CAREER PLANNING GROUP

Not sure what your career options are? Wondering if you are in the right program? Considering further education? Need some guidance with planning your career or education path?

The Career Planning Group will take you through assessment of your interests, personality, skills and values by using “career tests” such as the MBTI (Myers-Briggs Type Indicator), Strong Interest Inventory as well as card sorts and surveys such as Skill Scan and Career Values Survey.

WHAT WILL I DO IN THE CAREER PLANNING GROUP?

- Discuss the elements that contribute to career planning success.
- Discuss career values and understand their importance in your career/life planning.
- Understand the concepts of the Myers-Briggs Type Indicator (MBTI) and help you to identify your Personality Type.
- Assess your transferable skills and identify skill sets that you would like to use in your future career.
- Review your the Strong Interest Inventory (SII) report and help you explore career options based on your interests.
- Summarize assessments and brainstorm career or education opportunities.

WHAT WILL I GET BY ATTENDING?

- An understanding of yourself in the areas of interests, values, skills and personal strengths,
- A broader understanding of careers that might be a good fit for you,
- More confidence in what your next steps should be, and
- A binder of resources to help guide you in your career and education exploration.
- The “tests” will NOT tell you what careers to go into rather, they will give you valuable clues for guiding your career exploration.
- After the workshop, it is recommended to schedule a meeting with a career counsellor to support and guide you with your individual career or education questions

HOW DO I SIGN UP?

There is a $25 fee for this program – please visit us in Gilmour Hall 110 to register. Payment is required at time of registration. Please register 3 days prior to the group.
Past participants of the Career Planning Group have said:

“It can set a person in the right direction to discovering where to look for their career goals”

“Gave me a sense of direction and excitement to explore my possibilities”

“A good time for reflection and analyzing interests - helps you know more about what to base the (career) decision on”

"It was very helpful and informative. I am now a lot less stressed"

"Helped me confirm my thoughts and be sure of myself"

"It was great to help give a sense of direction to what I may want to do in the future”

"Best $25 I have spent!"

"I think everyone should have such inventories to know more about themselves before making decisions in choosing career path"

"It is very helpful and insightful and helps understand oneself better"