

Graduate Professional Development Class Outline
Spring 2022

CHRIM Trainee Career Development Group:

Sarah Turner, PhD Candidate; sarah.turner@umanitoba.ca
Samantha Lee, PhD Candidate; umlee285@myumanitoba.ca
Dr. Andrew (WH) Tse, PhD; atse@chrim.ca
Spencer Ames, MSc Student; amess@myumanitoba.ca

Committee Vision: This CHRIM wide trainee-driven initiative is committed to enriching and fostering career development in trainees.

Program Goal: The CHRIM Trainee Career Development Group has adapted Dr. Nana Lee’s Graduate Professional Development Course offered at the University of Toronto. This program will help trainees to 1) determine their skills and interests; 2) explore and plan for professional success; and 3) market yourself.

Overview: Dr. Lee’s program can be broken down into 3 areas:

- 1) Reflection – personal assessment of career aspirations, skills, and interests
- 2) Meaningful Engagement – develop a 5-year plan and identify mentors
- 3) Storytelling – market yourself for the career you want

The videos can be found at the “Graduate and Life Sciences Education GLSE,” Youtube channel:
<https://www.youtube.com/playlist?list=PL095D5AmPAaop0BwdEAcCnsKpp-KH5-Bd>

Course Outline: In class, we will watch and discuss videos from Dr. Lee’s program. This will be complemented with an in-class lesson and group activities. Homework is required before most classes (see below).

Syllabus

Class (week)	Topics	Video	Homework before lesson
Week 1 May 27, 2022 10am-12pm Introduction	Introduction to the program Ice breaker My Individual Development Plan (myIDP)	Video 4 to 14:50	
Week 2 June 3, 2022 10am-12pm Reflection	myIDP review Career options Skills clustering (breakout groups)	Video 4 from 16:28 to end Video 5	Complete myIDP
Week 3 June 10, 2022 10am-12pm Meaningful Engagement	Wayfinding exercise 5-year plan	Video 6 from 2:07 to end	Complete 5-year plan
Week 4 June 17, 2022 10am-12pm Networking, Mentors and,	Networking Basics Finding a mentor Informational interviews	All of Video 7	Identify potential mentors and begin implementing meaningful engagements

Informational Interviews			
1 month break			
Week 5 July 22, 2022 10am-12pm Story Telling	Meaningful engagement – mentor to job opportunity? Resume Cover Letters		Resume and cover letter
Week 6 July 29, 2022 10am-12pm	Interview Skills Mock interviews		Prepare list of experiences you can refer to in interview