

McGill Career Planning Services

Guide to Planning your Future

	U0 Discover	U1 Explore	U2 Focus	U3 Target	CaPS Workshops & Events
Explore Self	<ul style="list-style-type: none"> ◦ Ask: What am I passionate about? ◦ Explore your: Personality, Values, Interests, and Skills 	<ul style="list-style-type: none"> ◦ Ask: How do I like to spend my time? What am I good at? What career direction might be a good fit for me? 	<ul style="list-style-type: none"> ◦ Revisit self-exploration periodically, as you will no doubt change as a result of your experiences at, and outside, university 	<ul style="list-style-type: none"> ◦ Use the information that you gathered about yourself to refine your career goals 	<ul style="list-style-type: none"> ◦ PACE (Program for the Advancement of Career Explorations) ◦ McGill Mentor Program
Explore Options	<ul style="list-style-type: none"> ◦ Consider what majors might be a good fit for you. 	<ul style="list-style-type: none"> ◦ Explore careers, industries, causes, and organizations ◦ Meet with an internship officer in your faculty (if applicable) 	<ul style="list-style-type: none"> ◦ Talk to people working in your field of interest. ◦ Talk to employers: find out how to plan for your goals ◦ Decide if you want to pursue further education 	<ul style="list-style-type: none"> ◦ Identify who you would like to work for. ◦ Network at career events ◦ Consider job shadowing ◦ Research schools & programs 	<ul style="list-style-type: none"> ◦ WS: Where to find Worldwide Work ◦ WS: Discover the Hidden Job Market ◦ Hear from experts at our Panels ◦ Research careers, employers and graduate schools at the CaPS Resource Centre
Take Action	<ul style="list-style-type: none"> ◦ Get involved! Volunteer, Student Associations, Extracurricular activities. ◦ See www.mcgill.ca/engage/ for ideas 	<ul style="list-style-type: none"> ◦ Continue to engage in new activities that will help you test out your interests, and will develop new skills ◦ Try out a job (part-time, summer) or internship 	<ul style="list-style-type: none"> ◦ Get involved career related extracurricular activities. ◦ Get relevant experience in a job or internship 	<ul style="list-style-type: none"> ◦ Create a profile on LinkedIn ◦ Network with employers you would like to work for ◦ Apply to graduate school 	<ul style="list-style-type: none"> ◦ WS: Summer Jobs ◦ WS: Internships ◦ WS: Practice your Networking ◦ Attend Panels, Company Presentations, Career & Grad Fairs ◦ Meet with a Career Advisor to make an Action Plan. ◦ Graduating? Join the Job Finding Club
Prepare Tools	<ul style="list-style-type: none"> ◦ Start thinking about what you would like to add to your resume over your time at McGill 	<ul style="list-style-type: none"> ◦ Create a CV and Cover Letter for your applications ◦ Learn how to do well in an Interview 	<ul style="list-style-type: none"> ◦ Update and target your CV and Cover Letter ◦ Practice your interviewing skills ◦ Considering further education? Read sample personal statements 	<ul style="list-style-type: none"> ◦ Create targeted applications ◦ Have your application reviewed by an advisor ◦ Schedule a Mock Interview with an Advisor ◦ Start your job search early! 	<ul style="list-style-type: none"> ◦ WS: Build your Job Search Tools ◦ WS: Practice your Interviewing ◦ WS: Practice Case Interviewing ◦ WS: Grad School Applicants ◦ WS: Medical School Applicants ◦ WS: Perfect your Professional Image