

## SKILLS YOU DEVELOPED WITH YOUR DEGREE?

### COMMUNICATION SKILLS

The ability to communicate ideas clearly and efficiently in a variety of mediums (written, oral, visually and electronically).

Ability to effectively communicate social work issues and sensitivity as well as to question the validity of established theoretical frameworks.

### PROBLEM SOLVING

Use critical thinking skills to evaluate and solve problems.

Demonstrate the ability to be creative and innovative in identifying solutions.

### INFORMATION MANAGEMENT

Locate, gather, and organize information using technology and information systems.

### PERSONAL MANAGEMENT SKILLS

Able to work effectively and independently under deadlines.

The ability to plan, design, and carry out a project or task from start to finish with well defined objectives and outcomes.

### TEAMWORK SKILLS

Demonstrate the ability to lead and support a team while monitoring the success of a project and identifying ways to improve it.

Able to work effectively within a team environment.

## WHAT CAN YOU DO WITH YOUR DEGREE?

### SOCIAL WORKER

Help individuals, couples, families, groups, communities and organizations develop the skills and resources they need to enhance social functioning and provide counseling, therapy and referral to other supportive social services. Respond to other social needs and issues such as unemployment, racism and poverty. They are employed by hospitals, school boards, social service agencies, child welfare organizations, correctional facilities, community agencies, employee assistance programs and Aboriginal band councils, or they may work in private practice.

### ADDICTIONS COUNSELOR

Counsel and advise individuals with alcohol, tobacco, drug, or other addictions, such as gambling and eating disorders. May counsel individuals, families, or groups or engage in prevention programs.

### COMMUNITY OUTREACH WORKER

Plans and conducts outreach presentations to the public on various issues concerning social, economic, and political concerns.

### YOUTH WORKER

Promotes the personal, political, educational and social development of young people aged between 11 and 25. Aimed to redress inequalities and empower individuals to take action on issues affecting their lives, including health, education, unemployment and the environment.

### MENTAL HEALTH COUNSELOR

Counsel with emphasis on prevention. Work with individuals and groups to promote optimum mental health. May help individuals deal with addictions and substance abuse; family, parenting, and marital problems; suicide; stress management; problems with self-esteem; and issues associated with aging and mental and emotional health.