

Are you exploring or planning your career and looking for advice? Here are some steps you can take towards navigating your career path. This checklist is a guide to help you keep track of what you have already done as well as what you have left to do in your career development journey.

## Checklist

### 1. Learn about Yourself

- Check out **Career Cruising**
- Complete the **Strong Interest Inventory**
- Reflect on your skills, interests, and strengths

### 2. Explore Career Options

- Participate in the **Externship** or **Discover Talent programs**
- Attend **employer information sessions** on campus
- Conduct an **informational interview** with employers of interest
- Research **labour market information**
- Explore job search websites (e.g. Job Bank, Career Beacon, Indeed)

### 3. Build your Network

- Think about who is already in your network (make a list)
- Attend **networking** events on campus
- Volunteer
- Look for part-time employment
- Create or update your **LinkedIn** profile

### 4. Getting the Job

- Create or update your resume and cover letter
- Practice your interview skills by booking a mock interview
- Attend weekly career development workshops

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To book an appointment with a career advisor, visit:  
<https://www.mun.ca/student/student-success/career/>

Career Development (Student Life)  
University Centre 4002  
(709) 864-2033 or [careerdevelopment@mun.ca](mailto:careerdevelopment@mun.ca)