Labour Market MYTH or FACT?
Breaking down myths and misconceptions about the labour market.

Instructions: Carefully read each statement about the labour market. Then, select whether this information is a myth or a fact.

1. Part-time and contract work are seeing the most job growth.

Take a moment to think about whether this is a myth or a fact.

Feedback: FACT: Part-time and contract work are seeing a lot of growth, but don’t let this discourage you! These are great ways to gain skills and get your foot in the door.

2. If I choose a program that is in demand, I am basically guaranteed a job!

Take a moment to think about whether this is a myth or a fact.

Feedback: MYTH: The job market fluctuates constantly. Employment opportunities can change dramatically due to economic conditions, advances in technology, and the amount of available workers. Although predictions are available, use this data carefully, as there is a lag time between the demand for certain kinds of occupations and the response to this demand. Still, job outlook trends can be a very useful factor in your career decision making -- it just shouldn’t be the only factor.

3. Whatever I choose now is what I will be doing until I retire.

Take a moment to think about whether this is a myth or a fact.

Feedback: MYTH: Most people entering the workforce will have several different occupations by the time they retire. You will change throughout life and so will the job market. While you can never know for sure that you are making the "right" choice at any given point, your goal should be to make the best choice for now, and continue to evaluate that career once you're in it.

4. The government of Ontario has many programs to help youth get ready to enter the labour force.

Take a moment to think about whether this is a myth or a fact.

Feedback: FACT: Check out the different employment programs for people under 30.

Employment Programs
5. There are over 150 skilled trades in Ontario that you can apprentice.

*Take a moment to think about whether this is a myth or a fact.*

**Feedback**: FACT: Explore skilled trades in Ontario:

[Skill Trades in Ontario](#)

Congratulations! You have completed the activity.

For more information on the labour market, set up an appointment with a [counsellor](#), or check out the rest of this module.