



A **WORLD** OF
OPPORTUNITIES

CAREER DEVELOPMENT CENTRE | CENTRE DE DÉVELOPPEMENT DE CARRIÈRE

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.



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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.)