



# **Job Search + New Grads**

Kyla Friel, Career Counsellor  
October 2, 2025

**JOIN THE EXPEDITION  
TOWARDS PROFESSIONAL  
SUCCESS...**

**Atlantic's  
Canada Premier  
Recruiting  
Event**

**HALIFAX**  
**UNIVERSITIES**  
career fair

**TUESDAY, OCTOBER 21**  
**HALIFAX CONVENTION CENTRE**  
**10 A.M. – 3 P.M.**



**Free shuttle departs from the Seton Academic Centre main entrance facing the Bedford Hwy.**

**Departs from the Seton Academic Centre at:  
9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m., 1:30 p.m.**

**Departs from the Halifax Convention Centre to MSVU at: 11 a.m.,  
12 p.m., 1 p.m., 2 p.m., 3 p.m.**



# What we'll cover

Figure out you

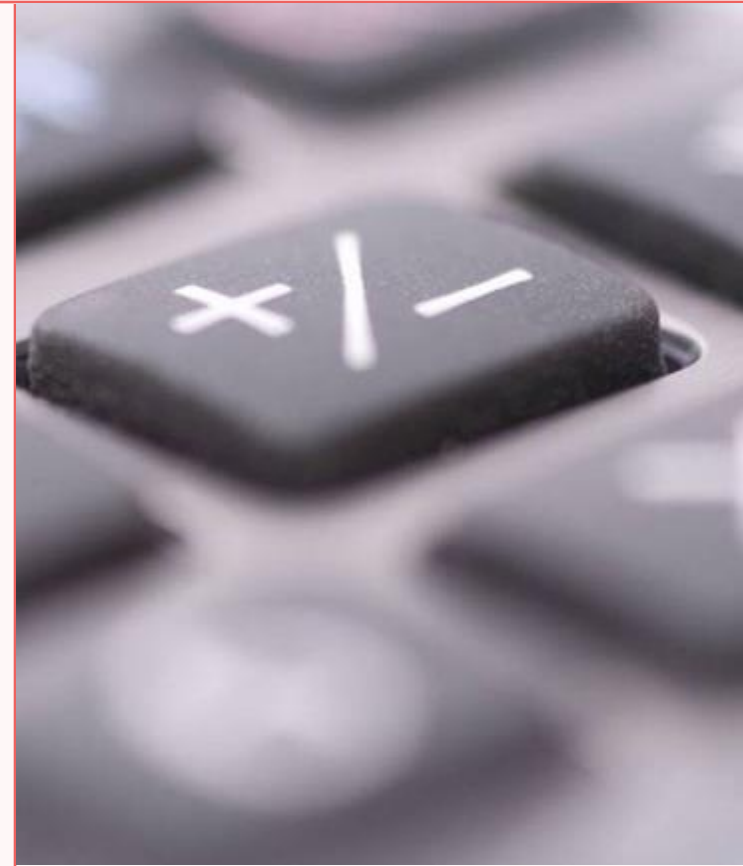
Experiment and test

Elevator pitch

Job posting resources

Programs and community resources

**POLL:** True or false?: I can only apply to jobs that require 1 to 3 years' experience when I've worked in the field that long.





# Figure out you

Pause, get reflective, and use the following tools to discover who you are and what you'd like to do.

# Figure out you

## Self discover

- Job Bank [Career Quizzes](#)
- Self assess with [Holland's Theory of Career Choice](#) and use [ONetOnline](#) to view occupations. Make the correlation to occupations in Canada with [Explore the Market](#) and [Nova Scotia Works Explore Careers](#)
- Think2Perform online card sort [values exercise](#)

## Mentorship

- Sign up for the FREE [Halifax Partnership Connector Program](#) (business networking focus)

## Research

- Use [Opportunext](#) to find out alternative career pathways using your education
- Insert keywords into the job title field on [Explore the Market](#) (Canada) or [Nova Scotia Works Careers](#) (NS) to view occupation descriptions, salaries, skills required, and more.





