



Directions for Immigrants in
Trades and Professional Careers

Study Groups Start Dates

Canadian Registered
Nurses Exam (CRNE)
June 29

Medical Council of
Canada Qualifying
Examination Part II
July 3

Medical Council of
Canada Qualifying
Examination Part I
August 3

Canadian Society for
Medical Laboratory
Science (CSMLS)
Certification Exam
July 17

Pharmacy Examining
Board of Canada
(PEBC) Evaluating
Exam **July 17 and
August 4**

APEGGA National
Professional Practice
Exam **July 23 and 24**

Clear Communication
for Business and Clear
Communication for
Health Professionals
September 2010

Inside this issue:

Networking really 2
works!

Nurses 2
Networking
Event

Tips on LinkedIn 3
Profiles

Directions Headlines

Issue 10

July 2010

A valuable resource for the licensing process: International Medical Graduates (IMG) study groups

"Big relief, happiness, hope, great satisfaction, more confidence, finding an oasis in the middle of a desert", these are the words of fourteen International Medical Graduates (IMGs) when describing the feeling of knowing they have passed a licensing exam. For them, this success means moving closer towards achieving the key goal of getting into residency, the final stage of becoming a licensed physician in Canada.

Last March, these IMGs joined Directions for Immigrants first intake of study groups to help them prepare for the Medical Council of Canada Qualifying Examination Part I and Part II exams. Study group sessions focused on deepening participants' clinical knowledge in all focus areas through mock exams, case studies, and performance feedback and developing the

necessary skills relevant to the passing of the exams.

Cayti Beyers, Career Coach and Facilitator of the MCCQE Part I and II study groups, says part of the success is based on knowing the needs of IMGs and providing them with the tools required to overcome their challenges. She adds that having supporting experienced physicians and residents co-facilitating each week was a key component of the process: "They developed well documented case studies and scenarios and gave valuable advice to each participant."

Physician Consultant Dr. Mal Kaminska touches on the key features of both study groups: "For the MCCQE1 one of the goals was to have participants understand how to highlight the important study material on which they have to focus and for the MCCQE2, providing them with enough time to practice scenarios was fundamental."

Here is feedback from some successful participants:

Hanan Ahmed: "The MCCQE1 study group helped me stay focused. The instructors explained the



nature of the exam and the technique to effectively answer the exams questions."

Salma Saleem: "The program guided us in understanding the ethical issues of the Canadian medical system."

Chris Pavel: "The mix of instructors was excellent. Being exposed to different approaches to teaching was incredibly helpful. I also understood that nothing replaces individual studying, but by having an excellent direction from facilitators, everything takes shape."

Walter Cheah: "The MCCQE2 study group provided us with excellent study materials and most importantly practice."

Tania Zhukiva: "I gained a good strategy and confidence because of excellent teaching and support from Career Coach Cayti Beyers and Physician Consultant Dr. Melissa Jack."



Networking really works!

By *Victorio Tacio*, Directions' client



"The *Networking and Job Leads* workshop of Directions for Immigrants provides participants with strategic ways of networking and tapping into the hidden market."

"Sharing experiences and discussing key strategies for problem resolution kept us motivated throughout the session and gave us the feeling that we, as IENs, are committed to professionalism and excellence in the Canadian workplace." Fatima Karin, IEN and former study group participant



Here are three things I followed that made me realize that networking is the most successful and comprehensive job search strategy:

Believe in networking: My networking started with myself. I had to convince myself that networking would make a difference in my job search. Staying positive, being friendly and open to results made me continue believing in what I can achieve through networking.

Establish my network: I had to set out my plan on

how to network efficiently with the available resources. Directions for Immigrants was my headquarters, resource centre, peer support group, and training ground.

Nurture my networking values: I have built professional relationships and expanded my circle of friends by following the values of networking: being friendly, motivated, persistent, and with a coach-able attitude. I have made friends on the C-Train, bus, and career fairs. In addition, I joined Toastmasters, made cold

calls to companies and individuals, opened my LinkedIn account, and volunteered in socio-community activities.

