



Directions for Immigrants in  
Trades and Professional Careers

### Study Groups Start Dates

Clear  
Communication for  
Business  
**September 12**

Clear  
Communication for  
Health Professionals  
**September 21**

Canadian Society for  
Medical Laboratory  
Science (CSMLS)  
Certification Exam  
**October 15**

Canadian Registered  
Nursing Exam  
(CRNE) **October 16  
& 20**

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

Canadian Association  
of Medical Radiation  
Technologists  
(CAMRT)  
Certification Exam  
**October 29**

### Workshops

**NEW** Study Methods  
for Exam Preparation  
**October 1**

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- in the workplace
- study group for
- health
- professionals

# Directions Headlines

Issue 7

September 2009

## Approved new contract for Directions for Immigrants

In July, Directions for Immigrants received great news. Alberta Employment and Immigration (AEI) informed us that our proposal for the operation of the Employment Resource Centre for Immigrant Professionals had been approved. This means, our services have been extended to September 2011.

Karen Jenkins, team lead of Directions for Immigrants, defining the goal of Directions' services, states: "We aim at providing precise and up to date employability information to immigrant

professionals on accreditation processes, job search skills, labour market information, and the expectations of Alberta employers."

Depending on the needs of individual clients, they can access diverse resources including self-directed resources, group workshops, one-on-one career coaching, study groups (accreditation and job success), and networking opportunities.

Career coaches work jointly with clients to determine their

employability strengths, needs and employment and/or training goals. Directions' clients receive great advice in job searching, presentation skills, use of labour market information, and interview preparation. (cont. on next page).



Group workshops are a key resource Directions' clients have access to.

## New workshop on study skills

Clients of Directions for Immigrants who are considering going back to school and upgrading their skills, preparing to write a licensing exam, or even engaging in individual studying, can benefit from a new workshop recently launched to help participants develop efficient study skills.

This workshop explores participants' learning styles and suggests different tips and tools that learners can effectively use to aid their studies. Participants also learn techniques to approach reading materials, identify

key ideas and concepts, avoid rereading, and improve speed reading.

After participating in the *Study Methods for Exam Preparation* workshop, Michico Berin, an internationally educated physician, says this workshop provided her with different study techniques she can apply in order to have a more effective way of learning and retaining new knowledge.

This workshop also teaches different note taking techniques and mnemonic devices. Mind mapping, chart making, and acronyms, are

some of the tools covered. "I had the opportunity to deepen on my study habits so I can better prepare to write future licensing exams" – concluded Rosalinda Cosip, an internationally trained nurse.

The next Study Methods workshop will be on October 1st. Clients interested in signing up for this workshop may contact the Directions' office at 403-297-2555. To be eligible for this workshop, clients need to meet with a career coach for a service needs assessment and attend an orientation workshop.

## Approved new contract (Cont.)



Directions' Resource Centre offers a variety of career tools and resources to assist clients with job search and the accreditation process

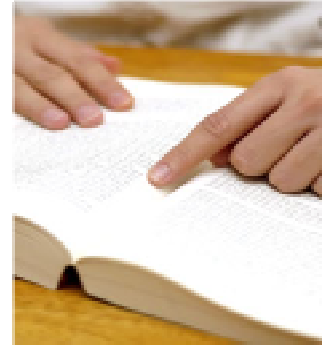
Jenkins adds "our coaches play an important role in clarifying licensing steps and requirements, and guiding clients on pursuing accreditation in a more expedited way".

Additionally, Jenkins continues, more than 25 profiles for regulated occupations will be added to Directions' website.

Finally, Directions for Immigrants will continue to

offer study groups to prepare participants for licensing exams.

The main objectives are to maintain high pass rates for the existing groups of engineers, nurses, pharmacists, medical radiation technologists, and medical lab technologists; and to develop new groups based on current market needs and competencies defined by licensing bodies.



*"Employers will consider your appearance. Make sure you are dressed professionally and maintain friendly and confident body language".*

Joan Matsusaki  
Career Coach

## How to prepare and succeed at job interviewing

The way you prepare for an interview can determine your opportunities of getting a job.

Joan Matsusaki, career coach at Directions for Immigrants, says that the candidate has to convince the employer that he or she is the best fit for the position. "To do this, the interviewer(s) will ask questions based on the technical requirements of

the job and the interpersonal skills required to get along with co-workers or clients.

Therefore, to prepare for the interview, it is important to understand the duties and responsibilities of the job

based on the posting and any other company research" - states Matsusaki.

Calgary employers like to use a method called *Behaviour Based Interviewing* where they ask the candidate to provide specific examples of past behaviours and experiences. Matsusaki points out that to prepare for these types of interviews, job searchers should get training from their career coach or take the free workshop through Alberta Employment and Immigration. With practice, adds Matsusaki, you will feel more comfortable and confident.

Efim Cheinis and Dale Sproule, authors of the

book *"How to Find a Job in Canada"*, present a variety of approaches on how to succeed in a job interview. Here some excerpts of Cheinis and Sproule's book:

"Arrive at the interview ten minutes before the appointment; give a self-assured smile and a solid handshake to the interviewer. Sit down when you are invited to and look at the interviewer positively.

Sit up straight, listen carefully to all questions and ask for clarification when you do not understand something. Maintain eye contact, show enthusiasm, and answer questions with confidence. Take time to reflect on your answers before speaking. At the end of the interview be sure to ask some questions of your own".





## Directions for Immigrants in Trades and Professional Careers

### Our location :

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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.

### Check it out!

#### A not to be missed workshop!

On September 25, Directions for Immigrants will be offering the workshop "*Realizing your career dream: steps to take you there*", at the Central Library (5th Floor, Diversity Services, 616 Macleod Trail SE). From 12:00 to 1:30 pm, Nabeela Azeem, Career Coach, and Berta Gomez, Community Liaison Officer, will be discussing major career choices immigrant professionals make during their job searching and licensing processes. Where to get accurate information, English Language skills and Communication, Canadian workplace culture, and how to develop a positive attitude while engaging in a job search, are some of the topics that will be addressed during this learning experience.

## Immigrant health professionals gain effective communication skills

One of the primary roles of Directions for Immigrants' staff is to provide immigrant professionals with different kinds of resources that help them succeed in the workplace. If we consider internationally trained health care professionals, this task is of the utmost importance. In order to fit into a Canadian health care setting or facility, these professionals must understand how the Canadian Health Care system is structured, what Canadian patients expect from their healthcare providers, and how to communicate effectively with patients and caregivers.

Directions for Immigrants offers the *Clear Communication for Health Professionals* study group to specifically teach participants how to overcome

communication barriers, interact professionally in the workplace, and understand Canadian workplace culture and values.

"This study group helps participants develop interpersonal skills. They learn and practice how to clarify and confirm messages, give and receive feed-back, and how to be assertive and develop conflict resolution strategies"



**Joumana Tasse**, Directions' career coach and **Claudia Gonzalez**, participant of our *Clear Communication for Health Professionals* study group.

–states Joumana Tasse, career coach and facilitator of this study group.

Some participants shared their learning experience: "I came into the study group as a little bit passive person but I learned from our coach the importance of being assertive. It really helped me in my professional relationships with others at work, with family and friends. I built more self-confidence" (Olivia Bacani).

"It is important to appreciate other people's culture and interests. The key in establishing good coworker and client relationships is to practice good communication and interaction abilities. I also boosted my confidence in speaking English" (Michico Berin).

