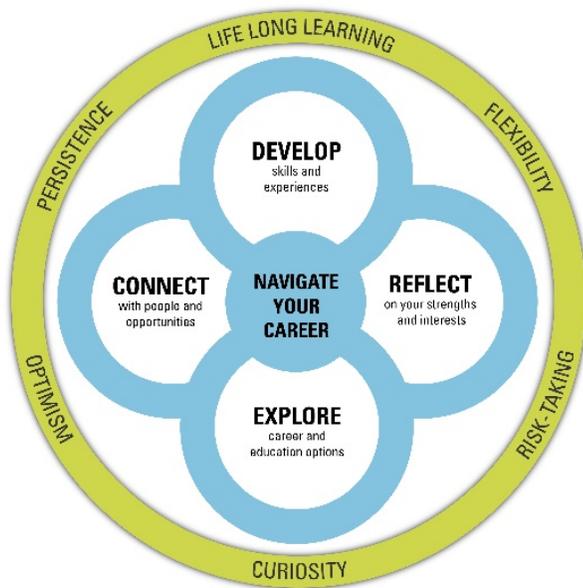


CAREER & EMPLOYMENT SESSIONS 2019-2020



We offer a range of programming to support McMaster **undergraduate students** and **Alumni** navigate their career: sessions on employment, career planning, further education and global experience. The session formats vary: mini-presentations with Question & Answer (Q&A), interactive labs, presentation style and activity based. Most sessions are facilitated by career professionals and some are facilitated by peers who can share their first-hand experiences.

You will find our sessions listed in the Events section of OSCARPlus. Typically, the sessions take place in the Student Success Centre in Gilmour Hall 110.

www.oscarplumcmaster.ca

EMPLOYMENT PREPARATION

Q&A Style – Come with questions, we have answers!

Job Search Q&A

Did you know that only 15-20% of all job opportunities are posted? Learn how to job search strategically and incorporate new ideas in your current job search using tips on tapping into the hidden job market. This is an ideal event for students beginning to job search in their career area. **This is a ½-hour session.**

Resume & Cover Letter Q&A

Have questions about resumes & cover letters? Not sure where to start?

We will answer your questions and guide you step-by-step through the resume and cover letter writing process so you will have the groundwork for a really great application that will get you noticed by employers. **This is a ½-hour session.**

LinkedIn Q&A

Students benefit from LinkedIn – it's not just for professionals! Learn how to use LinkedIn to explore careers, make connections and find out how employers use social media in the recruitment process. You will leave with



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tips on how to improve your LinkedIn profile and how you can leverage social media in your job search. Come with your questions and we will help. **This is a ½-hour session.**

Networking Q&A

It isn't as scary as it seems! Networking is about involving people in your career development and job search, but it is also a skill you can use at conferences, workshops and even in class. Learn how to network effectively and learn practical strategies about engaging with professionals, professors and each other. Come with questions and we will provide answers! **This is a ½-hour session.**

Interview Prep Q&A

Did you know that interviewing is 20% of what you say and 80% of how you present yourself? What do employers mean when they say "tell me about yourself"? Learn the secrets of successful interview preparation, including the different types of questions employers ask; learn about the different interview styles and understand how to prepare for behavioral based questions. This talk will provide a foundation for preparing for work or further education interviews. Come with questions and we will provide answers! **This is a ½-hour session.**

Job Postings Q&A – What do I need to know?

Ever read a job posting and felt like you didn't meet any of the requirements? Tailoring your resume and cover letter to a job posting are often keys to landing a job interview. But how exactly do you do this? This workshop will show students how to effectively decode and understand a job posting to figure out what employers are really looking for. **This is a ½-hour session.**

Summer Job Series Q&A Style – Come with questions, we have answers!

