

What can I do with my major in...

SOCIAL WORK?

Skills:

- 🌱 Explore your passion for social justice, equity and diversity.
- 🌱 Build upon your aptitude for empathy and understanding.
- 🌱 Enhance analytical skills and assessment skills for use in practice and problem solving.
- 🌱 Develop enhanced self awareness & self management skills.
- 🌱 Strengthen communication skills & communication sensitivity in order build better relationships with clients/consumers.
- 🌱 Learn how to use social sciences theories and framework to guide practice.
- 🌱 Develop your interpersonal skills to work with individuals, groups and communities.
- 🌱 Hone your research skills
- 🌱 Develop excellent public speaking skills through presentations and practicums.

Sample Occupations:

Occupation	Strategies for building experience
Addiction Services	<ul style="list-style-type: none"> 🌱 Take electives in Substance Abuse. 🌱 Interview an Addictions Counsellor. 🌱 Look for part-time paid positions in Addiction Services. 🌱 Look into volunteer positions at Pacific Community Resources, Crisis Lines or other organizations.
Child Welfare and Protection	<ul style="list-style-type: none"> 🌱 Volunteer with Big Brothers/Sisters 🌱 Volunteer with Surrey Community Services as a family mentor to help families involved with MCFD. 🌱 Volunteer in NICU (neo-natal intensive care unit) at hospitals. 🌱 Look into Child Welfare specialization of BSW. 🌱 Find a paid position working with children. 🌱 Interview a social worker in this field. 🌱 Look at work study positions at the BC Centre for Safe Schools and Communities located at UFV.
Community and Institutional Corrections	<ul style="list-style-type: none"> 🌱 Volunteer at the Abbotsford Police Department 🌱 Volunteer at a Restorative Justice organization 🌱 Volunteer for Elizabeth Fry or the John Howard Society 🌱 Look into paid positions in this area
Community Services	<ul style="list-style-type: none"> 🌱 Find ways to become involved in your community 🌱 Look volunteer or paid jobs in your community 🌱 Volunteer at a Community Services organization like Chilliwack or Surrey Community services.

Elder Health and Community Services	<ul style="list-style-type: none">  Volunteer at a nursing home in your area  Volunteer at meals on wheels..  Be a hospice volunteer. .
First Nation's and First Nation's Child Welfare Services	<ul style="list-style-type: none">  Look into classes that specialize in Aboriginal culture.  Attend Aboriginal functions.  Look into completing the First Nations Option in the Social Services diploma before entering into third year of BSW.  Look into Aboriginal organizations through Govt of BC website.
Immigration and Cross-Cultural Services	<ul style="list-style-type: none">  Get involved with the Host Program through the Govt of Canada  Volunteer with Surrey Community Services Family Mentoring program to assist newly immigrated families.  Volunteer with DIVERSEcity to work immigrants.  Volunteer with S.U.C.C.E.S.S.
Mental Health Services	<ul style="list-style-type: none">  Volunteer with Canadian Mental Health Association, BC Division.  Interview a mental health worker/social worker.  Volunteer at a Crisis Line  Take electives in Mental Health
Hospital and Health Care Social Worker	<ul style="list-style-type: none">  Volunteer at one of the regional hospitals through Fraser Health.  Volunteer at the BC Cancer Agency with patients.  Interview a health care social worker.
Social Work Research	<ul style="list-style-type: none">  Look for student research positions at UFV.  Look into work study positions at the BC Centre of Social Responsibility located at UFV  Interview a social work researcher  Look into work study positions at the BC Centre of Non-profit development located at UFV
Social Policy Development Social Planning & Community Development	<ul style="list-style-type: none">  Join Social Planning and Research Council (SPARC BC) to learn about opportunities to get involved in social policy & planning.  Find opportunities to get involved with your community through city hall.  Interview a social planner or social policy developer.  Visit Tamarack Community website for links and information.  Look into work study positions at the BC Centre of Non-profit development located at UFV  Browse the website for the Canadian Centre for Policy Alternatives.
Women's Services	<ul style="list-style-type: none">  Volunteer at a women's centre or domestic violence shelter.  Interview a social worker from a women's centre.

University Links:

Social Work Department:

www.ufv.ca/swhs.htm

Social Work Student Association:

www.ufv.ca/swhs/BSW_Student_Association.htm

UFV Volunteer to Work Facebook:

www.facebook.com/group.php?gid=14078609891

Association Links:

BC Association of Social Workers

www.bcasw.org/content/home.asp

BC College of Social Workers

www.bccollegeofsocialworkers.ca

Canadian Association of Schools of Social Work

www.caswe-acfts.ca/en/

Canadian Association of Naturopathic Doctors

www.casw-acts.ca/Canadian

International Federation of Social Workers

www.ifsw.org

Social Workers in Health BC

www.socialworkersinhealthbc.org

Volunteer & Organization Links:

Abbotsford Police Department

www.abbypd.ca

Regional Hospitals

www.fraserhealth.ca

Chilliwack Social Research & Planning Council

www.infochilliwack.ca

Volunteer Abbotsford

www.abbotsfordspiritofbc.com/volunteer

Surrey Community Services

www.scss.ca

Volunteer Chilliwack

www.comserv.bc.ca/volunteer.html

R,C.M.P Restorative Justice Program

www.bc.rcmp.ca

DIVERSEcity

www.dcrs.ca/index.php

BC Cancer Agency

www.bccancer.bc.ca/default.htm

Go Volunteer

www.govolunteer.ca/select.html

SPARC BC

www.sparc.bc.ca

Tamarack Community

www.tamarackcommunity.ca

S.U.C.C.E.S.S

www.successbc.ca

Aboriginal Services Guide – Government of BC

www.gov.bc.ca/arr/services/guide.html

BC Centre for Social Responsibility

www.ufv.ca/bccsr.htm

BC Centre for Non-Profit Development

www.ufv.ca/bccsr.htm

BC Centre for Safe Schools and Communities

www.ufv.ca/bccsr.htm

Canadian Centre for Policy Alternatives

www.policyalternatives.ca