



What I Wish I'd Known About Career Planning

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Important Note:
This session will be recorded.

- Participate only to extent you are comfortable
- We will save time at end to take questions after recording has stopped





REMINDER

Learning Passport Students:

- Attendance
- Survey / Reflection



What we'll cover

- What I wish I'd known
- Values exercise + website (a light review today)
- Holland's themes + website (a light review today)
- Career field checklist
- Personal checklist

What I wish I'd known (BIG statements!)

- Curiosity vs. passion
- You will have ***new* information along the way** to make career decisions = make decisions with the info you have at the moment
- Tapping into your **values** can help you feel more confident about your choice of program or major and reduce the pressure to 'get it right'
- Consider:
 - What comes naturally to me? What has an even energy flow for me (exciting/challenging vs. forcing/draining)
 - What do I stand for? What problem do I see that I want to help solve?
 - What am I willing to do to work in a way I love? How far am I willing to go?



Values

An exercise on your own time: Think 2 Perform

- Sort through the card deck online
<https://www.think2perform.com/values/#start>
- Keep the ones most important to you. What are the values you will not compromise on, the ones you'll defend in an argument?
- The tool will help you narrow down to 5 values

Use your values to guide your decision making

- How do your values align with...?
 - Your program
 - The career you envision
 - Job postings currently posted

For more on aligning your values with your work visit:

<https://www.monster.com/career-advice/article/work-values-check-list>

Holland's Theory of Career Choice

"People search for environments that let them exercise their skills and abilities, express attitudes and values, take on problems and roles they find stimulating and satisfying, avoid chores/responsibilities they find distasteful or formidable."



