

QUICK GUIDE TO PLANNING YOUR FUTURE

	U0 Discover	U1 Explore	U2 Focus	U3 Target
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
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
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 in 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 for graduate school
Prepare Tools	<ul style="list-style-type: none"> • Start thinking about what you would like to add to your CV 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 • Think about further education 	<ul style="list-style-type: none"> • Create targeted applications • Have your application reviewed by an advisor • Schedule a mock interview • Start your job search early!



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CaPS Website
For services, information
and resources to guide you
through your next steps
www.mcgill.ca/caps

myFuture
For jobs, internships,
workshops, events and
more.
caps.myfuture.mcgill.ca