



CONSIDERING YOUR PROGRAM OPTIONS?

Deciding about your level II program options or considering a switch of programs? The guide below will help you navigate the resources and services to help you make your decision(s).

Step 1: REFLECT AND EXPLORE



If you are enjoying a specific course or maybe 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 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.**

To help you look for more clues, ponder what you want and broaden your career options, here are some resources and services available to all undergraduate students and alumni:

The Career Planning Group

- Professional career assessments - Myers-Briggs Type Indicator, Strong Interest Inventory, SkillsScan
- <https://studentsuccess.mcmaster.ca/personal-growth/career-exploration/#cpg>
"It helped me to be more aware of career options available to me and to also become more aware of my strengths and interests."

Career Counselling

- Confidential conversation, reflection tools, mapping exercises, skill card sorts – various approaches and career counselling techniques to help you gain clarity and make decisions.
- Schedule appointment through <https://www.oscarplumcmcmaster.ca/login/overview.htm>
 Appointments – Student Success Centre – Career & Employment – Career Counselling.

Expand your Options (aka "Window Shopping" - just looking.. not buying yet)

- Expand your awareness and understanding of occupations and career fields through focused resources
 - Go beyond Google!
 - What can I do with a degree in..
 - <http://career.berkeley.edu/infolab/Majors2Careers>
 - <https://navigator.wlu.ca/career/student/planning/discipline.htm>
 - <http://www.utm.utoronto.ca/careers/career-planning/careers-major>
 - Career Information databases – **Career Cruising** and others
 - <https://studentsuccess.mcmaster.ca/personal-growth/career-exploration/#careerinfo>



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Step 2: INVESTIGATE PROGRAM OPTIONS

If you are reading this tip sheet, you might have already started the process of investigating your program options. Here are some more suggestions:

Learn about the specific requirements and the details of the program you are exploring.

- The faculty offices and the program departments are excellent resources – start here!
 - Explore details on the faculty websites
 - Talk to program department staff
 - Meet with an academic advisor of the faculty you are considering
 - Attend the Majors Fairs or Information Sessions held in March
- Gauge your level of interest by looking at the course offerings over the full 4 year program.
- Connect with the student societies of your faculty or program and talk with them to learn more.

Tailor your Degree

- Investigate double majors, minors, elective courses or certificates
 - <https://registrar.mcmaster.ca/enrol/elective-courses/>
- 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 <https://www.oscarplumcmaster.ca/login/overview.htm>
Appointments – Student Success Centre – Career & Employment – Career Development Advisor

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.

**** 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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