



the career centre CaPS

Visit CaPS, ideally in your first year, and make use of the many services and resources we offer. Here is just a sampling of what CaPS can help you do:

- f* Choose your major and career direction
- f* Explore career options and set career goals
- f* Identify your skills, interests, and values
- f* Review your C.V. and cover letters
- f* Discover student employment opportunities
- f* Match you with alumni mentors
- f* Connect you with prospective employers

interviews

To learn more about CaPS programs and services, visit <https://www.mcgill.ca/caps/students/services>

Introduce yourself to people who have careers/jobs that are of interest. Contact people in your personal and professional networks for information on summer jobs. Find opportunities to "shadow" with someone in the workplace to increase awareness of interesting career fields. Also, attend any career fairs and career speaker panels to learn about career options and opportunities.

Get involved

Get involved, to explore your interests and develop transferable skills through volunteering, internships, extracurricular activities, student employment and experiential learning programs.

Internships

Internship is a pre-professional work term that provides students an opportunity to gain experience in a particular field. Most faculties at McGill offer internship, practicum or field studies.

Summer and on-campus jobs

On-campus, part-time and summer jobs are great ways to help students gain some work experience and finance themselves throughout their studies. For Quebec residents, federal and provincial governments offer many student programs to help students gain work experience in their field of study. For all students, many McGill departments hire students throughout the year (e.g. Athletics, Bookstore).

Volunteering and Extracurricular

Volunteering is another great way to explore new interests, learn and develop useful and marketable skills, meet new people in your field, gain experience, give back to your communities, and have a great time. To discover opportunities, events and organizations at McGill <https://involvement.mcgill.ca/>

Experiential learning programs at McGill

McGill offers numerous experiential learning opportunities for students to gain experience through a variety of learning opportunities



Featured Career Development Resources

