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 that 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 12 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 – Putting it all together and next steps.

“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.”

“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.”
**CAREER PLANNING GROUP**

**I WANT TO ATTEND. WHAT’S NEXT?**

There is a $35 fee for this program. The fee covers the cost of assessments and is provided to McMaster undergraduate 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.oscarplusmcmaster.ca/home.htm](https://www.oscarplusmcmaster.ca/home.htm)

**WHEN IS IT OFFERED?**

<table>
<thead>
<tr>
<th>Fall 2017</th>
<th>Winter/Spring 2018</th>
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<tbody>
<tr>
<td>9:30 a.m. – 3:30 p.m.</td>
<td>9:30 a.m. – 3:30 p.m.</td>
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<tr>
<td>Saturday, September 16th, 2017</td>
<td>Saturday, January 20th, 2018</td>
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<td>Saturday, October 28th, 2017</td>
<td>Saturday, February 10th, 2018</td>
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<td>Saturday, November 25th, 2017</td>
<td>Saturday, March 17th, 2018</td>
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<td>Tuesday, December 12th, 2017</td>
<td>Saturday, April 7th, 2018</td>
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<td>Saturday, May 12th, 2018</td>
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**WHAT HAPPENS AFTER THE CAREER PLANNING GROUP?**

**Meet with a Career Counsellor:**
Schedule an individual career counselling meeting to support and guide you with your individual career or education questions. To schedule an appointment, go to OscarPlus – Appointments – Student Success Centre – Career & Employment. [https://www.oscarplusmcmaster.ca/home.htm](https://www.oscarplusmcmaster.ca/home.htm)

**Explore your career options:**
Learn more about careers and expand your options with career info databases: studentsuccess.mcmaster.ca – personal growth - career-exploration

**Not able to attend the full day group?**

Meet with Career Counsellor or Career Development Advisor to ask about how you can access the Career Assessments individually. Schedule Appointment or drop in available Tue-Wed-Thurs 1:30 – 4pm at GH 110.