



EPIC DAY 2024 STUDENT GUIDE

Help your students get the most from their EPIC experience!

Career Transitions
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Students – We look forward to hosting you at EPIC DAY 2024!

EPIC stands for **E**xploring **P**ossible **I**ndustries and **C**areers.

EPIC DAY 2024 is a two-part interactive exploratory experience courtesy of businesses and organizations from Southern Alberta. You will spend half of the day at the Career Conference at Exhibition Park and half on a tour of an interesting and successful local business.

The Career Conference

At the Career Conference, you will have the opportunity to explore five very different occupations. In most zones, you will see one occupation from each of the following sectors: Trades, Health, Agriculture and Environment, STEM (Science, Technology, Engineering, Mathematics), along with one “*wild card*” occupation.

Just imagine what you will be able to learn and explore!

The Business Tour

During the Business Tour, you will get a firsthand look at how various occupations work together to make a business run effectively and efficiently, ultimately delivering a quality product or service to their clients.

This is a day of exploring for you. You will be surprised by which occupations you will get to explore when you arrive at the Career Conference. You will have the opportunity to learn more about occupations you might be familiar with or discover ones you may never have even heard of!

We hope you find this day enjoyable and informative. There is NO expectation that you will walk out of EPIC DAY 2024 saying, “That’s what I’m going to do with my life!”. The day is an opportunity to learn about different occupations, allowing you to better understand things you like and things that you don’t about each occupation you explore. You will likely find some of the exhibitor booths right up your alley, and some that you know you will probably not explore further.

That’s okay!

Keep an open mind!

Be respectful toward all exhibitor hosts.

Enjoy the day!

**Find out what you like doing best and get someone to pay you for doing it. -
Katharine Whitehorn, journalist**

To ensure you get the most out of EPIC DAY:

- Ask questions! This is an interactive experience, meaning exhibitor hosts want you to be involved in the session, so don't be shy!



- Be respectful of the exhibitors and listen carefully. They have put in a lot of time and effort to provide you with great information. Think of a time when you had to give a presentation in class. How would you have felt if no one were listening? If people were talking while you were presenting? Put yourself in the exhibitor's shoes.

Be kind whenever possible. It is always possible. —The Dalai Lama, Tibetan spiritual leader

- Be attentive. Please respect the exhibitor hosts and the time they have committed to be with you. Show them by your facial expressions and posture that you are listening and interested in what they have to say.
- Please stay off your cell phone. The purpose of this day is for you to listen, learn, engage, and enjoy the experiences!

**Listening to people is respecting them. When people feel heard, they feel accepted, and so do we, so that is what we all are looking for in life, isn't it?
Michio Flavia, teacher**

Questions you can ask your EPIC DAY exhibitor hosts (Please feel free to ask questions of your own as well!):

1. What is your favourite part of the occupation, and why? What percentage of your day is spent doing this?
2. What part(s) of your occupation do you dislike, and why? What percentage of your day is spent doing the things you dislike?
3. If you had to do it all over again, would you choose this occupation? Why or why not?
4. Tell us about your career path – where did you start and what did it take to get where you are now?
5. Are there any courses I can be taking now, in high school, to better prepare me to pursue this occupation?
6. What type of schooling after high school do I need to pursue this occupation?
7. What skills or personal qualities are the most effective in this occupation?
8. What are other occupations in this career area?
9. What are examples of things that can go wrong in your occupation or business, and how do you react to them?



Pre-EPIC DAY Reflection - Activity One:

You will be exploring occupations from Trades, Health, STEM, Agriculture & Environment, plus a “wild card” occupation. Using the table below, start to consider what you might experience on EPIC DAY and how you can collect valuable information as you continue your career pathway.

	Trades	Health	STEM	Ag & Enviro	Wild Card
What types of occupations do you think fall within each of these sectors?					
What interests and/or skills do you think are needed in these sectors?					
What do you hope to learn about occupations in each of these sectors?					
What might be some concerns/ apprehensions you have about these sectors?					
How do these sectors contribute to society? Why are they important?					

Pre-EPIC DAY Reflection - Activity Two:

You might feel a bit overwhelmed by the vast number of options available in the world of work. This activity will help you establish what you like to do, who you are, and what where your talents lie. This information can help guide your future decision-making. Using the table below, start to consider how your interests, passions and skills can be tied into your future career pathway.

	Answers
What are your main interests? How can these interests direct your search toward occupational choices?	
What are you passionate about? How can these passions translate into an occupation?	
What are you good at? What are your talents? How can knowing this help you to explore occupations?	

Post-EPIC DAY Reflections – Career Conference:

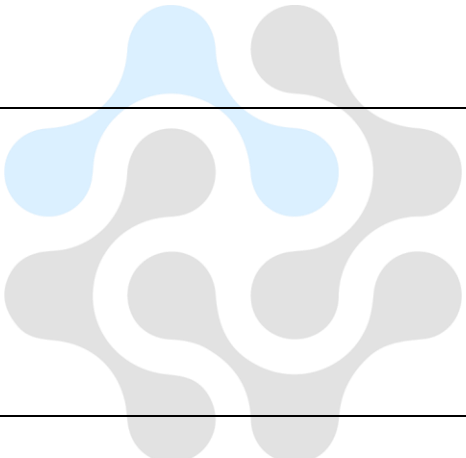

What are some things you liked and what you did not enjoy as much about each booth you visited at EPIC DAY?

Use the first column to write down the names of the different booths you visited.

	I liked:	I did not enjoy as much:
Booth 1	<ul style="list-style-type: none">••	<ul style="list-style-type: none">••
Booth 2	<ul style="list-style-type: none">••	<ul style="list-style-type: none">••
Booth 3	<ul style="list-style-type: none">••	<ul style="list-style-type: none">••
Booth 4	<ul style="list-style-type: none">••	<ul style="list-style-type: none">••
Booth 5	<ul style="list-style-type: none">••	<ul style="list-style-type: none">••

*Working hard for something we don't care about is called stress.
Working hard for something we love is called passion.
– Simon Sinek, author*

Post-EPIC DAY Reflections – Business Tour: Where was your tour? _____

	Answers
<p>What are two things you <u>liked</u> about the Business Tour:</p>	<p>1. 2.</p>
<p>After everything you observed today, is there a particular occupational area(s) that you think might be a possible career focus for you?</p>	
<p>Describe anything that you saw/heard on the Business Tour that did not seem like a good fit for you.</p>	
<p>Were there any occupational area(s) that you are unlikely to pursue as a career? Why is that?</p>	
<p>Was there anything today that surprised you? If so, describe.</p>	