

Western International

Working in Canada – What You Need to Know

Presented by:
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Career Coach, International Students

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AGENDA

- **Work regulations for international students**
 - Work on campus (without a work permit)
 - Work off campus (without a work permit)
 - Work as a co-op student or intern
 - Post-Graduation Work Permit (PGWP)
 - Work authorization after completion of study program

Note: This presentation contains accurate information as of the date indicated. For the most up-to-date information on visas and permits, visit [Immigration, Refugees and Citizenship Canada \(IRCC\)](#).

- **Career Services Support on campus**
- **Q & A**

WORK ON CAMPUS (WITHOUT A WORK PERMIT)

You can work on campus if you:

- ✓ Are a full-time student at a DLI
 - ✓ Or if you are a part-time student in your last term **and** you were a full-time student up until your last term
- ✓ Have a valid study permit
- ✓ Have a SIN

Note: Your study permit must have a condition that says you are allowed to work on-campus and you must have started your study program.

How many hours can I work on campus?

- **Unlimited** number of hours from immigration perspective
- **Note:** No more than an average of 10 hours per week for graduate students. Please contact your Program if you would like to work on campus for more than 10 hours/week.

<https://grad.uwo.ca/administration/regulations/4.html>

WORK OFF CAMPUS (WITHOUT A WORK PERMIT)

You can work off campus if you:

- ✓ Are a full-time student at a DLI
 - ✓ Or if you are a part-time student in your last term **and** you were a full-time student up until your last term
- ✓ You are enrolled in a post-secondary program that leads to a degree, diploma or certificate and that is at least 6 months long
- ✓ Have a valid study permit
- ✓ Have a SIN

Note: Your study permit must have a condition that says you are allowed to work off-campus and you must have started your study program.

How many hours can I work off campus?

- **During school terms**
 - You can work up to **24** hours per week.
- **During scheduled breaks**
 - You can work full-time.
 - Must be a full-time student both before and after the break.

NOTE: Graduate programs at Western don't have summer breaks.

ELIGIBILITY FOR A CO-OP WORK PERMIT

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html>

a valid **Study Permit**

employment must be an **essential part** of your program

a letter from school

- that confirms all students in your program need to complete work placements to get their degree

Co-op or internship totals **50% or less** of study program

NOTE: You can only use the co-op work permit to work for a university-approved employer and for the required school-related work placement.

PGWP: GENERAL ELIGIBILITY

Completed a program at a DLI

- Search your institution in the [DLI list](#) to see if they offer PGWP-eligible programs

Maintained full-time status throughout your program, except

- Part-time during final academic session
- Taking approved leave of absence
- Having to stop studying or change to part-time between March 2020 and Fall 2020 due to COVID-19

Apply within 180 days after your official completion date

- Study permit must be valid at some point during the 180 days

None of the exceptions apply to you:

- Received a PGWP*
- Received funding from GAC that requires you to return to your home country
- Completed over 50% of your program through distance learning*
- Completed a program at a non-Canadian institution
- Completed a program that is not PGWP-eligible
 - Studied ESL or FSL
 - Took general interest or self-improvement courses
 - Programs delivered by a private career college on behalf of a public PGWP-eligible institution*

Filter items Showing 1 to 1 of 1 entries (filtered from 528 total entries) | Show

Name of institution <input type="text"/>	Designated learning institution number (DLI #) <input type="text"/>	City <input type="text"/>	Campuses <input type="text"/>	Offers PGWP-eligible programs <input type="text"/>
Western University	O19375892122	London	The University of Western Ontario	Yes

PGWP: ELIGIBILITY REQUIREMENTS

BASED ON STUDY PROGRAM

Bachelor's, master's or doctoral degree from a university

CLB 7 or NCLC 7

8 months or longer

Field of study:
N/A

Any other university program

CLB 7 or NCLC 7

8 months or longer

If SP application submitted on or after November 1, 2024, you must have graduated in an [eligible field of study](#).

College program or other non-university program

CLB 5 or NCLC 5

8 months or longer

If SP application submitted on or after November 1, 2024, you must have graduated in an [eligible field of study](#).