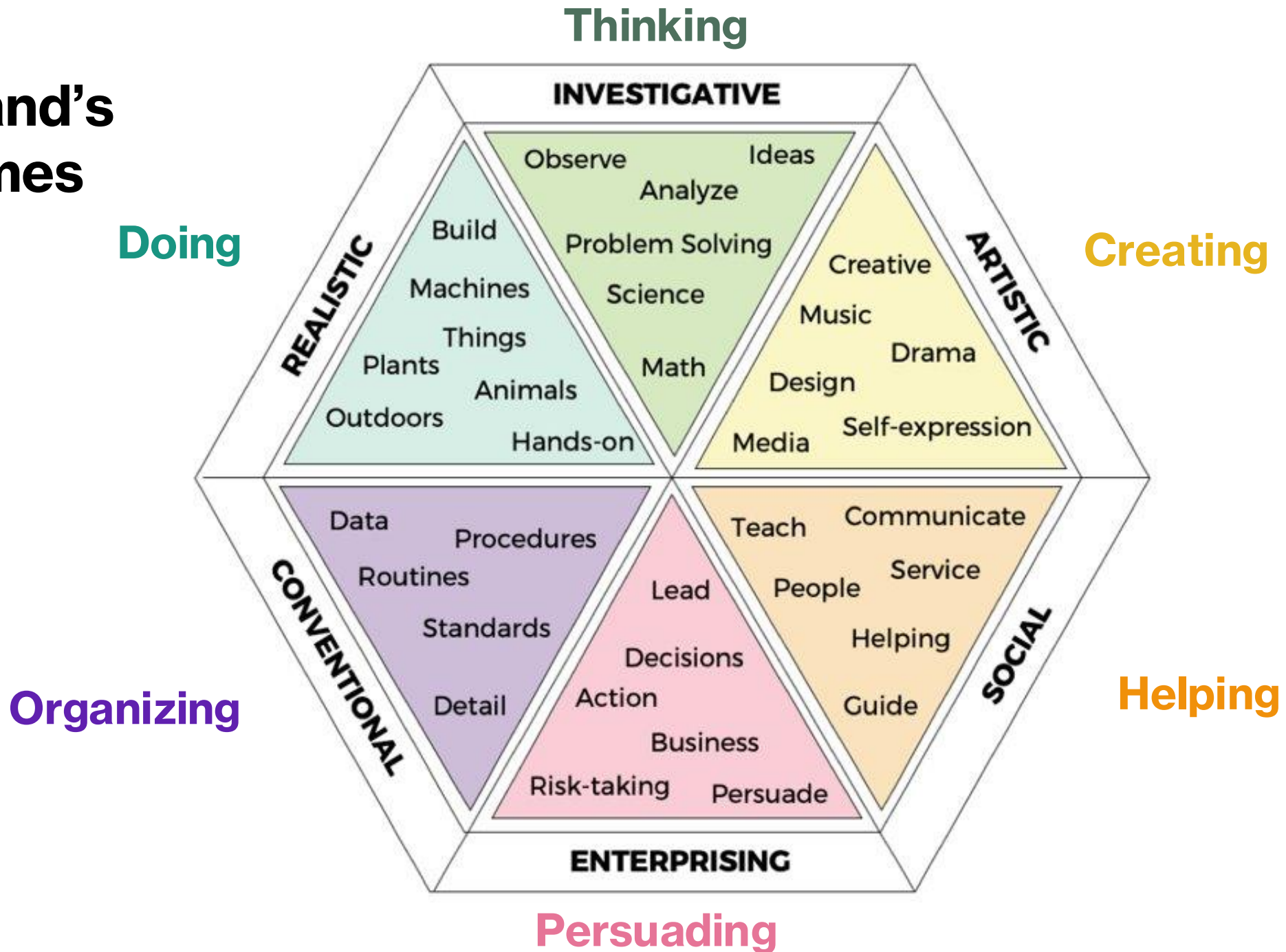
Holland's Theory

People and workplaces/occupations have 2 or 3 themes or strengths out of a total of **6 themes/strengths**.

The 6 Themes are:

- **Realistic** *doing*
- **Investigative** *thinking*
- **Artistic** *creating*
- **Social** *helping*
- **Enterprising** *persuading*
- **Conventional** *organizing*

Holland's Themes

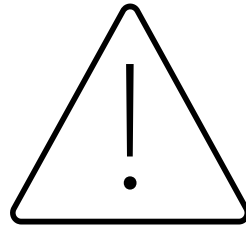


Holland's Theory + filtering

- Screen share **O Net Online**
<https://www.onetonline.org/explore/interests/>
- If you'd like a full report on your Holland's Codes and suggested occupations, consider taking the Strong Interest Inventory
 - Access at MSVU
 - \$30 payable online or at Financial Services (Evaristus)
 - Assessment online
 - Two career counselling appointments for set up and interpretation



Personal & Career Checklists



(big questions!)



Career checklist

- Do I choose a clear path vs unclear path?
- Am I entering into an emerging field vs established field?
- Do I know what jobs are available in the career fields that interest me?
- Will I need additional education, certification, or licensing?
(Another degree/training or master's degree, entrance or licensing exam? If you can, check deadlines in year 2 or 3 of your undergraduate program)



Personal checklist

- Do I choose more routine or more variety in my work environment?
- Do I choose more desk work or more physical activity?
- Am I okay with shift work or do I like a set schedule?
- Am I okay with regular overtime or do I need more career-life balance?
- Do I choose more travel or less travel in my job?

Personal checklist (continued)

- Do I do better in a collective work culture or an individualistic work culture? (Individualist work culture examples: self employment, working on commission/quotas)
- How flexible do I want to be in terms of moving cities / provinces / countries for work?
- How will I give of my time in the long run?
What percentage will I dedicate to work, my family/friends, and other goals I want to accomplish? How might these percentages change over time?

Resources

Career Quizzes

- reliable 5- and 10-minute online quizzes

Explore the Market by Job Bank

- job titles and outlook information for Canada

Nova Scotia Works Careers

- job outlook information for NS

Resources

CanLearn Program Search

- post-secondary programs offered in Canada

GTO Grow and GTO Innovate

- new graduate retention program in NS

Opportunext

- skills that apply to multiple occupations in Canada
- search by job title or education



Career Services

Contact us!

- In-person appointments
- Videoconferencing/ telephone appointments

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902-457-6567

IG @msvucareers

We help with

- Career indecision
- Resumes and cover letters
- Part-time and full-time job search
- Interview coaching
- Graduate school applications