# Quick Guide to Planning Your Future

## Explore Self

- **Ask:** What am I passionate about?
- **Explore your:** Personality, Values, Interests, and Skills.

## Explore Options

- Consider what majors might be a good fit for you.
- Explore careers, industries, causes, and organizations.
- Meet with an internship officer in your faculty (if applicable).

## Take Action

- Get involved! Volunteer, Student Associations, Extracurricular activities.
- **Continue to engage in new activities that will help you test out your interests, and will develop new skills.**
- **Try out a job (part-time, summer) or internship.**

## Prepare Tools

- **Start thinking about what you would like to add to your CV over your time at McGill.**
- **Create a CV and Cover Letter for your applications.**
- **Learn how to do well in an Interview.**
- **Update and target your CV and Cover Letter.**
- **Practice your interviewing skills.**
- **Think about further education.**

## U0 | Discover

- Identify who you would like to work for.
- Network at career events.
- Consider job shadowing.
- Research schools & programs.

## U1 | Explore

- Create a profile on LinkedIn.
- Network with employers you would like to work for.
- Apply for graduate school.

## U2 | Focus

- Revisit self-exploration periodically, as you will no doubt change as a result of your experiences at, and outside, university.
- Talk to people working in your field of interest.
- Talk to employers: find out how to plan for your goals.
- Decide if you want to pursue further education.

## U3 | Target

- Use the information that you gathered about yourself to refine your career goals.
- Identify who you would like to work for.
- Network at career events.
- Consider job shadowing.
- Research schools & programs.

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- **Ask:** What am I passionate about?
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**U1 | Explore**

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- **Learn how to do well in an Interview.**
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**U2 | Focus**

- **Use the information that you gathered about yourself to refine your career goals.**

**U3 | Target**

- **Create targeted applications.**
- **Have your application reviewed by an advisor.**
- **Schedule a mock interview.**
- **Start your job search early!**

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**CaPS Website**

For services, information and resources to guide you through your next steps:

[www.mcgill.ca/caps](http://www.mcgill.ca/caps)

**myFuture**

For jobs, internships, workshops, events and more:

[caps.myfuture.mcgill.ca](http://caps.myfuture.mcgill.ca)