
Preparing for Your Appointment

If you are thinking about making an appointment with a CaPS Career Advisor, or if you already have one scheduled, here are some tips to be better prepared, so you can make the most of your meeting.

Preparing for a Career Exploration Appointment with a Career Advisor:

1. Check out our helpful “**what can I do with my studies**” tool: <https://www.mcgill.ca/caps/discipline>
2. Sign up for LinkedIn and Networking online courses to start generating ideas and exploring different paths, or check out our handy Networking while social distancing tool: https://www.mcgill.ca/caps/files/caps/guide_networking_physical_distancing.pdf
3. Explore our fun and informative career guides and tools: <https://www.mcgill.ca/caps/students/explore>
4. Assess and take note of some of your skills, values, and interests: <https://www.mcgill.ca/caps/students/explore/self-assessment>
5. Register for industry insider events and get the inside scoop on positions, industries, and sectors: <https://caps.myfuture.mcgill.ca/students/>
6. If you are a graduate student, sign up for a Graduate Job Seekers’ Seminar to chat about career paths and pathways in and outside academia: <https://caps.myfuture.mcgill.ca/students/>
7. Prepare questions for your Career Advisor.

Preparing for your Document(s) Review and Feedback Appointment with a Career Advisor:

1. Attend our top-rated CV/cover letter online course. Register at <https://caps.myfuture.mcgill.ca/students/>
2. Check out our amazing **how-to-guides**: <https://www.mcgill.ca/caps/publications/guides>
3. For grad school personal statements, have a look at our resources and samples at <https://www.mcgill.ca/caps/students/gradschool/statements>
4. Sign up for a fun Coffee with Career Advisors session. Bring questions and stay to hear others’ questions and answers! Register on <https://caps.myfuture.mcgill.ca/students/>
5. Send your CV, cover letter, or personal statement to your career advisor ahead of time as well as the job / internship posting.
6. Prepare questions for your Career Advisor.

Preparing for your Interview Appointment with a Career Advisor:

1. Attend our Interview online course. Register at <https://caps.myfuture.mcgill.ca/students/>
2. Sign up for a fun Coffee with Career Advisors session. Bring questions and stay to hear others' questions and answers! Register on <https://caps.myfuture.mcgill.ca/students/>
3. Check out our **how-to-interview guide**: https://www.mcgill.ca/caps/files/caps/guide_interview.pdf
4. Read our guide to most common interview questions: https://www.mcgill.ca/caps/files/caps/guide_interviewquestions.pdf
5. Read our tips and check out our links and tools on our interview resources page! <https://www.mcgill.ca/caps/students/prepare/interview>
6. Practice, practice, practice with **Interview Stream**: the top interview training platform, available to McGill Students! Log in with your McGill e-mail address at <https://mcgill.interviewstream.com/Account/Login>
7. Prepare to share or send your job application materials and the job posting with your Career Advisor.

Preparing for an Academic Careers-Related Appointment with a Graduate Career Advisor:

1. Check out our resources and tools for preparing academic job applications at <https://www.mcgill.ca/caps/students/grad/academic>
2. Attend a Graduate Job Seekers' Seminar with our graduate career advisors, and bring your questions. Register at <https://caps.myfuture.mcgill.ca/students/>
3. If you can, send your documents to your Graduate Career Advisor ahead of time along with the job posting. Prioritize what document you'd like reviewed for feedback during your 30 min appointment and prepare questions.

***All events and online courses can be found in myFuture, under Workshops. Use the *keyword search* box if you know what you're looking for!**