interests](#). Consider how they have evolved since graduation.
- Does your current career still align with your values, skills, and interests? What is motivating your need for a change?
- Consider taking a [career assessment](#) when seeking inspiration for new ideas.
- Reflect on your past and current experiences. Ask yourself: [What energizes me? What drains me?](#) Does your career require a shift in industry, organization, and/or role to fulfill your current requirements?

2

Clarify Your Direction

You don't need all the answers, just a starting point!

- Define your [non-negotiables](#): What do you want more or less of at this stage in your career?
- Explore [sectors](#) that align with your current purpose and strengths.
- [Network](#) with friends and family who have made career pivots. Learn from their journeys!

3

Audit & Upgrade Your Toolkit

You already have a strong foundation. Now refine it!

- Update your [resume](#), [LinkedIn](#), or other professional branding tools.
- Are there any gaps in your current qualifications? Research [common competencies and labour market trends](#) associated with alternative careers.
- If needed, explore [further education and upskilling](#) through graduate studies, certificates/diplomas, or micro-credentials.

4

Tap Into Your Alumni Network

Leverage your lifelong community.

- You're part of a [powerful alumni network](#) – use it! [Reconnect](#) with Carleton University classmates and faculty members.
- Use [LinkedIn](#) to set up [informational chats](#) with fellow alumni.
- Attend [alumni networking events, employer info sessions, and school webinars](#) in your target field. Remember: most people love helping fellow grads; it's a shared bond!

5

Take Confident, Strategic Action

Small steps lead to big change.

- Set [SMART goals](#): conversations, skill-building, or exploratory projects.
- Try low-risk experiments: freelance work, volunteering, or side hustles before taking a [leap of faith](#).
- Make an appointment with [Career Services](#) to discuss career exploration strategies and goal setting from a comprehensive counselling lens.

Final Tips

- Clarify your reasons for wanting a career change (e.g., boredom, toxic environment, limited growth). Have you explored all possible resolutions at your current workplace?
- Reflect on your personal budget when considering a career change. Is it financially feasible?
- Determine if switching employers will address your concerns or if a complete change in industry and/or role is necessary.
- Stay organized, be kind to yourself, and celebrate progress.
- You're not starting from scratch. You're building on growth and experience!
- It's okay not to have everything figured out.

Note: These resources are for your exploration. Carleton University Career Services does not endorse the content of any external websites.