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?

“[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 which uses industry standard career assessments, along with reflective exercises 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 a.m.   Skills assessment with the SkillScanExpress
          Break
11:30 a.m. Personality assessment with the Myers-BriggsType Indicator
          Lunch Break
1:15 p.m.  Interest assessment with the Strong Interest Inventory
          Break
2:30 p.m.  Small group discussion on career values and career decision making
          Break
3 p.m.     Orientation to career and education exploration tools and resources
3:30 p.m.  Wrap up and feedback forms

“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 an amazing workshop. It really helped to determine/re-affirm what you know about yourself and use that to find your career path”
IS IT WORTHWHILE?

You will:
- Expand your understanding of education and careers options suited to you
- Learn about tools and resources to help you with your next steps
- Receive detailed explanation of career assessment reports
- Leave with a resource binder with further reflective exercises

The “tests” will NOT tell you what careers to go into rather, they will give you valuable information for guiding your career exploration.

After the workshop, it is recommended to schedule an individual career counselling meeting to support and guide you with your individual career or education questions.

I WANT TO ATTEND. WHAT'S NEXT?

There is a $25 fee for this program at time of registration. The fee covers the cost of assessments and is provided to McMaster students and alumni at a subsidized rate

Register via OscarPlus – Special Events, https://www.oscarplusmcmaster.ca/home.htm

Please register at least 4 days prior to the group. An email will be sent to your mac email account a few days prior to the group with access to the online career assessments.

UPCOMING DATES:

**Fall 2016**
9:30 – 3:30pm
Saturday, September 17th, 2016
Saturday, October 22nd, 2016
Saturday, November 5th, 2016
Saturday, November 26th, 2016
Tuesday, December 13th, 2016

**Winter 2017**
9:30 – 3:30pm
Saturday, January 21st, 2017
Saturday, February 11th, 2017
Saturday, March 4th, 2017
Saturday, March 25th, 2017
Saturday, April 8th, 2017
Saturday, May 6th, 2017

“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”