Career Planning Process

1. Self Assessment

Assess your:
Interests, Values, Skills, Personality, Work style

Resources to help you:
Career Assessments, Career Workshops, Individual Counselling, Resource Library

2. Link Assessment to Possible Career Areas

Resources to help you:
Individual Counselling, Resource Library, Websites

3. Research Specific Occupations

Resources to help you:
Resource Library, Websites:
Www.careercruising.com
ID: Mount, Password: Vincent

Also Helpful:
Talk to people who do the job, Job Shadow, Volunteer

4. Take Action—Make A Decision (Further Education, Job Search), Set Goals

Resources to help you:
Individual Counselling, Resource Library, Our Website

5. Research Prospective Employers or Programs of Further Study

Resources to help you:
Attend career fairs:
www.halifaxcareerfair.ca
Resource Library

Also Helpful:
Arrange Information interviews, Use your personal network

6. Plan A Job Search

Resources to help you:
www.msvu.ca/careerplanning
Resume workshops and Critiquing, Interview Preparation workshops, Mock Interviews, Resource Library

Also Helpful:
Use your personal network, Contact employers directly, Websites/ads