

EPIC DAY 2024: Student Guide

Prepare to maximize your EPIC DAYexperience!



To all Students:

We are looking forward to welcoming you to our exciting career exploration event:

EPIC DAY 2024!

Introduction: What is EPIC DAY?

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

EPIC DAY 2024 is a full day of interactive exploratory experience courtesy of businesses and organizations located in Southern Alberta. You will spend half of the day at the Career Conference at the Agri-Food Hub in Lethbridge, and the other half of the day on a tour of an interesting and successful local business.

The purpose of EPIC DAY is to EXPLORE the world of work - the possibilities are endless!

Part 1: The Career Conference (half day)

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 & Apprenticeships, Healthcare, Agriculture and the Environment, STEM (Science, Technology, Engineering, Mathematics), and additionally, one “wild card” occupation.

Imagine what you will be able to learn and explore!

Part 2: The Business Tour (half day)

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!

“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. When an exhibitor is speaking, you are listening. When a question is being asked or a discussion is being had, you are participating.
- 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 during booth presentations and business tours. The purpose of this day is for you to EXPLORE: listen, learn, engage, and enjoy the EPIC experience!
- First impressions go a long way, and this is your opportunity to shine in front of who could one day be your future employer!

Here are some examples of questions you can ask your EPIC DAY exhibitor hosts to strike up a conversation, and to learn more about what they do.

- 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?

“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

Some of my own questions would be... (optional):

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!".

There is also NO expectation that you will decide on the career you want to do for the rest of your life, either.

Remember - EPIC DAY's purpose is to support your CAREER EXPLORATION!

It is an opportunity to learn about and explore some different occupations, encouraging you to learn how to identify what you like and dislike about each occupation you explore.

You will likely find some of the exhibitor booths to be very interesting, while others may be work that you will probably not explore further - and that's OK! You're not expected to become every career out there, but you do owe it to yourself to get to know the many options and possibilities that are out there in the very big world of work!

To have the best time while you are at EPIC DAY:

- 1) Keep an open mind – explore, ask questions, and take it all in!
- 2) Be respectful toward all exhibitor hosts, staff, businesses, and your fellow classmates. You're all here to learn something new and remember that your career exploration and pathway is unique to you!
- 3) Smile, introduce yourself whenever you can, have fun & enjoy your day!

"Be kind whenever possible. It is always possible."
- The Dalai Lama, Tibetan Spiritual Leader

EPIC DAY 2024: Pre & Post Event Activities

Use the following pages to help guide your questions and exploration to maximize what you learn during this EPIC DAY event.

*There are **2 pre-EPIC DAY activities**, and there are **2 post-EPIC DAY activities**.*

You will also find a blank page at the end to add any additional notes or thoughts.



Pre-EPIC DAY Exploration - Activity #1:

You will be exploring occupations in **Trades & Apprenticeships, Healthcare, STEM (science, technology, engineering, math), Agriculture & the Environment**, plus a **“Wild Card”** occupation.

Using the table below, consider what you might experience on EPIC DAY and how you can collect valuable information about the many possibilities available to you as you explore your career pathway.

	Trades & Apprentice	Healthcare	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 #2:

You might feel a bit overwhelmed by the vast number of options available in the world of work. This activity will help you explore what you like to do, who you are, and what your talents may be. This information can help guide your future decision-making. Using the table below, start to consider how your interests, skills, and abilities are linked to your career pathway. Remember: your career pathway is unique to you!

	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 - Activity #3:

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 each booth you visited. Then, write down what you liked and did not enjoy about each booth.

	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 - Activity #4:

Which business did you tour for EPIC DAY? Write the name of the business here: _____

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

My Additional Notes / Thoughts about EPIC DAY (before and/or after the event):