

JOB CLUB: COVID-19 EDITION
DECISION MAKING AND
CONVERSATION WITH ALUMNI
APRIL 29, 2020

Kyla Friel, Career Services
Wendy Wang, Career Services
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Current students: visit <https://healthymindsns.ca/> for **TAO Self-Help**, an online mental health library with interactive modules to help you understand and manage how you feel, think and act.



#NovaScotiaStrong: Support is available 24/7

All services are free, confidential, and in English and French.

Kids Help Phone 

1-800-668-6868

Text **NSSTRONG**
to **686868**

Frontline workers can text
FRONTLINE to **741741**

CRISIS TEXT LINE |

Texting support for adults

Text **NSSTRONG**
to **741741**

For more information and resources,
visit: **KidsHelpPhone.ca**



1.833.292.3698
Nova Scotia

Post-Secondary Student Helpline

Text **GOOD2TALKNS**
to **686868**



WHAT WE'LL COVER TODAY

COVID-19 Reflection

Job Search Decision Making Flow Chart

Goals & Clarity

Habit Building & Tracking

Perspectives from

Jeremy Neilson

Domestic Student Recruitment Officer

Mount Saint Vincent University

Board Member, MSVAA

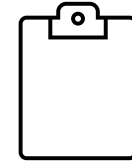
Vanessa Yurchesyn

Business Development Account Manager

Complete Purchasing Services

Board Member, MSVAA

COVID-19 REFLECTION QUESTIONS



Poll

Can I clarify my short term and long term goals?

How will I know when I need to change my mind?

At what point do I accept work outside my field of study?

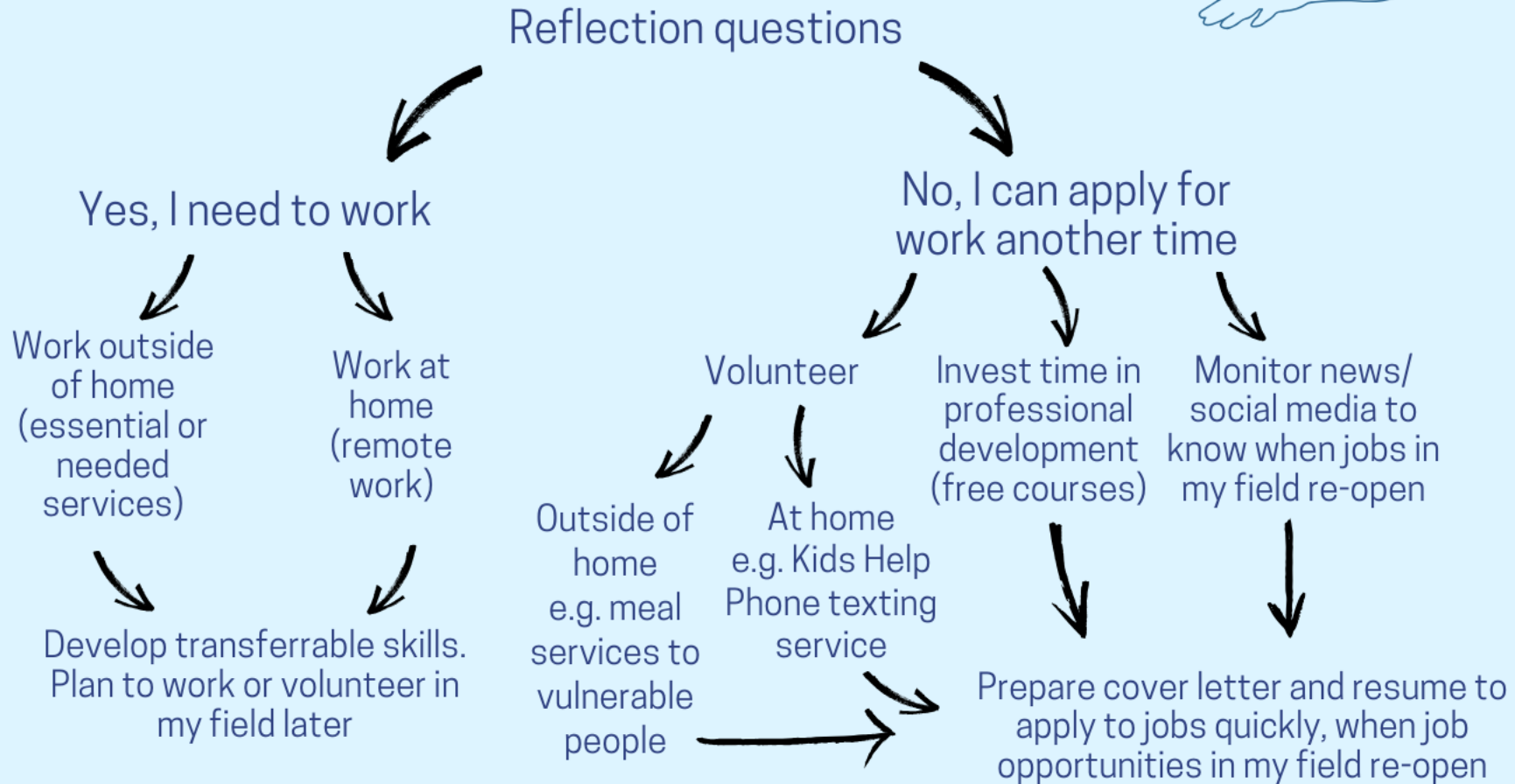
What am I comfortable doing? Not doing?