Flight school

Completed a flight training course at a DLI training centre and now have a Canadian commercial pilot's license OR

Have or are in the process of getting an instructor's rating and a job offer as a flight instructor from a DLI flight training centre

NO language or field of study requirements. Program must be 8 months long.

PGWP: ELIGIBILITY REQUIREMENTS

BASED ON YOUR PHYSICAL LOCATION

Applying from inside Canada

- Don't let your status expire
 - Your study permit expires as of the expiry date on the permit **or** 90 days after the day you complete your studies, **whichever comes first.**

Applying from outside Canada

- **If your study permit has expired, you must submit your PGWP application from outside Canada.**
 - You may be able to apply for restoration and PGWP from inside Canada.
- You may also leave and apply for your PGWP from outside Canada, if preferred.

Special measures due to Covid-19 when graduating and applying for a PGWP from outside Canada:

You don't have to hold a valid study permit if you

- were enrolled in a program that was **in progress in March 2020** or
- started a program between **March 2020 and August 31, 2022** and
 - you have a study permit or
 - you've been approved for a study permit or
 - you applied for a study permit before starting your study program
 - **Your study permit must eventually be approved.**

Only the time you spent studying outside Canada after IRCC received your study permit application counts towards the length of your PGWP.

WORKING AFTER YOU COMPLETE YOUR STUDY PROGRAM

(2 WAYS YOU CAN WORK FULL-TIME)

If you applied for a PGWP and you meet all these conditions:

- You applied for a PGWP **before** your study permit expired
- You have completed your study program
- You were eligible to work off-campus without a work permit while studying
- You didn't work more hours than you were allowed to

NOTE: You must stop working the day you are notified by IRCC that your application is refused.

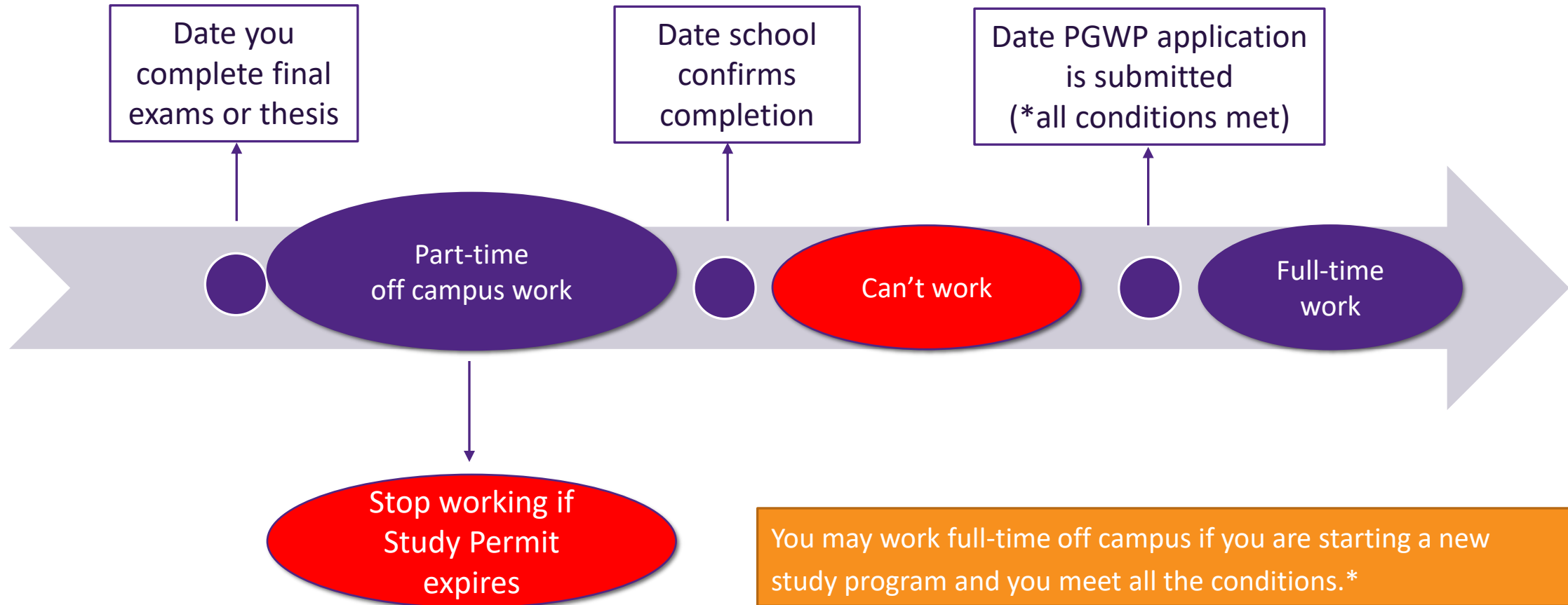
WORKING AFTER YOU COMPLETE YOUR STUDY PROGRAM

