



Co-Curricular Experience 101: A Student Guide

Co-curricular experiences are interactions and/or activities that occur outside the classroom and enable you to learn by doing. This can include student leadership roles, volunteering, research experiences, campus jobs, community programs or personal projects.

These experiences help to build self-awareness, self-confidence, employability skills and professional networks. All are valuable and help you apply theoretical concepts in a practice setting.

There's no singular path to success. The most meaningful opportunities are those that resonate with your goals and curiosities, helping you learn more about yourself and what you want to accomplish.

Benefits of co-curricular experiences

- ▶ **Put learning into practice**
Apply classroom concepts in real-world settings to deepen your understanding and build confidence.
- ▶ **Develop and strengthen key transferable skills**
Build essential skills that are valued by employers in every industry, including communication, teamwork, leadership, adaptability and problem-solving.
- ▶ **Build technical knowledge**
Engage in clubs, teams and projects that introduce you to industry tools and practices, help you explore career interests and strengthen your resume.
- ▶ **Grow your professional network**
Connect with peers, mentors, faculty and industry professionals. Many groups also collaborate with industry sponsors interested in connecting with engaged and motivated students.
- ▶ **Learn more about yourself**
Explore different activities to help you uncover and realize your interests, environments where you thrive and the talents you naturally bring.

Participate in co-curricular activities

Campus platforms

- [OSCARplus](#) – Browse volunteer roles, workshops, events, experiential boards, etc.
- [Engineering Experience Catalogue](#) – A collection of curricular and co-curricular opportunities within the Faculty of Engineering.
- [Experiential Learning Resource page](#) – Find guides and supports for getting started with co-curricular learning.

Student clubs and teams

- [McMaster Engineering Society club, team and society directory](#)
- [McMaster Student Union club directory](#)
- Club websites and social media pages
- Club events and socials

Tip: Connect with club executives; they're knowledgeable and usually willing to help new members get started.



People on campus

Reach out to professors, TAs, staff at [the Centre](#), [academic advisors](#) and classmates to stay informed about upcoming opportunities.

General exploration

- ▶ [First Year Road Map to Success](#)
- ▶ [Final Year Road Map to Success](#)
- ▶ Faculty and departmental webpages
- ▶ Google searches related to your interests
- ▶ Bulletin boards around campus

Final thoughts

Co-curricular experiences give you the opportunity to explore, grow and discover what matters to you. It's not about following a predetermined path, rather, it's about creating the path that reflects your interests, values and aspirations. Whether you join a club, volunteer in the community, attend a conference or engage in some other way, every experience contributes to your learning and future readiness.

Connect with us

Join our [Discord Server](#) to stay up to date with co-curricular activities available to you

Have questions or need guidance? Book an appointment to learn more about the opportunities available to you. **Visit:**

[OSCARplus](#) > Engineering > Appointment > Book by Appointment Type > Experiential Opportunity Appointment

Opportunities
exist all across
campus!