



# 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?

## FALL TERM

Saturday, Sept. 15<sup>th</sup>

Saturday, Oct. 27<sup>th</sup>

Saturday, Nov. 17<sup>th</sup>

## WINTER/SPRING TERM

Saturday, Jan. 19<sup>th</sup>

Saturday, Feb. 9<sup>th</sup>

Saturday, March 23<sup>rd</sup>

Saturday, May 4<sup>th</sup>

Friday, May 31<sup>st</sup> (new grad/alumni)

## AGENDA

9:30 a.m. – 3:30 p.m.

- ✓ Introductions and short discussion on career development
- ✓ Skills assessment with the **SkillScan**
- ✓ Personality assessment with the **MBTI-Myers-Briggs Type Indicator**.

45 minute lunch break

- ✓ Interest assessment with the **Strong Interest Inventory (SII)**
- ✓ **Career values** and career decision making discussion
- ✓ Next steps
- ✓ Schedule a follow up appointment with a career counsellor

## CAREER PLANNING GROUP (CPG)

The Career Planning Group will help you develop more clarity about your interests, career values, transferable skills and personal strengths. It is an interactive career exploration program with industry standard career assessments (MBTI® & Strong Interest Inventory®) along with reflective exercises, card sort and group discussions.

*"It was a very comfortable and judgement free environment to explore career options and increase awareness of personal interests and career values" - 2018 participant*

## HOW TO REGISTER

**Register via OSCARplus – Events -> Special Events.**  
[www.oscarplumcmaster.ca/home.htm](http://www.oscarplumcmaster.ca/home.htm)

There is a \$35 fee for this program. 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.

*"The workshop gave me a better sense of what type of person I am, as well as the skills I hold and the tools to plan my next steps" – 2017 participant*



@MacSSC, #MacTalksCareers

Student Success Centre | GH 110 | [studentsuccess@mcmaster.ca](mailto:studentsuccess@mcmaster.ca)

Updated by K. Latham, June 2018



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# CAREER PLANNING GROUP

Unable to attend the Career Planning Group? We have workshops, individual and self-directed options.

## Discover your Skills Workshop



You'll be amazed at how many more skills you have! This skills assessment workshop will use the SkillScan card sort to help you identify your transferable skills and the skills you want to use in your future career. This a 1 ½ hour session. Register via OSCARplus – Events -> [www.oscarplumcmaster.ca/home.htm](http://www.oscarplumcmaster.ca/home.htm)

September 28<sup>th</sup>, October 19<sup>th</sup>, November 16<sup>th</sup>, January 18<sup>th</sup>, March 1<sup>st</sup>, March 22<sup>nd</sup>

## Myers-Briggs Type Indicator (MBTI) – Individual Debrief



The MBTI® instrument will help you to identify your strengths and unique gifts. Understanding your MBTI type will help you better understand yourself, your strengths and ideal work environments. An individual meeting with a career counsellor is required to review the results.

Email [lathamk@mcmaster.ca](mailto:lathamk@mcmaster.ca) with 'MBTI' in the subject line to receive instructions on how to access the official MBTI. There is a \$20 subsidized fee to help cover the cost of the report.

## Strong Interest Inventory (SII) - Individual Debrief



The Strong Interest Inventory® is a self-report questionnaire used to measure and describe people's interests themes to help them connect their interest patterns to career and education options. An individual meeting with a career counsellor is required to review the results.

Email [lathamk@mcmaster.ca](mailto:lathamk@mcmaster.ca) with 'Strong Interest Inventory' in the subject line to receive instructions on how to access the Interest Inventory. There is a \$15 fee to help cover the cost of the report.

## Career Storm Navigator on-line career/life planning tool – self-directed



Self-paced, on-line career assessment option that will challenge you to think about what you want and allow you to reflect on your experiences in a meaningful way. The account is valid for 6 months and takes approximately 3-5 hours to complete.

Email [lathamk@mcmaster.ca](mailto:lathamk@mcmaster.ca) with 'CareerStormNavigator' in the subject line to get access to your individual account.



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