(2 WAYS YOU CAN WORK FULL-TIME)

If you are starting a new study program and you meet all these conditions:

- You have officially completed your current study program
- You were eligible to work off-campus without a work permit while studying
- You have a valid study permit or you applied to extend your study permit before it expired
- You **received a letter of acceptance** to a new full-time program at a DLI
- You will start your new program within **150 days** after you completed your previous program

WHEN CAN I WORK FULL-TIME AFTER I COMPLETE MY PROGRAM?



APPLYING FOR A SIN



Online

- <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>
- You can view your SIN digitally on My Service Canada Account (MSCA) platform **within 5 business days** if your application is complete with all required documents. You will still receive your SIN in mail.

SIN Clinic at Western International (IGAB 2nd floor) on February 10, 2025, 1-4pm

In person at

Service Canada
Dominion Public Building
457 Richmond Street
London, Ontario

* There is no fee to apply for a Social Insurance Number (SIN).

NOTE: You can continue using your expired SIN while waiting for study permit extension or work permit application decision as long as you are eligible to work. You will need to apply to renew your SIN once you receive your new SP or WP.

YOU **CANNOT** WORK IN CANADA ON YOUR STUDY PERMIT IF

- your study permit says you are not authorized to work on or off campus
- you haven't started your program
- you are a part-time student (unless you're in your final academic session)
- you are on an authorized leave from your studies
- you withdraw from your school
- you are transferring to another school and you are not studying
- you have completed your study program (unless you meet certain conditions)*
- your student status has expired



STUDENT ADVISING

International Student Advising Appointments

- iesc.uwo.ca/appointment

Drop-In Support

- In person Monday to Friday 1- 4 pm, IGAB 2nd floor
- Virtual Immigration FAQ on Fridays 9:30 - 10:30 am

Workshops & Information Sessions

events.westernu.ca/events/iesc

Office Hours & Reception

- Monday to Friday, 9:00 am - 4:00 pm
- **Phone:** 519-661-2111 ext. 89309
- **Email:** iesc@uwo.ca

Working in Canada

Gaining Experience



Pranay Reddy (he, him)

Career Coach,
careereducation@uwo.ca

1

Strategies to successfully gain experience

2

On-campus resources

3

Off-campus resources

Strategies to Successfully Enter the Canadian Job Market

Articulate skills
to Match
employer needs

Skill Story Bank*

Prepare your
marketing
documents

Know the
application cycle

Career Fair /
Employer Info
Sessions
Profs
Alumni

On-campus

Off-campus

English
conversation
program

Job search sites

**What can
you offer
and what
does
industry
need?**

**Start
early**

Network

**Gain
Experience**

**Access
Resources**

What can you offer? What does industry need?

International students offer...

