



University Success: Career Resources for Parents

Your student may be ready for university, but might not know what to major in, nor what career to eventually choose. On the other hand, your student may know exactly where they want to work in the future, but may not necessarily know how to get there. As a parent, the most valuable things you can do to help your student with career planning are:

Encourage your student to visit the career centre – CaPS

Encourage your student to visit CaPS, ideally in their first year, and make use of the many services and resources we offer. This includes a full range of career planning and job-search tools such as:

- Individual appointments and mock interviews
- Career development workshops
- Career fairs and on-campus recruitment program
- C.V. and advising drop-in
- A library of books and online career databases

To learn more about CaPS programs and services, visit <https://www.mcgill.ca/caps/students/services>

Advise your student to write a C.V.

Writing a C.V. can be a "reality test" and can help a student identify areas to develop. We suggest that your student get sample C.V.s and writing tips from CaPS' How-to-Guides: <http://www.mcgill.ca/caps/publications/guides/>

Challenge your student to become "occupationally literate"

If your student is unsure of their future path, encourage him or her to:

- Take a "self-assessment inventory" test.
- Talk to faculty members.
- Research career options.

Teach the value of networking

Introduce your student to people who have the careers/jobs that are of interest. Suggest your student contact people in your personal and professional networks for information on summer jobs. Encourage your student to "shadow" someone in the workplace to increase awareness of interesting career fields.



Encourage extracurricular involvement

Encourage your student to get involved, to explore their interests and develop transferable skills through internships, volunteering, extra-curricular activities and employment.

Internships

Internship is a pre-professional work term that provides students an opportunity to gain experience in a particular field. Most faculties at McGill offer internship, practicum or field studies.

Summer and on-campus jobs

On-campus, part-time and summer jobs are great ways to help students gain some work experience and finance themselves throughout their studies. For Quebec residents, federal and provincial governments offer many student programs (applications starting at the end of January) to help students gain work experience in their field of study. For all students, many McGill departments hire students throughout the year (e.g. Athletics, Bookstore).

Volunteering

Volunteering is another great way to explore new interests, learn and develop useful and marketable skills, meet new people in your field, gain experience, give back to your communities, and have a great time.

Help the career centre

There are many ways you can help. Contact CaPS:

- When your company looks to hire an intern or student for summer, part-time or full-time job openings.
- To provide your "real world" experience to students in our career workshops and events.
- To offer your valuable advice about career paths by becoming a career mentor for McGill students.



Career Resources

Individual appointments and mock interviews

Students can schedule appointments with our qualified and experienced Career Advisors at any point during the year for assistance with their career exploration, interview preparation and more.

Career development workshops

Throughout the academic year, workshops are offered on many topics, including interviewing, C.V. writing and networking. They are designed to increase students' employability and to be job search savvy.

Career fairs and on-campus recruitment program

Career fairs are organized throughout the year in partnership with student associations, and provide excellent opportunities for students to meet company representatives from a variety of industries.

C.V. and advising drop-in

Students can drop by the CaPS office during a daily designated time to have their C.V. reviewed by a Career Advisor or trained Career Leaders. Advising drop-in times are also available for quick questions.

A library of books and online career databases

CaPS has a collection of career materials at both the downtown and Macdonald campuses. From embarking upon higher learning, exploring occupations and careers, to volunteering, studying abroad and engaging in personal and professional development.

P.A.C.E.

(Program for the Advancement of Career Education)

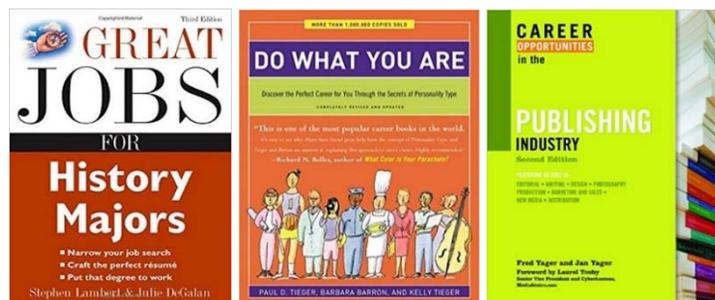
This is an ideal program for first-year students to explore career options, personal goals, values, interests and skills. <http://www.mcgill.ca/caps/students/services/pace>

Career Exploration Books

- **Great jobs...series:** Great jobs for English majors, geology majors, business majors, etc.
- **Careers for...series:** Careers for culture lovers, animal lovers, persuasive types, go-getters, introverts, etc.
- **Career Opportunities in...series:** Career opportunities in conservation and the environment, health care, computers and cyberspace, advertising, food and beverage industry, etc.

Self-Assessment Inventory Books

- What color is your parachute? A practical manual for job-hunters and career changers.
- Do what you are: Discover the perfect career for you through the secrets of personality type.
- What's your type of career: Unlock the secrets of your personality to find your perfect career path.



myFuture – Job Search and Career Tool

<https://caps.myfuture.mcgill.ca/>

This is the McGill CaPS' job search and career tool suite that students can log on for an extensive listing of jobs and internships, register for career events and view employer profiles.

Career Cruising

<http://www.careercruising.com>

An interactive career exploration tool to help students explore a broad range of career options, plan future education and training, and find the right career. Contact CaPS for username and password.

Internships

<http://www.mcgill.ca/caps/students/job/internship>

This website lists both local and overseas internship providers. This includes links to organizations and databases that provide internship programs and useful tips.

On-Campus, Summer and Student Jobs

<http://www.mcgill.ca/caps/students/job/summer>

This website lists links to on-campus job opportunities, student programs, seasonal work and part-time work databases.

Volunteer Work

<http://www.mcgill.ca/caps/students/job/volunteer>

This website lists volunteering opportunities within and around McGill, in Montreal and overseas.