How much risk do I accept? (Evaluate on a regular basis)

Can I outline a basic plan for different scenarios?

Have I looked at balancing my needs?

Job Search Decision Making



KEY WORD SEARCH + INDUSTRIES HIRING

Use these key words:

Student

Summer

Contract

Temporary

Part-time

Online

Remote

Work at home

Work outside of home

Grocery/cashier, warehouse, cleaner, delivery driver, landscaping/painting, farming, healthcare (including related positions)

Work at home (remote work)

Customer service, virtual assistant, online tutoring/English as an additional language, article and blog content writing, transcription, website/IT development

A NOTE ON TRANSFERRABLE SKILLS

Top skills Canadian employers seek (2013 Trent University study)

78.8% of employers look for communication

69.7% look for initiative

59.1% look for flexibility/adaptability

57.6% look for trainability

51.5% look for problem solving

50.0% look for experience in the field

**Other desired qualities: strong work ethic,
optimism, creativity, position knowledge**

GOALS AND CLARITY

I'll do some
research today

I'll work on my
to-do list

I'll work on my
resume

I don't have
enough time
today to
dedicate to
job searches

S

M

A

R

T



Specific



Measurable



Attainable

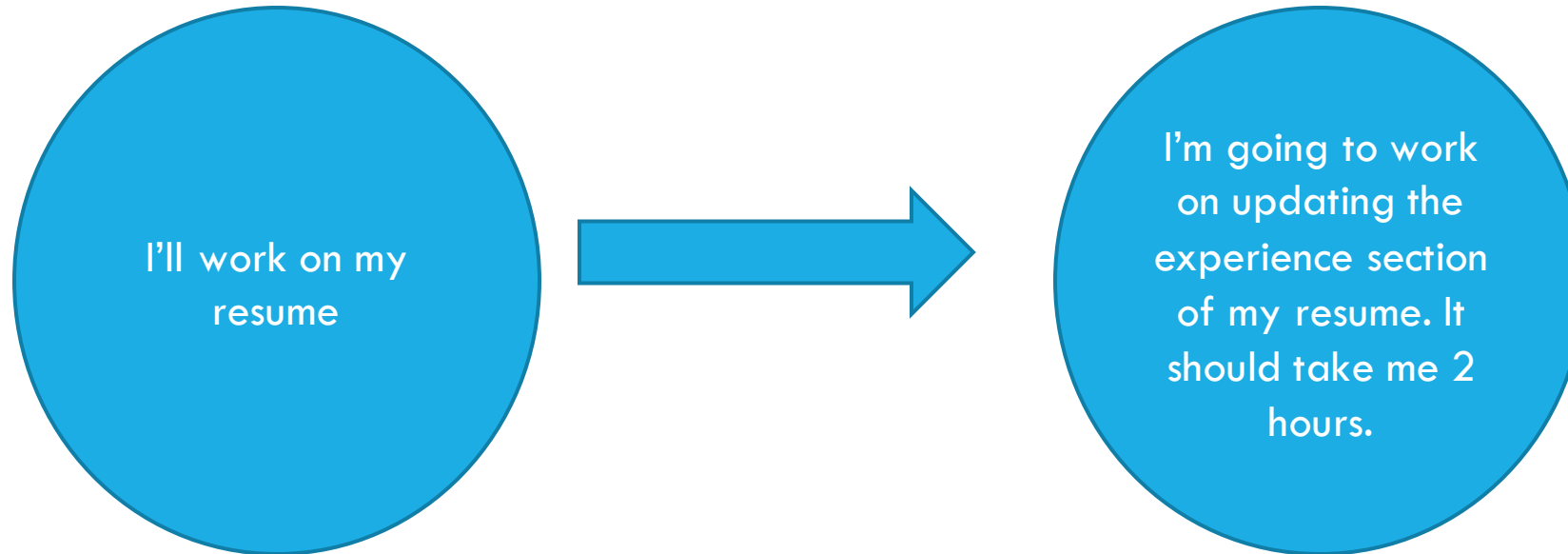