Summer Job Search Q&A

Did you know there are deadlines for summer jobs beginning in January? Start early so you don't miss out on opportunities! Get tips and advice about how you can look for summer employment on campus and off campus, even outside of Hamilton. Make the most of your summer experience and discover key summer job search resources at this session. Come with questions and we will provide answers! **This is a ½-hour session.**

Summer Job Search Q&A – Research Edition

Are you interested in gaining experience in research or labs? Learn how to find research opportunities, how to approach professors and tips on where to find grants.

Summer Job Search Q&A – Public Service Edition

Learn about opportunities in the Federal, Provincial and Municipal government and resources to support your job search. Come with questions and we will provide answers! **This is a ½-hour session.**

Summer Job Search Q&A – On Campus Edition



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On campus is a popular spot for job searching! Learn where to look for opportunities and how to maximize your job search strategies for on campus opportunities. Come with questions and we will provide answers! **This is a ½-hour session.**

Summer Job Search Q&A – Going Abroad Edition

Looking to work abroad this summer? Learn about global opportunities, how to do your due diligence and find great resources to begin your job search. Come with questions and we will provide answers! **This is a ½-hour session.**

Interactive Style – Learn and practice during the session!

Resume Lab

Not sure where to start? Bring your laptop and we can walk you through the resume building process. Have your questions answered as you go and you will leave with more confidence in your resume and knowledge how to create one! **This is a 50-minute session.**

LinkedIn Lab

Putting off your LinkedIn updates? Haven't created a profile yet? Bring your laptop and we will walk you through the steps of each section and help you along the way to maximize the effectiveness of your LinkedIn account. We all know you should be on LinkedIn, but do you know why? Come in to learn more! **This is a 50-minute session.**

Mock Interview Practice

If you are looking for an opportunity to practice your interview skills, we invite you to join us for an interactive mock interview group session. Get feedback on your presentation and style in the company of a small group of peers. **This is a 50-minute session.**

Presentation Style – Sit back and enjoy (but ask questions if you have them!)

Transition to Work

Are you nervous about the world of work after you graduate? Learn about what to expect when you receive a job offer, how to handle the negotiation process, workplace etiquette and setting goals for advancement. We will also address what you need to know about employment laws, human rights code and workplace health and safety. **This is a 50-minute session.**

Career Fair Prep

Planning to attend a Career Fair? Join us for an overview of how to prepare effectively for the event, what to do during and after the event to make a positive and professional impression with employers. Participants will learn practical strategies about engaging in this networking event. **This is a 50-minute session.**



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CAREER PLANNING

Are You Career Ready?

Be prepared for your future career. This session will discuss workplace trends and provide you with an opportunity to evaluate your career readiness and career priorities. **This a 1 ½-hour session.**

Career Planning Group

Navigate your career towards a meaning goal. This all in one interactive career workshop uses industry standard career assessments (Myers-Briggs Type Indicator, Strong Interest Inventory, and SkillsScan) to help you clarify your interests, skills and personal strengths to help you explore education and career options in a purposeful way. The program is facilitated by a professional career counsellor and limited to 12 undergraduate students or alumni per group. **Sessions are held twice a term on Saturdays from 9:30-3:30 in GH110. Register via OscarPlus – Events – Special Events.** There is a subsidized **\$35 fee.**

Connect Your Interests to Careers

Making decisions about your program? Wondering about career options?

This session will help you understand how your interests relate to programs and career options. You will receive your individualized Strong Interest Inventory® report to help you make informed choices and explore options. **This a 1 ½-hour session. Register via OscarPlus – Events – Special Events.** There is a \$15 fee.

Discover Your Personality

This session will help you understand your personality and the strengths you can use for academic, personal and professional success. You will understand your Myers-Briggs Type Indicator (MBTI®) results and learn how to apply your strengths to achieve full potential. **This a 1 ½-hour session. Register via OscarPlus – Events – Special Events.** Please note there is a fee of \$20 for the professional MBTI assessment.

