

# STUDENT PREPARATION CHECKLIST



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## BEFORE THE CONFERENCE

- Review the pre-recorded Immigration Session
- Prepare 3-15 printed copies of your resume
- Update and proofread your resume
- Research attending employers and organizations
- Review the conference agenda (posted on the BEST page & your Program Task)
- Prepare a 30–60 second professional introduction (your “elevator pitch”)
- Prepare 2–3 thoughtful questions for employers or professionals

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## WHAT TO WEAR

- Professional attire (business or business-casual)
- Clean, neat, and interview-appropriate clothing
- Comfortable shoes (you will be walking and standing)

Tip: Dress as if you are attending a real job interview.

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## WHAT TO BRING

- Notebook + a pen or a device for notes
- Water bottle
- Positive attitude and professional mindset

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## DURING THE CONFERENCE

- Attend sessions actively and take notes
- Participate in mock interviews and resume review
- Visit the Career / Service Expo and speak with employers
- Introduce yourself confidently to professionals
- Ask questions at the Immigration Q&A booth
- Exchange contact information when appropriate
- Thank speakers and employers for their time

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## NETWORKING TIPS

- Smile and maintain good eye contact
- Listen actively
- Be concise and professional
- Follow up on LinkedIn after the event (if appropriate)
- Reflect on what you learned

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## YOUR GOAL

BEST is not just a conference — it is an opportunity to:

- Build professional confidence
- Expand your network
- Practice interview skills
- Learn directly from employers
- Gain clarity on your career pathway in Nova Scotia