Unique skills & experiences

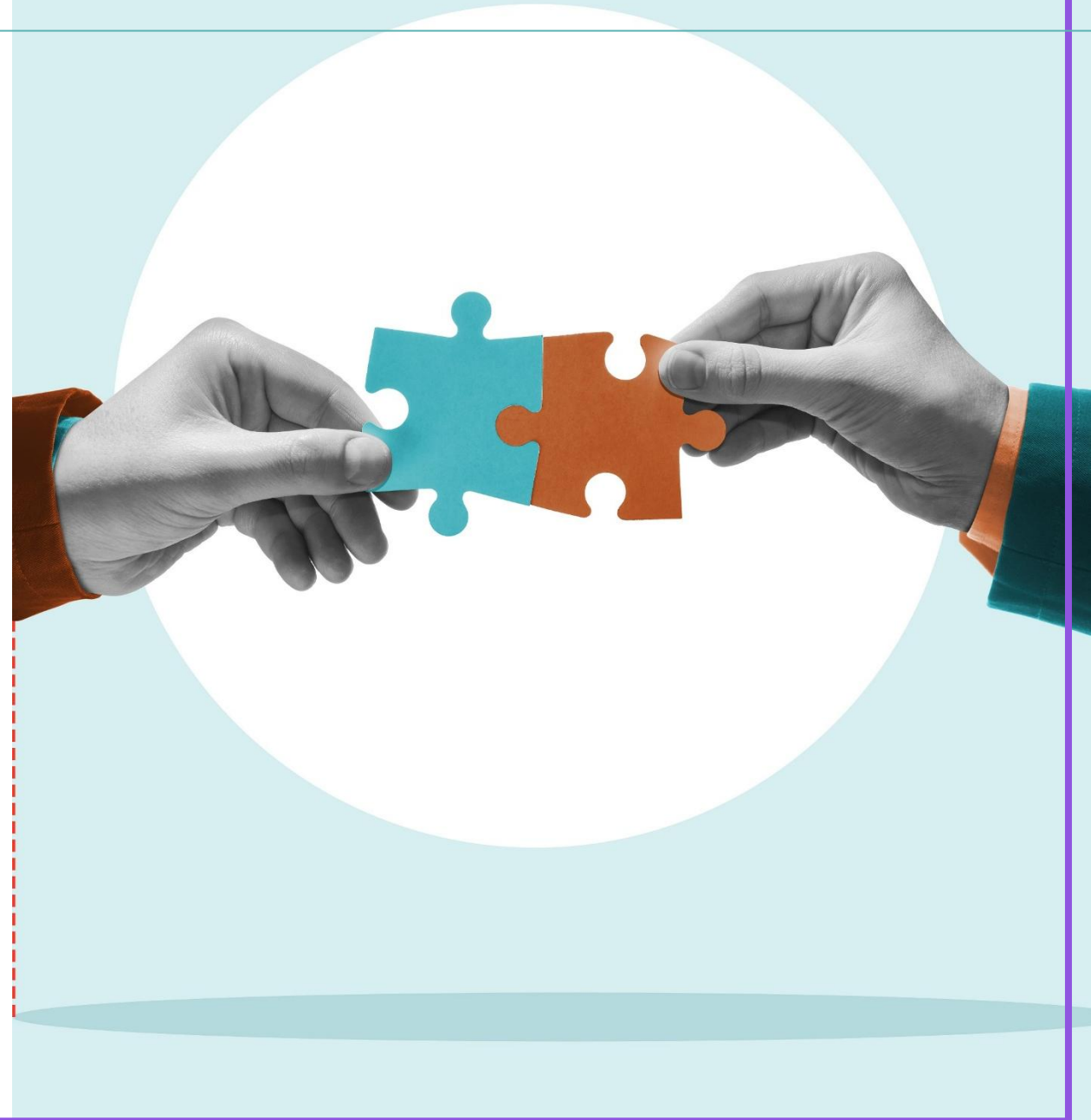
Cross-cultural competencies

Innovative ideas

Sensitivity to diversity

Second language (or more!)

