



PROFESSIONAL

CAREER PLANNING GROUP

Not sure what your career options are? Wondering if you are in the right program? Considering further education? Looking for some guidance with planning your career or education path?

"[The Career Planning Group] gave me a sense of direction and excitement to explore my possibilities."

"Helped me confirm my thoughts and be sure of myself."

WHAT IS THE CAREER PLANNING GROUP?

A full-day interactive career exploration program which uses industry standard career assessments, along with reflective exercises, card sort and group discussions. The Career Planning Group will help you develop a stronger understanding of your interests, career values, transferable skills and personal strengths.

The program is facilitated by a professional career counsellor with a **maximum of 14 students or alumni**.

HOW AM I SPENDING THE DAY?

9:30 a.m. - Introductions and short discussion on career development

10:00 a.m. - Skills assessment with the SkillScan

11:30 a.m. - Personality assessment with the Myers-Briggs Type Indicator

Lunch Break

1:15 p.m. - Interest assessment with the Strong Interest Inventory

2:30 p.m. - Small group discussion on career values and career decision making

3:00 p.m. - Orientation to career and education exploration tools and resources

3:30 p.m. - Wrap up and feedback forms

"Really thought provoking! Engaging and fun. Lots of information and resources."

"I like the variety of activities (some discussion, some independent). The day went by very fast!"

"Thank you for the amazing workshop. It really helped to determine/re-affirm what you know about yourself and use that to find your career path."



@MacSSC, #MacTalksCareers

Student Success Centre | GH 110 | studentsuccess@mcmaster.ca

Rev: K. Latham – Jan.
2017





PROFESSIONAL

IS IT WORTHWHILE?

You will:

- Expand your understanding of education and careers options suited to you
- Learn about tools and resources to help you with your next steps
- Receive detailed explanation of career assessment reports
- Leave with a resource binder with further reflective exercises

The “tests” will NOT tell you what careers to go into rather, they will give you valuable information for guiding your career exploration.

After the workshop, it is recommended to schedule an individual career counselling meeting to support and guide you with your individual career or education questions.

I WANT TO ATTEND. WHAT'S NEXT?

There is a \$25 fee for this program, at time of registration. The fee covers the cost of assessments and is provided to McMaster students at a subsidized rate. **Please register at least 4 days prior to the group.** An email will be sent to your McMaster account a few days prior to the group with access to the online career assessments.

Register via OSCARplus – Events - Special Events. <https://www.oscarplumcmaster.ca/home.htm>

UPCOMING DATES

Winter – Spring 2017

| | |
|-----------------------------|--|
| 9:30 a.m. – 3:30 p.m. | 9:30 a.m. – 3:30 p.m. |
| Saturday, January 21, 2017 | Saturday, March 25, 2017 |
| Saturday, February 11, 2017 | Saturday, April 8, 2017 |
| Tuesday, February 21, 2017 | Saturday, May 6, 2017 |
| Saturday, March 4, 2017 | Saturday, June 2, 2017 (Recent Grads or Alumni only) |

“Very helpful! Made me less anxious about what lies ahead after graduation and allowed me to reflect on my strengths and values.”

“I really enjoyed this, wish I came in first year. Very open group and engaging, was a safe space.”



@MacSSC, #MacTalksCareers

Student Success Centre | GH 110 | studentsuccess@mcmaster.ca

Rev: K. Latham – Jan.
2017

