



What I Wish I'd Known About Career Planning

Kyla Friel, Career Counsellor

January 6, 2022



What we'll cover

- What I wish I'd known
- Values exercise + website (a light review today)
- Holland's themes + website (a light review today)
- Career field checklist
- Personal checklist

*Poll question #1

What I wish I'd known (BIG statements!)

- You will have ***new* information along the way** to make career decisions = make decisions with the info you have at the moment
- Tapping into your **values** can help you feel more confident about your choice of program or major and reduce the pressure to 'get it right'
- Consider:
 - What comes naturally to me? What has an even energy flow for me (exciting/challenging vs forcing/draining)
 - What do I stand for? What problem do I see that I want to help solve?
 - What am I willing to do to work in a way I love?

*Poll question #2

Values

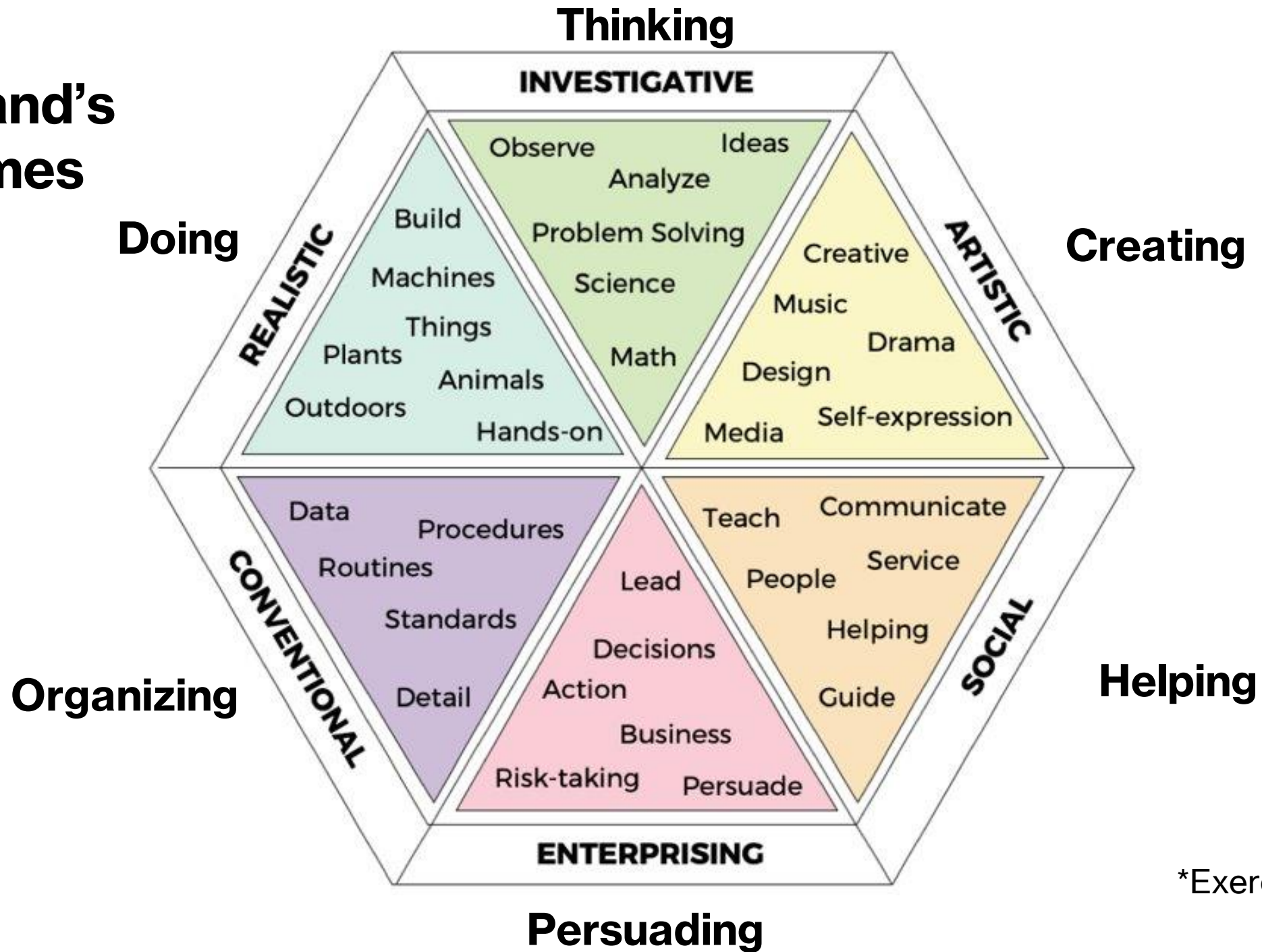
- **An exercise on your own time:** pick 5 values from this list
<https://jamesclear.com/core-values>
 - Pick quickly
 - What are the ones you will not compromise on, the ones you'll defend in an argument?
- **Use your values to guide your decision making.** How do they align with?...
 - Your program
 - The career you envision
 - Job postings currently posted
- For more on aligning your values with your work visit
<https://www.monster.com/career-advice/article/work-values-check-list>



