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 you navigate your career.

You will find our sessions listed in the Events section of OSCARPlus and most of our sessions take place in the Student Success Centre in Gilmour Hall 110.

https://www.oscarplustcmaster.ca/home.htm

EMPLOYMENT PREPARATION

Job Search Q&A
Did you know that only 15-20% of all job opportunities are posted? Learn how to job search strategically and incorporate new ideas in your current job search using 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.

Resume & Cover Letter 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.

LinkedIn Q&A
Students benefit from LinkedIn— it’s not just for professionals! Learn how to use LinkedIn to explore careers, make connections and find out how employers use Social Media in the recruitment process. You will leave with tips on how to improve your LinkedIn profile 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.

Networking 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.
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.

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.

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.

Summer Job Search Q&A – Research Edition
Are you interested in gaining experience in research or labs? Learn how to find research opportunities, how to approach professors, and tips on where to find grants.

Summer Job Search Q&A – Public Service
Learn about opportunities in the Federal, Provincial and Municipal government and resources to support your job search. Come with questions and we will provide answers! This is a ½ hour session.

Summer Job Search Q&A – On Campus Edition
On campus is a popular spot for job searching! Learn where to look for opportunities and how to maximize your job search strategies for on campus opportunities. Come with questions and we will provide answers! This is a ½ hour session.
Summer Job Search Q&A – Going Abroad Edition
Looking to work abroad this summer? Learn about global opportunities, how to do your due diligence and find great resources to begin your job search. Come with questions and we will provide answers! **This is a ½ hour session.**

Am I Qualified?
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.**

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.**

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.**

CAREER EXPLORATION

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 session is a ½ hour.**

Life After Mac
Graduating this year and wondering what your next steps after Mac will be? In this interactive session you will explore your options and develop a plan. **This a 1 ½ hour session**

Discover your Skills
You’ll be amazed at how many more skills you have! This skills assessment workshop will use a skills assessment activity (SkillScanTM) to help you identify your transferable skills and the skills you want to use in your future career. **This a 1 ½ hour session.**

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

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Author/Reviewed By: SSC Staff, Fall 2018
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. **Sessions are held once a month on Saturdays from 9:30-3:30 in GH110.**

Register via OscarPlus – Events -Special Events. There is a subsidized **$35 fee for this program** for assessments (MBTI, Strong Interest Inventory and SkillsScan).

**FURTHER EDUCATION**

**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 50 min session.**

**Alternatives to Grad School**
There are other ways to leverage further education to support your career goals. This talk will explore the range of further education options available to you. **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.**

**GLOBAL EXPERIENCE**

**Global Experience Information Sessions**
Are you a student who is interested in gaining some international work experience? This talk will provide tips on how to find work experience abroad, the awards available and what you need to know before you start your search. Ask us anything about searching for opportunities, finding housing, receiving pre-departure training, how to make the most of your global experience and more. **This is a 50 minute session.**

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Global Affairs Canada, International Scholarships
Wondering what funding supports are available for Faculty and Students to conduct research abroad? Global Affairs will be sharing just this! Global Affairs is responsible for the Government of Canada’s participation in major International Scholarship Programs. This is a 50 minute session.

Going Abroad Job Fair - Online
Wondering where to find volunteer, research and work opportunities overseas? An online meet and mingle with the employers, recruiters and international volunteer agencies. 3 hour online recruitment session.

MITACS Globalink Research Awards - Information Sessions
Are you interested in developing your research expertise through funded, stimulating, hands-on research abroad? This talk will provide information about MITAC’s programs and how faculty and students can take advantage of them. This is a 50 minute session.

Paid Global Internships, An Exchange Program Information Session
Did you know that the International Association for the Exchange of Students for Technical Experience provides paid internships in 80+ countries for all levels of students across many faculties? This talk will share the ins and outs with you, providing staff, students and faculty information on increasing your chances for nomination. This is a 50 minute session.

Queen Elizabeth Scholarships (QES) Information Session
Are you a *student who is interested in contributing to the strengthening of health and social systems across the world? This talk will provide information on QES, internal internship opportunities and highlight the $6,000 available to cover expenses. *BHSc, Arts and Science, Health Research methodology, MPH, Global Health, eHealth. This is a 50 minute session.

Work in USA, J-1 Visa Information Session
Are you a student who is interested in working in the USA? This talk will provide tips on everything you need to know about working in the USA. Navigating sponsorship and applying for the internship visa, the J-1. Understanding the States’ requirements for employers and interns and ensuring a successful application process. This is a 50 minute session.
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](https://www.oscarplusmcmaster.ca/home.htm)

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/](https://studentsuccess.mcmaster.ca/)

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.