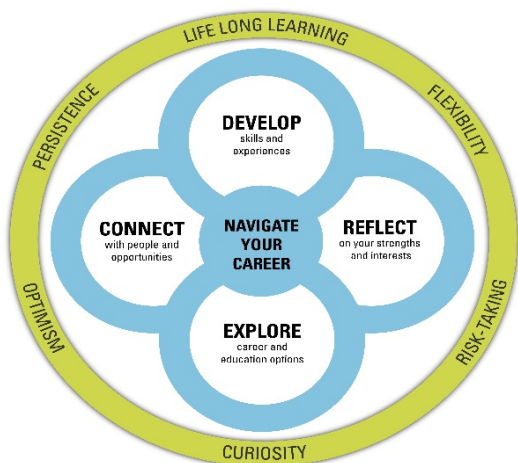




# CONSIDERING YOUR PROGRAM OPTIONS?



**Deciding about your level II program options or considering a switch of programs?** If you are enjoying a specific course or not enjoying a specific course, these are important clues to pay attention to but not the only consideration when deciding on program decisions or changes.

To help you look for more clues, ponder what you want and broaden your career options, we have outlined some resources and services available to all undergraduate students to help you navigate your career and make decisions that are right for you.

## STEP 1: REFLECT AND EXPLORE

To help you explore programs and understand what options might be a good fit for you, we recommend reflecting more broadly on your **interests, personal strengths and abilities, and your priorities.**

### Self-Assessment

- **Career Planning Sessions** - Professional career assessments - Myers-Briggs Type Indicator, Strong Interest Inventory, SkillsScan - Offered monthly – register through [oscarplus.mcmaster.ca](https://oscarplus.mcmaster.ca)
- **Type Focus** – free on-line assessment of personal strengths and interests – available through Student Success Centre - Career Exploration page - <https://studentsuccess.mcmaster.ca/personal-growth/career-exploration/#tests>

### Career Information Databases and Resources

- Go beyond google! Expand your awareness and understanding of occupations and career fields through focused resources
  - Career Information databases
  - Careers by Majors
  - Available through Student Success Centre – Career Exploration page - <https://studentsuccess.mcmaster.ca/personal-growth/career-exploration/#careerinfo>

### Career Counselling

- Confidential and objective conversation with a professional to help you gain clarity and make decisions. Schedule appointment through [oscarplus.mcmaster.ca](https://oscarplus.mcmaster.ca)



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Author/Reviewed By: K. Latham, June 2019



# CONSIDERING YOUR PROGRAM OPTIONS?

## STEP 2: INVESTIGATE PROGRAM OPTIONS

Become an investigator! Search out information through faculty and program websites and connect with people directly when you can't find what you need.

**Learn about the specific requirements and the details** of the program(s) you are exploring.

- Explore details on the faculty and program websites
- Talk to program department staff to get further clarity and understanding
- Attend the Majors Fairs or Information Sessions held in March by the faculty offices
- Evaluate your level of interest by looking at the courses over the full 4 year program.
- Connect with the student societies of your faculty or program and talk with them to learn more.

### Customize your Degree!

- Be pro-active and seek out options within your faculty and outside of your faculty to customize your degree.
- Investigate double majors, minors, elective courses (<https://registrar.mcmaster.ca/enrol/elective-courses>) or certificates
- Inquire about internships, practicums, project based courses, field courses, thesis, or co-op options.
- Use major research papers or projects to shape and build your knowledge and areas of expertise

## STEP 3: CONSIDER YOUR OPTIONS AND DEVELOP A PLAN

With more clarity about yourself, broader awareness of careers, and specific program information, you are in a great place to consider your options and develop a plan! If you would like further support, we are here!

### Career Development Advisor

- Individual appointments to help you put the pieces together and develop an action plan
- The Career Development Advisor has the unique perspective of understanding students concerns, knowing about the range of student services and support as well having a broad knowledge and understanding of career and further education options.
- Schedule appointment through [oscarplus.mcmaster.ca](https://oscarplus.mcmaster.ca)

### Career Counsellor

- Can help you further clarify, refine and explore your career and education options as well as support you through the decision making process.
- Schedule appointment through [oscarplus.mcmaster.ca](https://oscarplus.mcmaster.ca)

\*\*\*\* For a personal account of a Mac Student making decisions about her program follow:

<https://www.linkedin.com/pulse/what-changing-programs-four-times-has-taught-me-my-career-muddaluru/>



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