Relevant

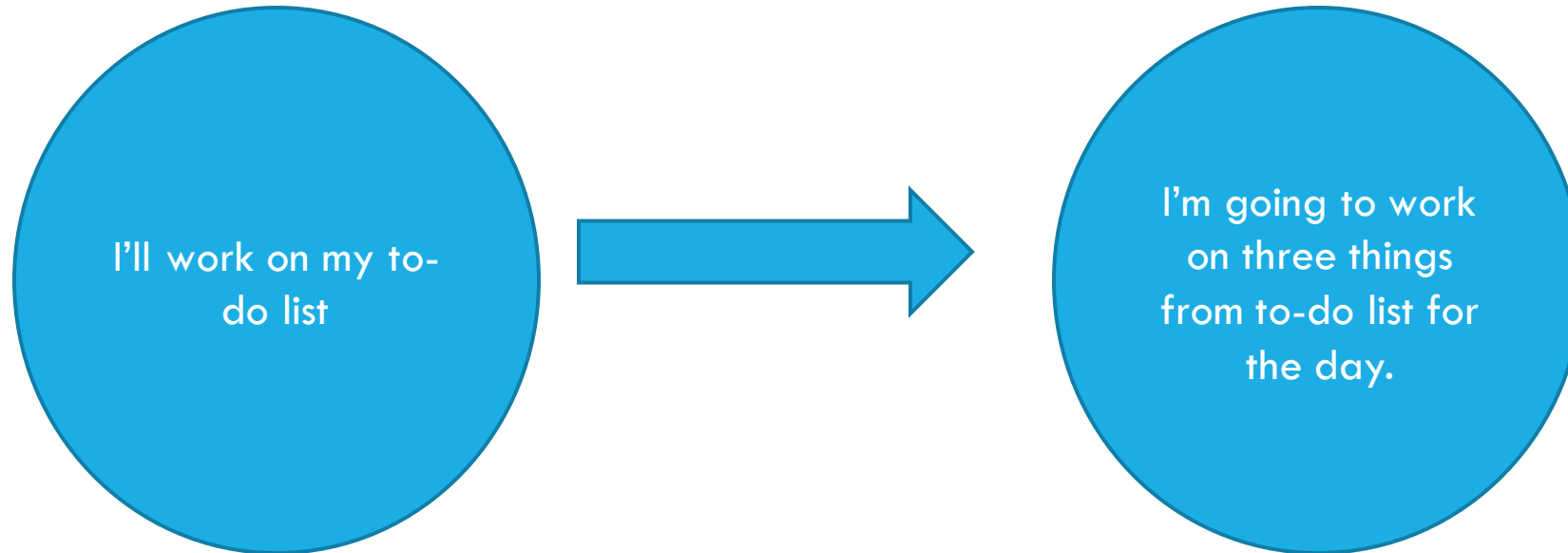


Time Based

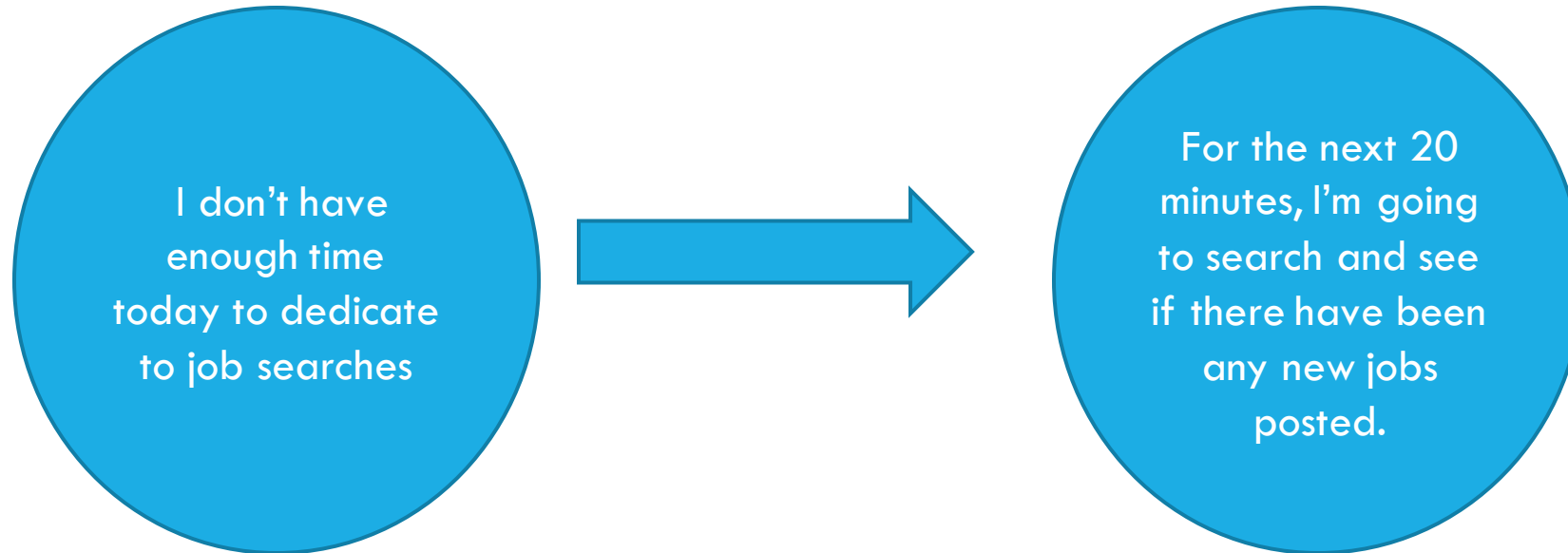
GOALS AND CLARITY



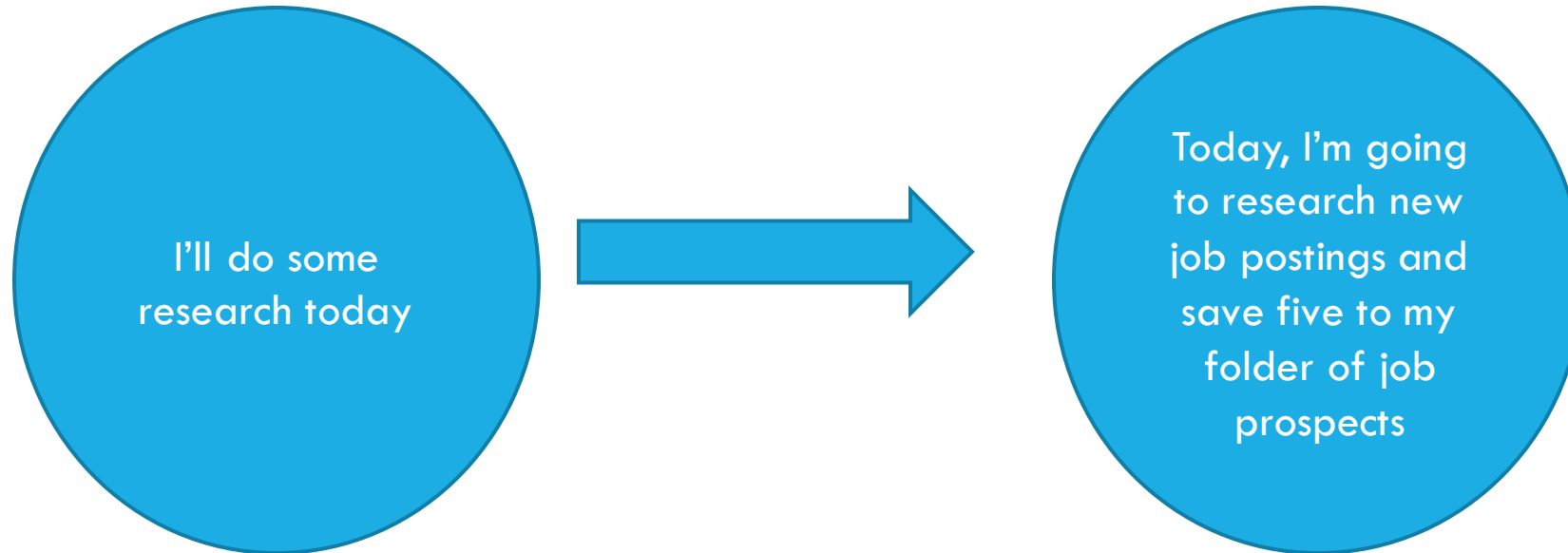
GOALS AND CLARITY



GOALS AND CLARITY

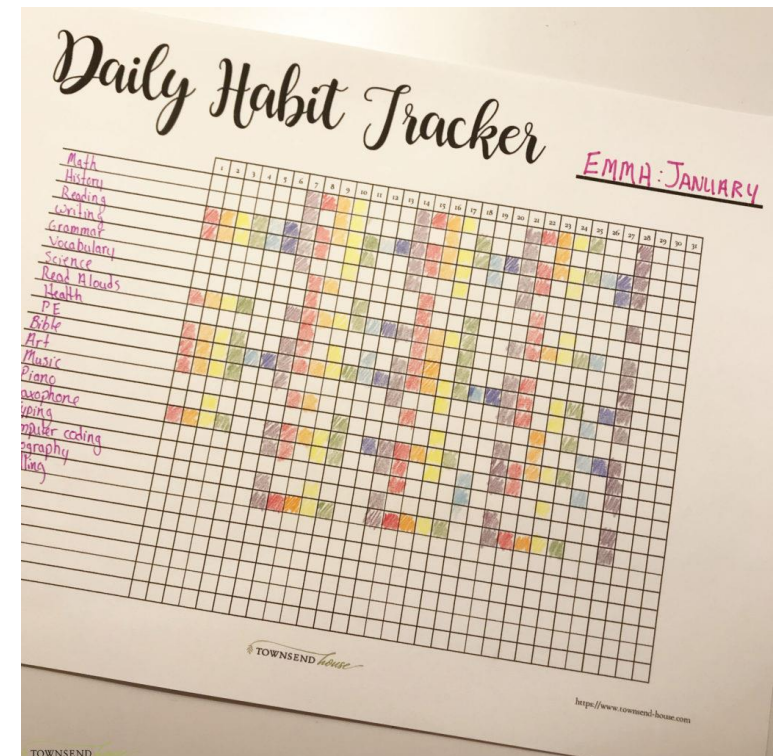


GOALS AND CLARITY



HABIT BUILDING AND TRACKING YOUR PROGRESS

- If you can identify one thing that you can do consistently on a daily basis that helps you with your job search you are in a good place (i.e., apply to one new job, reach out to one contact, research for 20 minutes)
- Track your progress, right now you'll want to create momentum so track what days you're actually doing something related to your job to help build up that confidence and momentum.



PERSPECTIVES

Jeremy Neilson

Domestic Student Recruitment Officer

Mount Saint Vincent University

Board Member, MSVAA

Vanessa Yurchesyn

Business Development Account Manager

Complete Purchasing Services

Board Member, MSVAA

How has COVID-19 impacted your job/workplace?

What general job/workplace trends are you seeing with the pandemic?

What is challenging? What makes you hopeful?

THANK YOU!
***YOU'LL RECEIVE SLIDES
AND HANDOUTS VIA EMAIL**

Questions? [**careerplanning@msvu.ca**](mailto:careerplanning@msvu.ca)

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