Discover Your Skills

You'll be amazed at how many skills you have! Use a skills assessment activity (SkillScan™) to help you identify your transferable skills and the skills you want to use in your future career. **This a 1 ½-hour session.**

Life after Mac

Graduating this year and wondering what your next steps after Mac will be? In this interactive session you will explore your options and develop a plan. **This a 1 ½-hour session.**



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CAREER & EMPLOYMENT SESSIONS 2019-2020

FURTHER EDUCATION

Considering Graduate School?

Graduate school on your mind? This talk will provide an overview of what you need to know and how to explore your options. **This is a 50-minute session.**

Alternatives to Grad School

There are other ways to leverage further education to support your career goals. This talk will explore the range of further education options available to you. **This session is a ½ hour.**

Personal Statements/Further Education Applications

Looking for some guidance on personal statements or letter of interest? Wondering what the difference is between a resume and CV? This session will provide you with an overview so you can prepare your applications with confidence. **This session is a ½ hour.**

Considering Medical School?

This talk provides a clear overview of how to prepare for Ontario Medical School applications. Open to all faculties and all undergraduate students. **This is a 50-minute session.**

Preparing for Medical School Interviews

Wondering how to prepare? This talk will guide you through what to consider, how to prepare and provide you with resources to help you make your interview a success. **This is a 50-minute session.**

On-line Chats with Professionals

Have questions about your career field? Ask a Professional about their experience preparing for and working in the field. Have a private chat to get your questions about the professional program and entry into the career addressed. **This session is open for 1 hour, and chat times are typically 10 minutes.**

On-line Chats for the following programs and careers are available: Medical School, Law School, Teacher's College, Social Work, Physiotherapy, Occupational Therapy, Speech-language Therapy and Public Health.



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GLOBAL EXPERIENCE

Global Experience Information Sessions

Are you a student who is interested in gaining some international work experience? This talk will provide tips on how to find work experience abroad, the awards available and what you need to know before you start your search. Ask us anything about searching for opportunities, finding housing, receiving pre-departure training, how to make the most of your global experience and more. **This is a 50-minute session.**

Travel & Exchange Awards Information Session

This is a 50-minute session.

MITACS Globalink Research Awards - Information Sessions

Are you interested in developing your research expertise through funded, stimulating, hands-on research abroad? This talk will provide information about MITAC's programs and how faculty and students can take advantage of them. **This is a 50-minute session.**

Paid Global Internships - Information Session

Did you know that the International Association for the Exchange of Students for Technical Experience provides paid internships in 80+ countries for all levels of students across many Faculties? This talk will share the ins-and-outs with you, providing staff, students and faculty information on increasing your chances for nomination. **This is a 50-minute session.**

Queen Elizabeth Scholarships (QES) Information Session

Are you a *student who is interested in contributing to the strengthening of health and social systems across the world? This talk will provide information on QES, internal internship opportunities and highlight the \$6,000 available to cover expenses. *BHSc, Arts and Science, Health Research methodology, MPH, Global Health, eHealth. **This is a 50-minute session.**

Going Abroad Job Fair - Online

Wondering where to find volunteer, research and work opportunities overseas? An online meet and mingle with the employers, recruiters and international volunteer agencies. **TBT- online recruitment session.**



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Ask Me Anything – in person chat with career professional

Each month you will find a career professional at Mary Keyes Residence lobby or at Centro Lobby to address your career or employment questions. No registration required. Schedule can be found in OscarPlus – Events.

Looking for individual support?

Individual appointments by career professionals are available by appointment.

<https://www.oscarplumcmaster.ca/home.htm>

Looking for self-directed, on-line support?

There are guides and links to resources and services in our Professional Development section of our website.

<https://studentsuccess.mcmaster.ca/>

Contact our office at careers@mcmaster.ca, 905-525-9140 x24254 or drop by our office in Gilmour Hall 110 and we can help direct you to the services that will best meet your needs.



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