Maximize your Summer! How to get through this pandemic like a Boss!

Presenter: Cynthia Allan, Career Advisor
Housekeeping Items

• Please mute your microphone
• Submit all questions through the chat box
• This session will be recorded
Hottest Interview Questions of 2020/2021?

So, how have you been spending (or how did you spend) your time during the pandemic?

What have you learned about yourself?

Are you able to work remotely?
Why?

- Employers want employees who can show:
  - Flexibility – ability to deal with change
  - Initiative
  - Drive
  - Growth Mindset
  - Self-motivation

And...

- Someone who can successfully work remotely...
So, what should you be doing?

Anything!

*But ideally something that adds to your skill set, helps you network, and helps you grow personally and professionally.*
What you should be doing...

**Personal Development**
- Get to know yourself - read
- Focus on healthy habits with regards to sleep, nutrition and exercise
- Declutter your mind and your space
- Start a mindfulness practice
- Learn a new hobby – specifically something creative
- Connect with individuals in different areas and in different ways
- Take a course
What you should be doing...

Professional Development

• Networking
• Read and research
• Learn a new skill
• Take university courses towards your degree
• Give - Volunteer Work
• Paid work experience
  – Get creative!
Whatever you choose...

Be strategic

How will this help you in the future?
How do I set myself up for success?

- Establish a daily routine
- Set weekly/daily goals
- Regularly check in and connect with others
- Be positive and flexible
Questions??
Where can you find us?

Check out our website for tons of resources and a list of upcoming webinars!
https://www.uottawa.ca/career-development-centre/

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Career Development Centre
Book an appointment by emailing us at cdc@uOttawa.ca
Chat with us on Google Hangouts!
(Add chatwithcdc@gmail.com to your contacts.)