I will not stop networking because it is already ingrained in my skin. I am thankful to Joan Matsusaki, my career coach, my networking classmates at the *Networking and Job Leads* workshop, and all the staff of Directions for Immigrants. *Victorio Tacio is an internationally educated HR Specialist. Recently, he got a job in a non-profit charitable organization in Calgary.*

Nurses Networking Event: A discussion on cultural and communication issues in the workplace

On May 25, Directions for Immigrants hosted a Nurses Networking Event at McDougall Centre to encourage an open and honest discussion on the communication and cultural challenges internationally educated nurses (IENs) face in a Canadian healthcare work environment.

17 IENs, current and former clients of Directions for Immigrants, actively participated in this gathering.

The IENs had the opportunity to interact and get advice on best nursing practices in the workplace from eleven experienced nurses

with very diverse education and work backgrounds.

Marion McGuire (Mount Royal University), Linda Shorting (UofC), Chris Davies (CARNA), Lucy Reyes, Heather Conradson, John Montpetit, Daniel Salcedo and Ariel Banjao (Foothills Medical Centre), and Gail Thauberger, Peggy Schellenberg, and Mauri Loyer (BVC Nursing programs) brought lots of expertise to the tables and the willingness to engage proactively in the discussion.

Karen Jenkins, Directions' team lead, points out the main objectives of this networking event: "The idea was to provide our nursing clients with a comfortable space where they could connect with expert nurses and share

thoughts, advice, and valuable resources to help them succeed in the workplace." Jenkins adds that this event served as a foundation for future mentorship initiatives.

Clare Myers, instructor for the Integrated Practical Nurse Diploma for IENs at BVC, opened the event by sharing some insights into how cultural differences and communication styles can have profound effects on interactions with patients and staff in a health care setting.

Discussion topics included interactions with supervisors and co-workers, cross-cultural and communication practices, integration into the workplace, and workplace dynamics.



Directions for Immigrants in
Trades and Professional Careers

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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 for Immigrants is now on TWITTER.

Follow us at

[@bvcdirections](https://twitter.com/bvcdirections)

Extended Resource Centre hours

For those clients who are not able to make an appointment or attend Directions' workshops during the daytime, Directions for Immigrants is offering extended resource centre hours from 8:30 am to 8:00 pm on the following evenings:

(Tuesdays) July 13, 27
August 10, 24

Employer Networking Session with Maple Leaf and WorleyParsons

On June 30, clients had the opportunity to interact with Arleen Gallo, HR Manager of Maple Leaf Bakery and David North, Director of Project Management and Engineering from WorleyParsons. Our clients obtained updated information on business areas, main projects, and job openings as well as key advice on how to effectively apply for jobs, including tips for resumes and interviews.

LinkedIn Profiles: Tips to effectively market yourself

LinkedIn is the world's largest professional network with over 70 million members. It is considered a business-oriented social networking site. Many recruiters are increasingly using LinkedIn to search for talent.

LinkedIn members share knowledge, ideas, and opportunities with a network of professionals that grows constantly. For job seekers, LinkedIn is a tremendous tool to land dream jobs.

LinkedIn



One key aspect to consider is the LinkedIn profile which allows registered users to showcase their skills, talents, professional experience, and education background. According to the official LinkedIn website, users with complete profiles are 40 times more likely to receive opportunities through this site. Here are some tips on LinkedIn profiles:

-List your full name and display a professional-looking photo.

-Write a professional headline that adequately brands you.

-Display something relevant and timely in your status update (a Conference you will be attending, something of interest you recently read in your area of expertise)

-Elaborate well on your work

experience.

-Use the "Specialties" box to fill in keywords and list as many keywords as possible that are relevant to your roles, capabilities, and interests.

-Include information about your education.

-Get at least three recommendations from previous employers or colleagues.

-Acquire some connections within your professional workshop.

-Do not just enter your Resume. Your professional summary is your way to have a presence on this social networking platform.

-Complete your contact settings. In your own words tell why you are on LinkedIn and what your networking goal is.