



Directions for Immigrants in
Trades and Professional Careers

Directions Headlines

Issue 8

December 2009

Study Groups Start Dates (2010)

Clear Communication
for Business
January 9

Clear Communication
for Health Professionals
January 11

Pharmacy Examining
Board of Canada
(PEBC) Evaluating
Exam **January 16 and
February 3**

APEGGA National
Professional Practice
Exam **January 22
and 23**

NEW Medical Council
of Canada Qualifying
Examination (MCCQE)
Part II-OSCE **January
23**

NEW Medical Council
of Canada Qualifying
Examination (MCCQE)
Part I **February 2**

Canadian Registered
Nurses Exam (CRNE)
February 19 and 23

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Directions for Immigrants offers Study Groups for Immigrant Physicians

On January 23 and February 2, 2010, Directions for Immigrants will be offering Study Groups for the Medical Council of Canada Qualifying Examination (MCCQE) Part I and the Qualifying Examination (MCCQE) Part II – OSCE (Objective Structured Clinical Exam).

Cayti Beyer, Career Coach, shared with us what it has been like to develop these study groups.

What elements have you taken into account when designing these study groups?

From a focus group we held with International Medical Graduate (IMG) residents and IMGs at different levels of the licensing process, I received great feedback that will help with content planning and identifying areas of difficulty in the MCC exams. Also,



practicing Canadian physicians and senior residents have been consulted in order to ensure a logical and practical approach to the study material.

What aspects of the preparation of these study groups are the most challenging?

It is of utmost importance to have a strong selection of scenario questions which covers all aspects of the exam including ethics, population health, epidemiology, and stats. The MCCQE2 requires many clinical scenarios for each section of the exam. Each case requires a detailed clinical checklist, study group questions and materials and handouts to help facilitate learning.

What benefits participants will gain from these study groups?

The benefit of being facilitated by practicing Canadian physicians and senior residents in a small group setting over a period of weeks is very valuable. Learning in a group



environment which helps to build an understanding of the many cultures found here in Alberta, how to work together as a team, how we negotiate and problem solve as a group are also valuable.

What level of commitment do you expect from participants?

This is a program for professionals, coordinated by professionals, and facilitated by professionals. Participants are expected to attend all sessions and to be on time. My broad outcome expectations for these study groups reflect the ultimate goal of each IMG, which is licensure in Alberta. To achieve that goal requires dedication, hard work, a positive attitude, willingness to learn, strong language and communication skills, and a passion for medicine.

Holidays and Job Search



"Take advantage of open houses, parties, and relaxed work schedules that many companies hold during the holiday season. You may just establish that connection that wins you the job you have been looking for".
Melanie Fox-Smith
Career Coach

November and December are not typically hiring months except for those employers which hire seasonal workers for the Christmas rush. This does not mean that you should freeze your job search.

Melanie Fox-Smith, Career Coach at Directions, says that during this festive time of the year many people are taking more time to socialize. Whether or not you celebrate Christmas, take advantage of all the activities that are free to enjoy and make new

connections. "This holiday season opens up many topics of conversation. Ask questions to help melt down the walls and initiate some interactions". These are some of the questions Melanie suggests:

Do you have any special traditions that you particularly enjoy during this holiday? Are you planning to travel anywhere for the holiday break? Are there any special events in Calgary that you will be attending?

On the same subject, Patrick Cotter, Career Coach, recommends

attending networking events through professional associations. For oil and gas engineers, for example, check for events offered by APEGGA, Canadian Association of Petroleum Producers (CAPP), and Toastmasters. If you are an IT professional take a look at *Infoport.ca* and attend CTI Tech Talkers Club. For people in Accounting and Finance check the websites of professional associations such as CA, CGA and CMA.

Don't miss community and ethnic groups' gatherings. These are valuable opportunities to meet new people - concludes Patrick.

"I was so pleased to meet with my colleagues again, recalling all those days of hardship: reviewing for the CRNE and finally reaping the fruits of all our labour when we passed the exam and became Registered Nurses in Alberta."
Leonida Rellve RN
Foothills Medical Centre

Nurses Potluck: Ethnic food, support, and networking

On November 5, the Directions' workshop room was full of nurses and ethnic gastronomy.

Joumana Tasse and Nabeela Azeem, Career Coaches of the Canadian Registered Nurses Exam (CRNE) study groups, organized a potluck to gather internationally educated nurses who have been or are currently in Directions CRNE study groups.

More than thirty internationally educated nurses from Philippines, Nigeria, Romania, Poland, Taiwan, Ghana, England, and Thailand brought their

favorite ethnic dishes to create a flavorful

atmosphere for conversation, exchange of experiences, and sharing of employment prospects.

Nabeela Azeem described this event as an excellent networking opportunity. "Nurses who are at the start of the process could benefit from the experience and encouragement from successful Registered Nurses. Different perspectives were exchanged regarding the current situation for nurses in Alberta. Overall, participants appeared to have been motivated and encouraged to proceed on their career path".

Joumana Tasse thinks this potluck was a celebration. "The 14 week commitment and the stress of preparing to write the exam deserved

to be recognized. Many of our participants struggled between balancing a family, a new culture and workplace, as well as studying for hours each day". Moreover, says Joumana, "the event let us express our gratitude to very supportive co-facilitators such as Linda Shorting and Ariel Banjao".

Some participants also provided feedback on the event. Rhodora Ganje commented, "Meeting successful examinees that had been through the same experience of exam anxiety gave me some relief". Titi Goke expressed, "I felt the people around me were the ones I belong with. They understand the challenge that comes with being new in Canada".





Directions for Immigrants in
Trades and Professional Careers

Our location:

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**Helping Immigrant Professionals
restart their careers in Alberta**

Directions for Immigrants in
Trades and Professional Careers
support internationally trained
and experienced professionals
towards securing employment in
their profession and gaining
accreditation.

- Career Coaching
- Study Groups for licensing exams
- Workplace Communication
- Industry Networking Sessions

www.directionsforimmigrants.ca

Directions for Immigrants is operated by Bow
Valley College. This Service has been funded
by the Government of Alberta and the
Government of Canada.

**Directions expands
hours of operation**

As a way of providing
more flexibility to our
clients, Directions for
Immigrants is offering
extended Resource
Centre hours.

During December 2009,
our Resource Centre will
be open **8:30 am to
8:00 pm** on the
following evenings:

(Tuesdays) December 1
and December 15

**Appreciation from a
successful nurse**

Dear Joumana Tasse:

*"I just received my CRNE
results today, and
fortunately, I am one of
those lucky examinees.
Thank God I passed the
nurses examination. I
really appreciate your help
and encouragement.
Though I may appear
redundant, I can't really
stop thanking you!
The nursing study groups'
facilitators are some of the
most wonderful people I
have ever dealt with here
in Canada. Thanks for
having confidence in me. I
found a great support in
the CRNE study group
classes.*

*Joumana, you are such an
effective study group
coordinator. Kindly extend
my appreciation to the
co-facilitators Linda
Shorting and Ariel Banjao,
Directions' Career Coach
Nabeela Azeem, and the
rest of the staff."*

Rhodora Gange
Internationally Educated
Nurse (Philippines)
Participant of Directions'
Nurses study group.

Please bring a donation of
non-perishable food for
the Calgary Food Bank

Directions for Immigrants
cordially invites you to our

HOLIDAY OPEN HOUSE

December 16, 2009
2:00-5:00 p.m.

McFarlane Tower, 2nd floor
#260, 700 - 4 Avenue SW

*Join us for coffee
and treats !!*

Please RSVP by December 10 directions@bowvalleycollege.ca (403) 297-2555