



Directions for Immigrants in  
Trades and Professional Careers

# Directions Headlines

Issue 6

June 2009

## Study Groups Start Dates

Communication  
Works! **June 26**

Canadian Registered  
Nursing Exam  
(CRNE) **July 3 & 7**

APEGGA National  
Professional Practice  
Exam **July 24 & 25**

Pharmacy Examining  
Board of Canada  
(PEBC) Evaluating  
Exam **July 25 & 29**

Canadian Society for  
Medical Laboratory  
Science (CSMLS)  
Certification Exam  
**July 30**

## Workshops

**NEW** Study Methods  
for Exam Preparation  
**July 8**

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## Successful clients share job search experiences

On March 5, more than 40 Directions for Immigrants' clients gathered to participate in a peer networking event. Seven successful immigrant professionals shared their inspiring stories on finding a professional job and pursuing accreditation in Alberta.

The speakers talked about the job search resources that worked best for them and encouraged participants to research the job market and network in any way possible.

Here are some excerpts of their comments at the event:

### **Emeka Udensi, IT Project Manager for the City of Calgary**

"Networking has been the most important resource for my job search. If you want to

get a job, you have to meet people, talk to people, and be friendly. Try to find something of common interest."

### **Chen Liao, Project Coordinator for Alberta Network of Immigrant Women (ANIW)**

"My career coach at Directions helped me a lot with the job interview preparation. I was not aware of some key cultural aspects of the interview process. I practiced with my career coach every single interview question I could."

### **Ahcene Denane, Pipeline Technical Specialist for Colt Worley Parson**

"When you think you are not getting good results with your job search, get in touch with

your career coach. Career coaches will provide you with feedback. Then you adjust and get back on the right track."

Feedback among attending clients was very positive. One of the clients said he got a boost of energy and motivation from this networking event. Another client expressed that despite the economic situation, there are still job opportunities.



**Leonida Relleve**, Registered Nurse, Foothills Medical Centre: "*Licensing processes are tough but achievable.*"

## CRNE study groups support Internationally Educated Nurses with licensing process

Directions for Immigrants has developed expertise in both the development and facilitation of the Canadian Registered Nursing Exam (CRNE) study groups. To date, 6 groups have been delivered and 31 nursing participants have passed the

CRNE and are now licensed as Registered Nurses (RN).

Sola Akinsany, a Registered Nurse who works at the Foothills Hospital, enrolled in the Directions' CRNE study group last October and successfully passed the CRNE in February. Sola was invited

to a study group session to share her experience of writing the CRNE. By following the methodology suggested, she handled the 250 questions with self-confidence and control (*cont. on next page*).

## Directions' CRNE Study Group (Cont.)



**Sola Akinsany, RN** (Nigeria). Second from the left. Successful CRNE study group participant: *"The study group challenged me to study more"*.

Current participants had the opportunity to ask Sola questions on how to effectively approach multiple choice exams.

Sola had the following to say about the CRNE study group:

"I approached and interpreted the questions and answers according to techniques provided in the study group. I am very grateful to the career coaches who always encouraged us to put more effort into the learning process. It feels so good to

be a RN. I feel fulfilled and I perform my daily duties with pride."

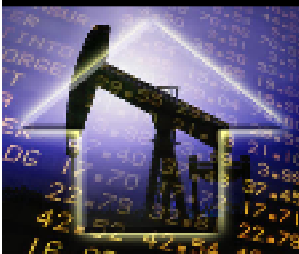
Linda Shorting, Registered Nurse and Co-facilitator of Directions' CRNE Study Group is very aware of the challenges Internationally Educated Nurses face in learning and adopting professional knowledge from a different perspective. "I appreciate their contributions. These nurses' journeys are tremendously important to all citizens in our communities. Communities absolutely depend on their success."

Linda adds that the study groups give internationally trained nurses an opportunity to break the isolation and talk about the fears they face in studying for an exam on their own. "Participants are able to ask questions in a safe and supportive learning environment."

Besides improving their test taking skills, CRNE participants also have the opportunity to develop relevant health care vocabulary. 84% of the study group participants successfully pass the CRNE.

*"You have no control over the economy, but you can always network. Find more unconventional places to network."*

Patrick Cotter  
Career Coach



## Effective job search tips during a recession

Recession, downturn, layoffs, declining oil prices, are some of the words we read in newspapers and see on TV. As a result, some newcomers may feel discouraged when trying to access the job market.

Patrick Cotter and Nabeela Azeem, career coaches at Directions for Immigrants, agree that even in these turbulent times, there are still job prospects. They suggest the following job search tips:

- Have a multifaceted approach employing a number of job-search techniques.
- The economy is not at a stand-still. There are employers looking for

relevant and affordable employees, but you have to go out and ask.

- Don't be discouraged. Apply for jobs. Take your chances. Be persistent.
- Hiring cycles are longer than usual at this time. Follow up with the employer regularly to show your on-going interest in the position.
- Research and be flexible. Focus on finding as many suitable companies as possible and making contacts so you are one of the first options when something becomes available.

- While you are looking for work, find things you can do that you might not have time for once you are working again. Work on getting licensed or accredited in your field. This could make you more attractive to employers.

Patrick and Nabeela strongly encourage immigrant professionals to network in unconventional ways and places. They suggest networking within groups related to profession, country of origin and gender and with people who have been in Calgary longer and have more connections.



Directions for Immigrants in  
Trades and Professional Careers

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

[www.directionsforimmigrants.ca](http://www.directionsforimmigrants.ca)

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

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

## Share your networking story and get a chance to win a memory stick

Networking is one of the most effective job search tactics for immigrant professionals who want to restart their careers in Canada.

Networking is not simply asking people for a job or if they know who might be hiring! Networking is building relationships - many of which will last beyond your immediate job search.

How do you start? The ways and places can vary, for example get together with some friends or friends, join the local chapter of a professional association, attend a job fair, participate in community and cultural

events or take a class where you can interact with professionals in your industry.

Networking effectively requires behaving professionally at all times. It is important to know what to say and how to say it. This takes preparation and research if you want to get positive results out of your networking. You want people you meet to remember you as capable, competent and professional.



We would like our readers of *Directions Headlines* to share their positive networking experiences.

Tell us where and how you got connected and what worked best in your interaction.

E-mail your story to [directions@bowvalleycollege.ca](mailto:directions@bowvalleycollege.ca) before July 17.

The best story will be published in the *Directions Headlines* September issue and the author will win a memory stick.

We would like to hear from you. Give us your feedback on this **Directions Headlines** issue or send an article topic to: [directions@bowvalleycollege.ca](mailto:directions@bowvalleycollege.ca)