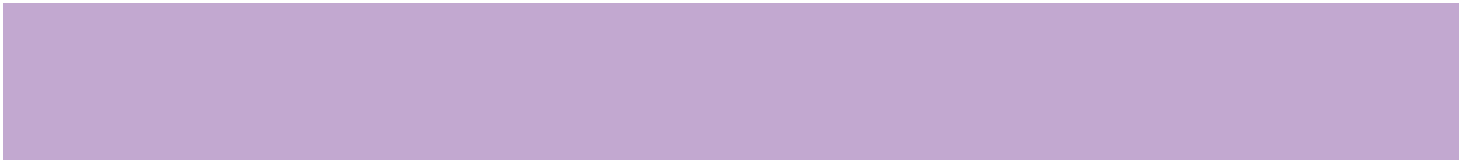


# iSTEP

Refer to the resources on [iSTEP](#) website to guide through the steps of success

Prepare yourself throughout your time at McGill from U0 to graduation

## Step I: Laying Foundations



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Prepare yourself throughout your time at McGill from U0 to graduation

*Getting familiar with the Canadian job market*

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Prepare yourself throughout your time at McGill from U0 to graduation

*Open work permit for spouses and family members*

*Adapting to Quebec as a Worker*

*Reading the suggested articles about Quebec work values*

*Attending a workshop from MIDI*

*Completing Essential Documents After Graduation*

*Extending your stay: PGWP & RAMQ health insurance*

*Applying for permanent residency*

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