We offer a range of programming to support McMaster undergraduate students in their professional development - sessions on employment, career planning, experiential learning, further education and professional development to help launch your career success.

You will find our sessions listed in the Events or Special Events section of the OSCARPlus and most of our sessions take place in the Student Success Centre in Gilmour Hall 110. [https://www.oscarplusmcmaster.ca/home.htm](https://www.oscarplusmcmaster.ca/home.htm)

**DEVELOP - CONNECT:**
Employment and Experiential Learning

**Job Search Strategies**
Did you know that only 15-20% of all job opportunities are posted? Where are the other 80-85%? Attend this talk to find out! Learn to how job search strategically and incorporate new ideas in your current job search using social media, networking, informational interviews and 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.

**Social Media in your Job Search**
Go beyond Facebook! Learn about how Social Media (specifically LinkedIn and Twitter) is used by employers in the recruitment process 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.

**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.

**Decoding Job Postings**
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 the key 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.
Job Basics for International Students
Are you an international student who is interested in obtaining Canadian experience? This talk will provide tips on how to obtain Canadian experience and what you need to know before you start your search. Ask us anything about where to find opportunities, what you can expect to gain from your position, how to make the most from your position, and more. This is a 50 minute session.

Resume & Cover Letter Writing 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.

Networking Tips 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. Location: Gilmour Hall 110

Networking- Practice your Pitch
If you are looking for an opportunity to practice your networking skills - we invite you to join us for an interactive mock networking session. Get feedback on your presentation and style in the company of a small group of peers. This is a 50 min 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 min 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.
Mock Interview
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 min session.

Job Offers Q & A
Curious about how to handle job offers? Learn about what to expect when you receive a job offer and how to handle the negotiation process. Learn about etiquette and handling multiple offers. Come with your questions and we will provide answers! This is ½ hour session.

Easy ways to get Experience
Do you want to gain more experience but not sure where to start? It is easier than you think! This talk provides you with clear steps and resources and helps you build an appreciation of the experiences and skills you already have! This is ½ hour session.

How to find a Mentor - Alumni and Partners Advisor Network
This talk helps you find a mentor using McMaster’s own mentorship tool - Alumni and Partners Advisor Network. Understand how a mentor can help you, and how to start the conversation. You will leave this talk with the tools and confidence you need to connect with a mentor to learn about “real world” applications for your degree and skills. We will provide resources and help make those connections meaningful and long-term. This is ½ hour session.

REFLECT – EXPLORE – LEARN: Career Exploration and Further Education

Explore your Career Options
Thinking of your career options? Wondering where your degree can take you? This talk will help you navigate your career path and introduce you to tools and services you can use to guide your career and education choices. This talk is a ½ hour.

Discover your Skills
You’ll be amazed at how many more skills you have! This skills assessment workshop will 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 2 hour session and snacks will be provided.
Who You Are Matters – Career Game
The Who You Are Matters Career Game is an interactive board game that helps students explore their unique skills and interests. You will finish the 2 hr workshop with a Career Statement that outlines your strengths, interests, and career values that you can use to guide your career or education decisions. A professional career counsellor will guide you through the game in an informal and supportive environment. This a 2 hour session and snacks will be provided.

Design your Career
The New Year is upon us, which may have you thinking of the future and what you want bring. This activity based session will engage you to think of your ideal future and everything to come in 2017 with guided reflection. No creativity required but come prepared to engage your imagination and have fun with colourful marker. This a 2 hour session and snacks will be provided.

Career Planning Group
A full-day interactive career exploration workshop that uses the industry standard career assessments Myers-Briggs Type Indicator, Strong Interest Inventory, and SkillsScan. 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 and limited to 12 undergraduate students or alumni per group.

Register via OscarPlus — Events -Special Events. There is a subsidized $35 fee for this program for assessments (MBTI, Strong Interest Inventory and SkillsScan). Career Planning Groups are typically held once a month on Saturdays from 9:30-3:30 in GH110.

E- Career Planning Essentials
An online webinar- based career planning program that will enhance self-awareness, career awareness and confidence to be self-directed and pro-active in career planning. The program will run over a 4 week period with weekly 1 hour webinars (webinars will be recorded). This on-line program is facilitated by career counsellors who will guide your career exploration process during the program and will continue to provide individual support after the program.

Register via OscarPlus — Events -Special Events. There is a subsidized $35 fee for this program for assessments (MBTI, Strong Interest Inventory and SkillsScan). This program runs in Winter and Spring term and is open to undergraduate students and Alumni.

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 session is a ½ hour.

Graduate School Applications— Q & A
Have questions about applying to graduate school? Wondering about reference letters, CV’s or letters of interests? Get your questions about the application process addressed. This session is a ½ hour.
Personal Statements/ Letter of Interest
Looking for some guidance on writing the personal statements or letter of interest? Wondering what Graduate schools are looking for? This talk will provide you with an overview so you can write 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.**

**LEARN – REFLECT:**
**PROFESSIONAL DEVELOPMENT SESSIONS**

**MBTI – Team Work, Learning and Managing Stress**
This interactive workshop will start with an overview of the Myers-Briggs Type Indicator personality assessment where you will receive your official MBTI® report. The session will help you clarify your MBTI® type and understand your strengths and weaknesses to help you manage team work, learning and handing stress.

There is a $25 fee for this session to cover the costs of the official MBTI assessment. Registration is required 4 days in advance to give you time to complete the assessment prior to attending the workshop. The access to complete the MBTI on-line assessment will be sent to you mcmaster email. **This a 3 hour session - snacks will be provided! Location: Gilmour Hall 110**

**Understanding Yourself and Others**
This session uses Personality Dimensions® a personality assessment to help you better understand your personal leadership style. Through discussion and activities that mobilize your assessment results, you will become more aware why individuals respond differently to the same situation or group members. **This a 3 hour session - snacks will be provided! Location: Gilmour Hall 110**

**Building Relationships at Work**
Employers in every career sector are looking for individuals with skills and competencies in social intelligence, social-cultural awareness, collaboration, and communication skills. These are the skills in demand and these same skills will also help you manage your career path with success. In this session, you will hear from a professional who will share experiences and tips on how build relationships at work (p/t, summer, full-time, or non-paid). **This is a 50 minute session. Location: Gilmour Hall 110**
Ask Me Anything – on-line chat with career professionals
Ask a Career Professional that career, employment or further education question from the comfort of your computer! Register for the event and log on from where ever you are to have a private chat with a career professional. This on-line session is offered every month. Location: Where ever you are!

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.oscarplusmcmaster.ca/home.htm

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.

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/