

NOV 2023 CANADA CAREER MONTH

This November, join CaPS on our 30-day career challenge, which will guide you through the month with daily reflective prompts and actionable tasks. Reflection is an essential part of career exploration and whether you have just started at McGill or recently graduated, our calendar will be a great resource to get you moving in the right direction!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 What were your first career ideas as a kid? What drew you to them? Do any elements of those roles still appeal to you today?	2 Update your CV and have it reviewed by a Career Advisor click here	3 What kind of help/advice do people consistently request from you?	4 Sign up for the CaPS Mentor Program click here
5 Attend a CaPS event or workshop click here	6 Think of a time when you felt very proud of yourself. Which skills were highlighted through that experience?	7 The best leaders are learners! Who inspires you and why? The best leaders are learners - attend a leadership development workshop! click here	8 Have your LinkedIn profile reviewed by a Career Advisor click here	9 What are you curious about?	10 Spend 15-30 minutes researching a specific career field, industry trends, or potential employers in an area you're curious about click here	11 Identify a skill gap and commit to learning a new skill through online courses and workshops.
12 How would your loved ones describe you in three words?	13 Connect with one new professional on LinkedIn and send a personalized message introducing yourself. click here	14 What does career "success" look like to you?	15 Research one company that aligns with your interests and values to learn about their culture and job opportunities. click here	16 Who inspires you and why?	17 Reach out to a McGill alum in your desired field for a quick virtual coffee chat or informational interview. click here	18 What core career skills are employers looking for in students and new grads? Click here to find out! click here
19 Watch a recording from our Industry Insider Archive (link) to gain insights and inspiration (only available to current students). click here	20 What's your favourite section of the bookstore? Why?	21 Do a CV, cover letter, or LinkedIn "swap" with a friend and provide each other with feedback. click here	22 If all of your basic needs were met, how would you use your time? Use your answers to identify areas of interest and your main personal values.	23 Attend an Art Hive session and try thinking through one of the reflection questions using creative arts. click here	24 What kind of environment do you thrive in?	25 Think of someone from your past whose advice or mentorship was helpful to you. Write to that person to thank them and let them know how you are doing now.
26 Explore ways to get involved on campus and/or within the greater Montreal community. click here click here click here	27 Asking others for help with your job search can feel exhausting. Find a small way to help someone else: find a job posting and send it to someone you think would benefit from it, answer a question on a discussion board or share a resource you've found helpful.	28 What excites you enough to keep you awake at night or get you out of bed in the morning, other than coffee?	29 Sign up for a micro-placement or micro-project happening over March break (2024). click here	30 Congrats, you made it through the month! Carve out time today to do something that will make you smile 😊 click here Do not hesitate to reach out to CaPS!		