Gather information to help  
make good decisions

## **Experiment and test**

# Experiment and test

## Questions you can ask yourself

- What skills have I gathered from past work and volunteer experiences, school assignments, travel and personal interests that I can apply to a new job?
- Can I relocate for work?
- Am I willing to take a position that initially pays less to gain experience for later?
- Does the job posting match up with the pace, work-life balance, workplace social time and focused work time, and level of responsibility I expect and am willing to grow for?  
**POLL:** What does work-life balance look like?
- In an interview, how can I find out more about how I match with the position?
- Do I need to develop a contingency plan for looking for work? Would it include a date of hire or a financial decision?



# Elevator pitch

[15-Minute Elevator Speech Method](#) – The Muse website

A great exercise for being able to express what you do, why it matters, why/how you do it, what's next (immediate or future goals).





# Job posting resources

Create a list of job posting platforms, visit their websites and socials, and sign up for alerts.

Consider researching the employer first so you can follow them and be notified as great jobs come along.

**POLL:** What is more important?: Applying consistency or applying quickly?

# Job posting resources

## Lesser-known sites

- Local: Halifax Noise Jobs on Instagram [@halifaxnoisejobs](#) and [Career Beacon](#) website
- Government: Government of Canada on Instagram [@jobs\\_gc](#). Canadian citizens and permanent residents encouraged to self-declare
- Provincial: [Nova Scotia Works Job Postings](#)
- Non-profit: [Charity Village](#) and [Impact Organizations of Nova Scotia Job Postings](#)
- Recruitment agency: [Placemaker 4G](#) (apply to current job postings or join talent database)
- By field (look for examples in your field): University administration and faculty: [University Affairs](#). Agriculture and food: [agcareers.com](#). Tourism and hospitality: [Nova Scotia Tourism Talent](#)

# Job posting resources

## Look for employers first

- [Canada's Best Diversity Employers](#)
- [Canada's Top Employers for Young People](#)
- [The Career Directory](#) (search by degree)
- Non-profit: [Impact Organizations of Nova Scotia](#) (advocate for community organizations - view members, sector map, and job board). [Nova Scotia 211](#) (community service directory)
- Business: [Halifax Chamber of Commerce Member Directory](#)
- Professional associations and directories (research in your field) Examples: [Taste of Nova Scotia](#), [Buy Local Nova Scotia](#)
- Public-facing websites (research in your field). Examples from events and tourism: [Events Nova Scotia](#), [Discover Halifax](#), Official [Nova Scotia](#) tourism website



# Programs and community resources

All graduates have access to career counselling at MSVU 12 weeks after their last class or exam or 6 weeks after convocation. This is to help with the transition to programs and community resources.

# Programs and community resources

## Connect with...

- [Graduate to Opportunity](#): GTO Grow and GTO Innovate. FREE to register, 1 year to use from program completion or convocation. Look for the GTO Job Catalogue PDF.
- Nova Scotia Works: [Job Junction](#), [Opportunity Place](#), and [TEAMWork Cooperative](#) are employment centres in Halifax, part of the larger network of employment centres with [Nova Scotia Works](#) (province-wide)
- Immigrant Services Association of Nova Scotia: [ISANS Find Employment](#)
- [My East Coast Experience](#) website and podcast: a digital media brand dedicated to inspiring East Coasters to welcome immigrants and inspiring newcomers to stay



# Career Services

In-person, video and telephone appointments for

Career indecision

Job search support

Resume and cover letter feedback

Interview preparation

Graduate school and internship application

**counselling@msvu.ca • 902-457-6567**

**IG @msvucareers • [msvu.ca/careerplanning](https://msvu.ca/careerplanning)**

Sign up for reminders and links  
for Career Services 2025-26  
events



\*Halifax Universities Career Fair  
October 21, 2025

\*Practice speed interviews  
(SHIFT Career Development)  
January 13, 2026