

Professional Development

Health Sciences Grad Students

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Why Professional/Career Development?

Career
Advancement

Hone
Existing Skills

Develop New
Skills

Attractive to
Potential
Employers

Boost
Confidence &
Credibility

Leadership
Skills

Build
Professional
Networks



Individual Development Plan

- MyIDP – Career development tool
- Used in industry to help employees define & pursue career goals
- 2003 - Federation of American Societies for Experimental Biology (FASEB) proposed an IDP framework for postdoctoral scholars in the sciences
- myIDP – a unique, web-based career-planning tool tailored to meet the needs of PhD students and postdocs in the sciences



My IDP Science Careers Tool

- Free career exploration tool for Science PhDs & Postdocs
- Interest, Skills, Values
- Linked to Potential Career Pathways
- A list of 20 scientific career paths with a prediction of which ones best fit your skills and interests
- A tool for setting strategic goals for the coming year, with optional reminders to keep you on track



Career Development Tools

- My IDP -



- Beyond the Professorate



- Job Bank Canada -

<https://www.jobbank.gc.ca/marketreport/summary-occupation/4876/ca>



- CGPS' GradHub Lab – self-paced modules



Beyond the Professoriate **FREE** Resources



Webinars, Career Exploration Video Library, Career Development Workbooks etc.



October 15th - How to Build a LinkedIn Profile for an Industry Job Search



November 5th - Overqualified or Underqualified? Which Is It and What to Do About It



November 19th - How to Job Search During Uncertain Times



Level up your skills

LEVEL UP

Professional Development offered by CGPS



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BE WHAT THE WORLD NEEDS



LevelUP PD Offerings

- Professional Networking – September 25th
- Resume and CV Writing – November 13th & 25th
- Introduction to the Canadian Workplace Culture – December 11th
- Cultural Adjustment Series – October 16th & 28th
- Individual Development Planning – November 27th & December 4th
- Interview Skills Workshop – Winter Term
- Job Search Techniques – Winter Term



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October 16 & 28 2025

Cultural Adjustment Workshop for Graduate students

The cultural adjustment workshop series are multiple workshops that equip international graduate students with knowledge, strategies, and skills to successfully transition to the Canadian cultural context (including academic and professional environments).



Topics include:

- Tips for Managing Cultural Differences, Cultural Shock etc
- Introduction to Canadian workplace culture
- Conference Style Presentations
- Language & Communication–Academic Jargons, accents
- Effective Academic Writing Strategies
- Brief Introduction to AI for Academic Purposes



BE WHAT THE WORLD NEEDS



CGPS Graduate Mentorship Program

- Launched May 2025
- Wraps October 2025
- New Cohort commences winter 2026
- Applications to Open end of October
- **Next Cohort's Application Deadline – December 5, 2025**
- PhD Study and expansion of program



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GPDN · RPESP

Canadian Career Symposium for Graduate Students and Postdoctoral Fellows

REGISTRATION NOW OPEN!

BE WHAT THE WORLD NEEDS



Annual Canadian Career Symposium

- Graduate students and postdocs
- October 21st – 23rd (**VIRTUAL**); Free (CGPS-PAID)
- **“Promising Practices: Advancing Careers in Uncertain Times”**
- Sessions Include:
 - a) Getting Practical Career Relevant Experience
 - b) A Recruiter’s Perspective to Applying & Interviewing
 - c) Building Cultural & Career Competency Through Networking Conversations
 - d) Career Roads: how to Make the Best of Pit Stops

