



So I'm Going to Be a New Grad: Now What?

Kyla Friel, Career Counsellor
Vanessa Furlong, Counselling Intern
March 19, 2025

What we'll cover

Figure out you

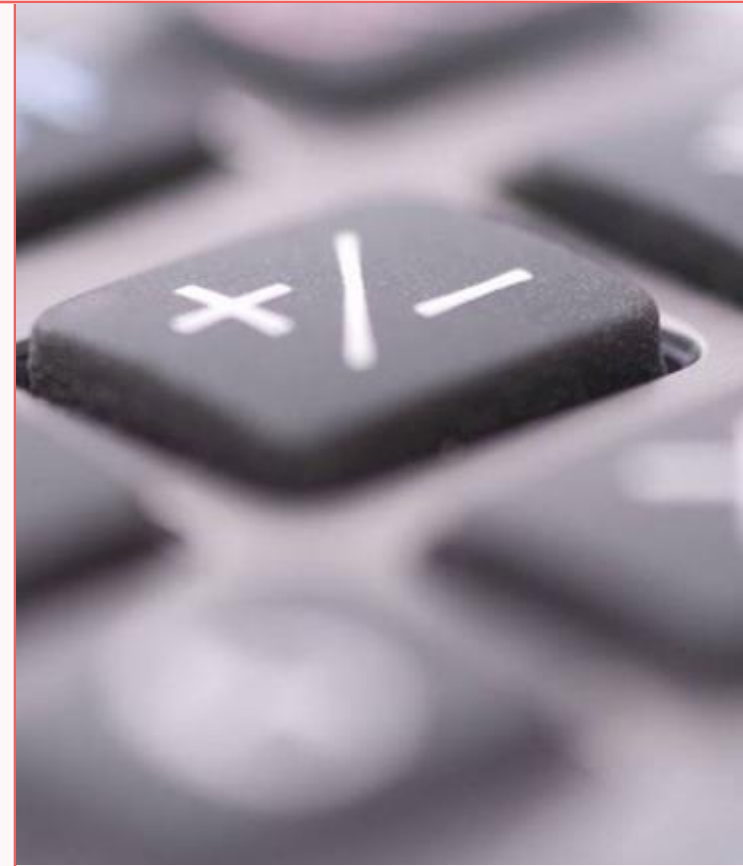
Experiment and test

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 have that level of work time in the field.



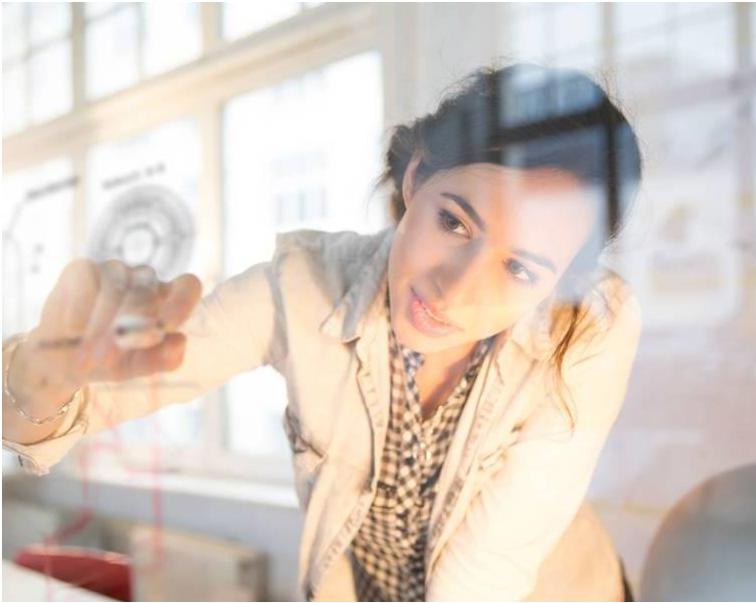


Figure out you

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](#)
- [Core Values exercise](#) by James Clear

Mentorship

- Sign up as a mentee with the FREE [Mount Mentorship Program](#)
- 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](#) 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 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?
POLL: In the chat, list good questions you can ask
- 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.

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)
- 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)
- 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 11 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 • 902-457-6567
IG @msvucareers • msvu.ca/careerplanning

Last drop-ins of the year!

Thursday, March 20
Thursday, March 27

1 p.m. to 2:30 p.m.

McCain Atrium