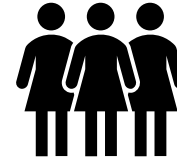
Skills in adjustment & adaptability



Top 10 Skills of 2025



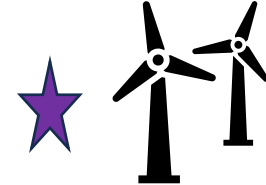
Analytical thinking and innovation



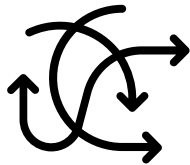
Leadership and social influence



Active learning and learning strategies



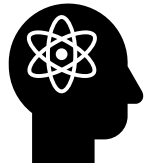
Technology use, monitoring and control



Complex problem-solving



Technology design and programming



Critical thinking and analysis



Resilience, stress tolerance and flexibility



Creativity, originality and initiative



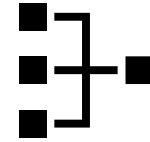
Reasoning, problem solving and ideation

Skills judged to be increasing in importance most rapidly between 2023 and 2027

Top 10 skills on the rise



Creative thinking



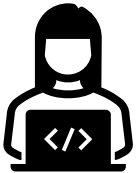
Systems thinking



Analytical thinking



AI and big data



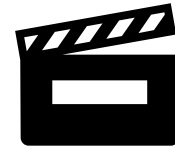
Technological literacy



Motivation and self-awareness



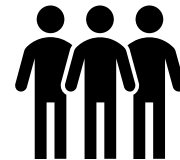
Curiosity and lifelong learning



Talent management



Resilience, flexibility and agility



Service orientation and customer service

Skills Story Bank

Key Skills					
Experiences	Creativity	Technical Skills	Adaptability and Flexibility	Teamwork	Leadership
Education				Example	
Part-time Job		Example			
Volunteering			Example		
Committee member					Example
Event Planning	Example				

Understand Labour Market Needs:



Government
of Canada

Gouvernement
du Canada

[Français](#)

Job Bank

 Sign in ▾

[Job search](#) ▾

[Career planning](#) ▾

[Labour market information](#) ▾

[Hiring](#) ▾

[Help](#) ▾

[About](#) ▾

[Job Bank](#) > [Labour market information](#)

Labour market information

Explore an occupation

Learn about an occupation: available jobs, wages, career prospects, skills, job requirements and more.

Job title

software developer (21232)

Location

London, ON

City, province or territory

Search

Explore the market

▸ Occupation

▸ Wages

▸ Outlooks

▸ Trends and news

Introduction to Canadian Economy



Atlantic Canada	Quebec	Ontario	Western Canada	Northern Canada
Fisheries, Tourism	Technology & Business	Finance, Manufacturing, Food & Service	Oil, Mining, Agriculture	Oil, mining, shipping

Natural Resources

- Oil & Gas Extraction, Mining, Environmental Sciences, engineering and Forestry
- Alberta, BC and Windsor-Montreal corridor (engineering)

Manufacturing

- Engineering, business, food processing and design
- Windsor (automotive), Montreal (aerospace), Windsor-Montreal corridor (food processing)

Services

- Business, Healthcare, Real Estate, Management Consulting and Finance
- Toronto is the financial hub of Canada, healthcare and education jobs are available across but primarily in Ontario, BC, Alberta and Quebec

Technology and Innovation

- Software Development, AI/ML, Robotics and Media
- Toronto, Montreal, Vancouver and Ottawa are hubs of Fintech and Medtech

Agriculture & Tourism

- Rural Canada and Prairies
- Tourism hotspots such as Banff (Alberta), Niagara Falls (Ontario), and cities like Vancouver and Quebec.

London Economic Sectors



WORKING IN LONDON



Agri-Food



Advanced Manufacturing



Digital Media & Tech



Health & Life Sciences



Operational Services



London's Largest Employers



Largest Employers

Can you name the largest employers in London?

LHSC tops the list with approximately 15,000 employees.

Check out #4!

1. London Health Sciences Centre
2. Thames Valley District School Board
3. St. Joseph's Health Care London
4. Western University
5. TD Canada Trust
6. City of London
7. Canada Life
8. General Dynamics Land Systems Canada
9. London District Catholic School Board

“The early bird gets the worm!”

1. Get involved right from the beginning!
2. Prepare your Marketing Documents
3. Understand the Application Cycle

Start Early



Getting Involved



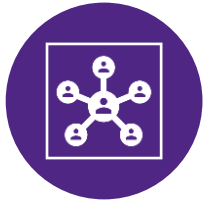
Discover new interests



Build your resume



Apply your studies



Meet people, make friends, build your network



Contribute to the community



Build Canadian experience

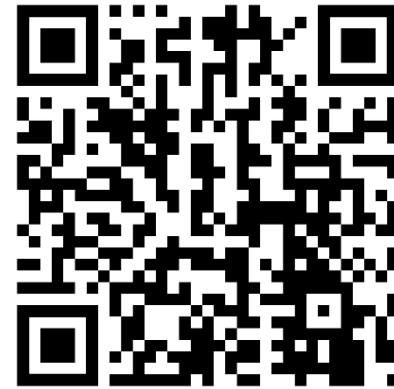


Have fun!

