

# CAREER PLANNING – WINTER 2020

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**The Student Success Centre can help you explore and navigate your career.** It starts with learning more about yourself and clarifying your interests and skills to help you explore meaningful career and education directions.

Navigating your career journey also involves flexibility, curiosity, optimism, persistence and a bit of risk-taking.

The SSC offers career planning workshops throughout the academic year. Register on [oscarplumcmaster.ca](http://oscarplumcmaster.ca) - Events.

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## ALL - IN - ONE CAREER PLANNING GROUP

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This all-in-one career workshop uses industry standard career assessments:

- Myers-Briggs Type Indicator®
- Strong Interest Inventory®
- SkillsScan™
- Values Reflection

**Saturday, January 25<sup>th</sup>**

**Saturday, March 28<sup>th</sup>**

Saturday, May 9<sup>th</sup> (fee applies)

Workshop runs from 9:30-3:30 in GH 110

Clarify your interests, skills, personal strengths and explore career options in a purposeful way.

Register via OSCARplus under Events.

The \$35 fee has been waived for the Winter 2020 term to coincide with the Student Success Challenge.

Small group workshop of max. 14 students or alumni facilitated by professional career counsellor.

[studentsuccess.mcmaster.ca/events/student-success-challenge/](http://studentsuccess.mcmaster.ca/events/student-success-challenge/)

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*It was a very comfortable and judgement free environment to explore career options and increase awareness of personal interests and career values” - Career Planning Group participant*

Not able to attend? As an alternative, try the [TypeFocus on-line assessment](#) and book a follow up appointment with a career counsellor to help you debrief the results.



@MacSSC, #MacTalksCareers

Student Success Centre | GH 110 | [studentsuccess@mcmaster.ca](http://studentsuccess@mcmaster.ca)

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## CAREER GAME – WHO YOU ARE MATTERS

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**Who you are Matters** when it comes to career decisions and career planning. This interactive career “board” game will help you connect the dots and gain clarity on what matters to you. You will leave the workshop with a personalized career statement to guide your next steps..

**Friday, January 24<sup>th</sup> 1:30 - 3:00**

## DISCOVER YOUR PERSONALITY

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### **Myers-Briggs Type Indicator (MBTI®)**

Learn about your unique strengths you can use for academic, personal and professional success.

The **MBTI®** personality assessment results will help you clarify your strengths to achieve your full potential.

**Friday, January 31<sup>st</sup> 1:30 - 3:00**

The \$20 fee has been waived for the Winter 2020 term to coincide with the Student Success Challenge.

[studentsuccess.mcmaster.ca/events/student-success-challenge/](https://studentsuccess.mcmaster.ca/events/student-success-challenge/)

## CONNECT YOUR INTERESTS TO CAREERS

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### **Strong Interest Inventory®**

Learn how your interests can connect to programs and career options. You will receive your **Strong Interest Inventory®** report to help you make informed choices and explore options.

**Friday, March 6<sup>th</sup> 1:30 - 3:00**

The \$15 fee has been waived for the Winter 2020 term to coincide with the Student Success Challenge.

[studentsuccess.mcmaster.ca/events/student-success-challenge/](https://studentsuccess.mcmaster.ca/events/student-success-challenge/)

## DISCOVER YOUR SKILLS

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### **SkillScan™**

Use a skills assessment (**SkillScan™**) activity to help you identify your transferable skills and the skills you want to use in your future career.

**Friday, March 27<sup>th</sup> 1:30 - 3:00**

**Individual career & education planning support is available** to all undergraduate students and alumni - book appointments through *OSCARplusmcmaster.ca*

**Career and education planning resources** can be found on *studentsuccess.mcmaster.ca – Career Exploration*

**Drop in Career Advising** (15 min) is available Tues, Wed & Thurs – 1:30 – 4pm in Gilmour Hall 110.



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