Holland's Theory

- People and workplaces/occupations have 2 or 3 themes or strengths out of a total of 6 themes/strengths
- Themes: Realistic, Investigative, Artistic, Social, Enterprising, Conventional
- "People search for environments that let them exercise their skills and abilities, express attitudes and values, take on problems and roles they find stimulating and satisfying, avoid chores/responsibilities they find distasteful or formidable."

Holland's Themes



*Exercise



Holland Hexagon

With countless career opportunities, John Holland's Model of Occupational Themes organizes interest areas to help you find compatible work environments.

Holland's Theory + filtering

- Screen share **O Net Online**
<https://www.onetonline.org/explore/interests/>
- If you'd like a full report on your Holland's Codes and suggested occupations, consider taking the Strong Interest Inventory
 - \$30 payable online
 - Assessment online
 - Two career counselling appointments for set up and interpretation

Career checklist (BIG questions!)

- Do I choose a clear path vs unclear path?
- Am I entering into an emergent field vs established field?
- Do I know the cluster of jobs available in the career fields that interest me?
- Will I need additional education or licensing? (Another degree/training or master's degree, entrance or licensing exam. Check deadlines in 2nd or 3rd year)

Personal checklist (BIG questions!)

- Do I choose more routine or more variety in my work environment?
- Do I choose more desk work or more physical activity?
- Am I okay with shift work or do I like a set schedule?
- Am I okay with a career field that regularly expects overtime or do I need more career-life balance?
- Do I choose more travel or less travel in my job?

Personal checklist (continued)

- Do I do better in a collective work culture or an individualistic work culture? (Individualist work culture examples: self employment, working on commission/quotas)
- How flexible do I want to be in terms of moving cities/provinces/countries for work?
- How will I give of my time in the long run? What percentage will I dedicate to work, my family/friends, and other goals I want to accomplish? How might these percentages change over time?



Resources

- **What Can I Do with My Degree** (PDF tip sheets for MSVU)
<https://www.msvu.ca/campus-life/career-services/students/what-can-i-do-with-my-degree/>
- **Career Quizzes** (reliable 5- and 10-minute online quizzes)
<https://www.jobbank.gc.ca/career-planning/quizzes;jsessionid=A95974DF70CAD7CE3C76CCAF8017E25.jobsearch75>

Resources

- **Explore Careers Nova Scotia** (job outlook information for NS)
<https://explorecareers.novascotia.ca/>
- **LMI Explore** (job titles and outlook information for Canada)
<https://clmi-explore-icmt.ca/viz?page=home&lang=en>
- **CanLearn Program Search** (post-secondary programs offered in Canada)
<https://tools.canlearn.ca/cslgs-scpse/cln-cln/rep-fit/p/af.p.clsea-eng.do>



Career Services

Contact us!

- In person appointments
- Videoconferencing/ telephone appointments

Online booking: [Career Connects](#)

Email: counselling@msvu.ca

FB @msvucareerservices

IG @msvucareers

We help with

- Career indecision
- Resumes and cover letters
- Part-time and full-time job search
- Interview coaching
- Graduate school applications