Prepare your Marketing Documents

Tailor your Resume

Customize your Cover Letter



Additional Career Workshops

INTERNATIONAL STUDENT CAREERSUPPORTS

Enhance your career prospects with our tailored workshops and drop-in sessions!

Drop-In Coaching

Weekly, Thursdays 2:00pm-4:00p.m. in IGAB, 2nd floor (Jan. 16 - Apr. 24)

- » 1-on-1 Coaching (Jan. 16 & 30, Feb 13 & 27, Mar 13 & 27, Apr 10 & 24)
- » Group Coaching (Jan. 23, Feb. 6 & 20, Mar 6 & 20, April 3 & 17)

Individual Support



1:1 Career Coaching Appointments



Peer Advising

Winter 2025 Workshops

Personal Branding
March 3 | 12:30 - 2:00 p.m.

Resumes & Cover Letters
March 4 | 12:30 - 2:00 p.m.

Networking
March 5 | 12:30 - 2:00 p.m.

LinkedIn
March 6 | 12:30 - 2:00 p.m.

Interviewing
March 7 | 12:30 - 2:00 p.m.

All sessions take place in the Chu Centre (IGAB)

Additional Workshop Content

 Canadian Career Realities
Access virtual recording on OWL.



Wondering how to gain experience that can help you stand out?

Learn about opportunities to get involved and gain work experience both on- and off-campus.



For more information and workshop registration, please visit career.uwo.ca

Awareness of Application Cycle

- **Ongoing!**

- On-campus **paid** opportunities
 - i.e. Apply in Feb-April for a September start
 - Unlimited hrs
- On-campus **volunteer** opportunities
- **Work study**
 - Applications open for a short period in Sept (Sept. 3-15) on student center for the 2025-26 yr (Sept – April) =< 200 hrs/student
 - Summer work study applications open at the beginning of May
- Off-campus – positions are always opening up.
 - Limit of 24 hrs/week

- **Internships / Co-ops**

- Faculty-specific deadlines => check faculty website
- i.e. Apply by Oct. 25 for Social Science W26/S26/F26 internships



Networking



85%
of jobs are filled through
networking.

Source: LinkedIn

Recruiters find candidates from various places, but referrals remain the most effective source of quality hires.

Source: [Hiring Thing](#)

Start with people you know and then branch out!

Profs /
Fellow
Students



Networking
tool

Employer
Information
Sessions



Western
Alumni

Career Fair

Look to Gain Experience

**Student
Ambassadors /
Peer Leaders**

**Apply on
Western Connect**

**Clubs /
Associations**

**Co-curricular
Record (CCR)**

Working On Campus

Campus
Recreation

Western
Technology
Services

Working at
Western

Western
Connect

Off-campus
Housing

USC

The Spoke

Hospitality

Access Resources

WesternU
English
Conversation
Program

LINC

London
Business
Directory

London Events

London Job Search Websites

London Jobs
Hub

London
Health Jobs

London
Manufacturing
Jobs

London Tech
Jobs

Pillar
Nonprofit
Network

WILL
Employment
Solutions

Job Search Websites

[Gov't of
Canada Job
Bank](#)

[Google for
jobs](#)

[Indeed](#)

[CareerBuilder](#)

[LinkedIn](#)

[Eluta](#)

[Jobboom](#)

[Glassdoor](#)

[Monster](#)

[Simply Hired](#)

How we can help



Workshops



**Career Appointments
& Drop-in**



Peer Advising



**Online
Resources**

Location: UCC 210

DESIGN YOUR WESTERN

Digital Career Workbook

Explore the **Design Your Western** digital career workbook to learn how to design your life to fit the kind of future you want to live!



lifedesign.uwo.ca



hirewesternu

CAREER FAIR

Meet with employers.

Design your life.

Tuesday,
February 11

Wednesday,
February 12

10:00 a.m. - 3:00 p.m.
Mustang Lounge, UCC

careerfair.uwo.ca





FREE PROFESSIONAL HEADSHOTS!



UCC 210 | MON - FRI | 8:30 - 4:30

Thank you!



[WesternUStudentExperience](#)



[Careers & Experience
at Western](#)



[WesternUSE](#)



[career.uwo.ca](#)

Q & A

