



# **Job Search + New Grads**

Kyla Friel, Career Counsellor  
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# What we'll cover

Public Service Commission of Canada – Atlantic Region presentation

Figure out you

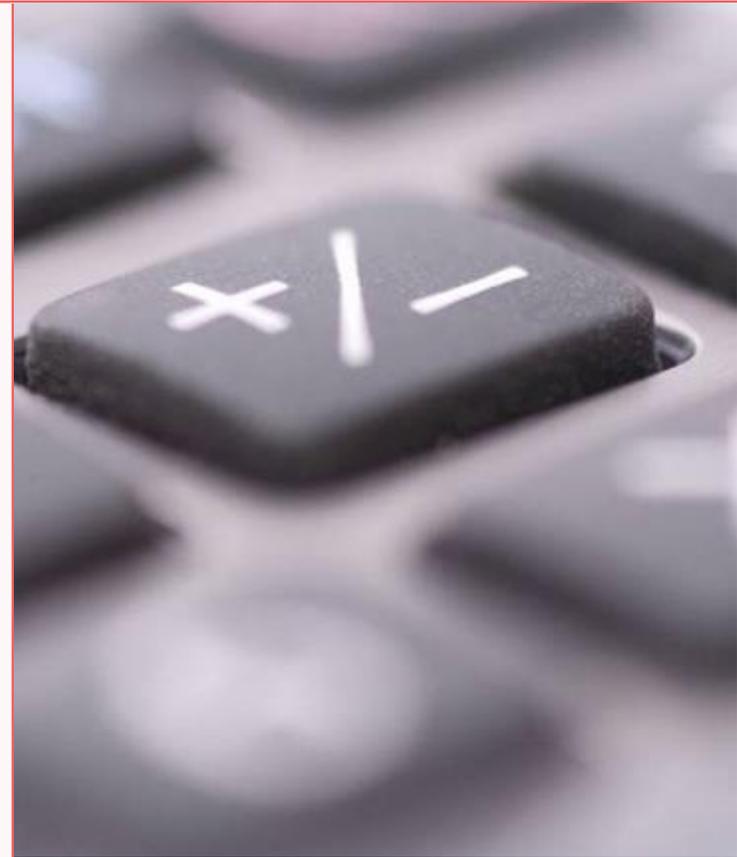
Experiment and test

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 have that level of work time in the field.





# 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 [Values Exercise](#)

## Mentorship

- Sign up for the FREE [Halifax Partnership Connector Program](#) (business networking focus)
- Chartered Professionals in Human Resources - Nova Scotia [Mentorship Program](#) for members entering into Human Resources professions. Check membership fees.

## Research

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



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 makes less to gain experience for later?
- Does the job posting match up with the pace, work-life balance, co-worker social/focused work time, and level of responsibility I expect and am willing to grow for?
- 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?

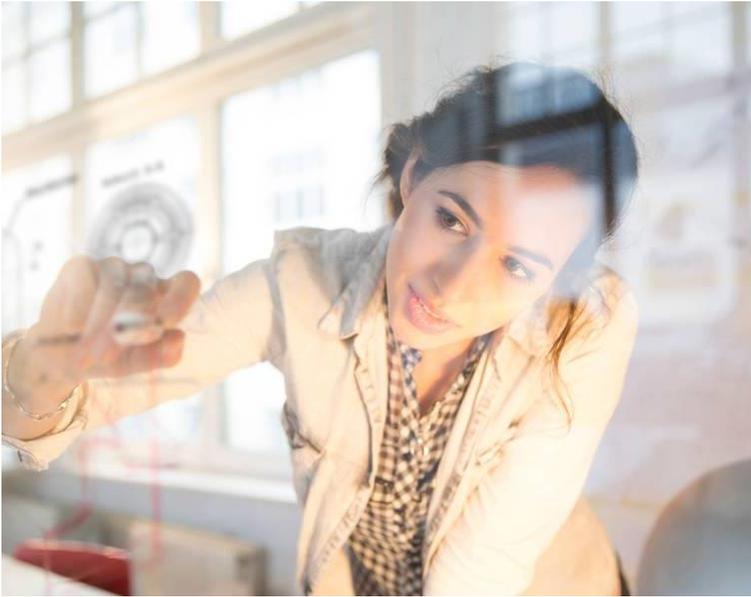
**POLL:** When you make a decision that's right for you, how do you know?



# 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.

# Job posting resources

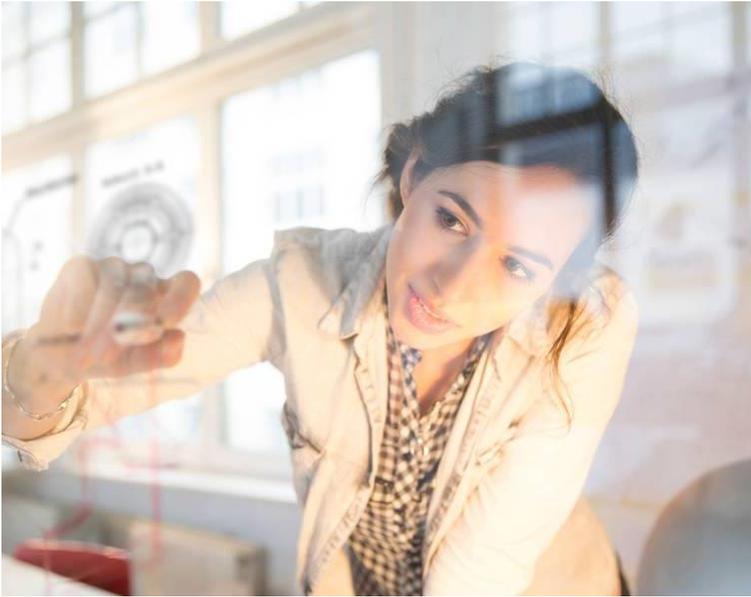
## Lesser-known sites

- Local: Halifax Noise Jobs on Instagram [@halifaxnoisejobs](#) and [Career Beacon](#) website
- Job postings from across NS: [Nova Scotia Works](#)
- Federal government: [Applying for Government of Canada Jobs: what to Expect.](#)
- Provincial government: [Government of Nova Scotia job postings](#)
- Non-profit: [Charity Village and Impact Organizations of Nova Scotia Job Postings](#)

# 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)
- Non-profit: [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](#)
- 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.
- [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 and virtual appointments for:

Career indecision

Job search support

Resume and cover letter feedback

Interview preparation

Graduate school and internship application

[counselling@msvu.ca](mailto:counselling@msvu.ca) • 902-457-6567

IG [@msvucareers](https://www.instagram.com/msvucareers) • [msvu.ca/careerplanning](https://msvu.ca/careerplanning)



## CCR GRAD DAYS

Graduating in May? Add your on-campus and off-campus volunteer and professional development activities to your Co-Curricular Record (CCR). The CCR gives you third-party endorsement for the competencies you've earned while at MSVU, which can be useful when meeting with employers and admissions committees.

CCR Grad Days gives graduating students the ability to start/update their online record and get one-on-one support to answer all their CCR-related questions. P.S. Snacks provided!

-  **March 11<sup>th</sup> and 12<sup>th</sup>**
-  **10:00 am - 12:00 pm**
-  **McCain 304 (across from the elevators)**

