UCSF Office of Career and Professional Development
Student Academic Affairs

New! OCPD Peer Mentoring Groups

Winter 2023

Linda Louie and Rachel Care,
Office of Career and Professional Development

Welcome!

While you wait, if you'd like, say hi in the chat! (optional)

1. Where are you joining from today?
2. What's your favorite fall activity?

What we'll cover today:

I.   Why Peer Teams?

II.   How Peer Teams Work

III.   How To Apply

IV.   Your questions!

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Why Peer Teams?

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The goal of our "peer teams" is to support grad students/postdocs through critical moments in their career and professional development.

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Career Exploration Classes

MIND • GSICE

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Themes for Winter 2023:

1. First-year graduate students

2. Career exploration

3. Getting experience (internships and beyond)

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Peer team philosophy:

- We provide evidence-based structure and community to help students/postdocs take action to achieve concrete goals.

- We are career-neutral; our aim is to help students/postdocs make free and informed decisions about their own career/professional development.
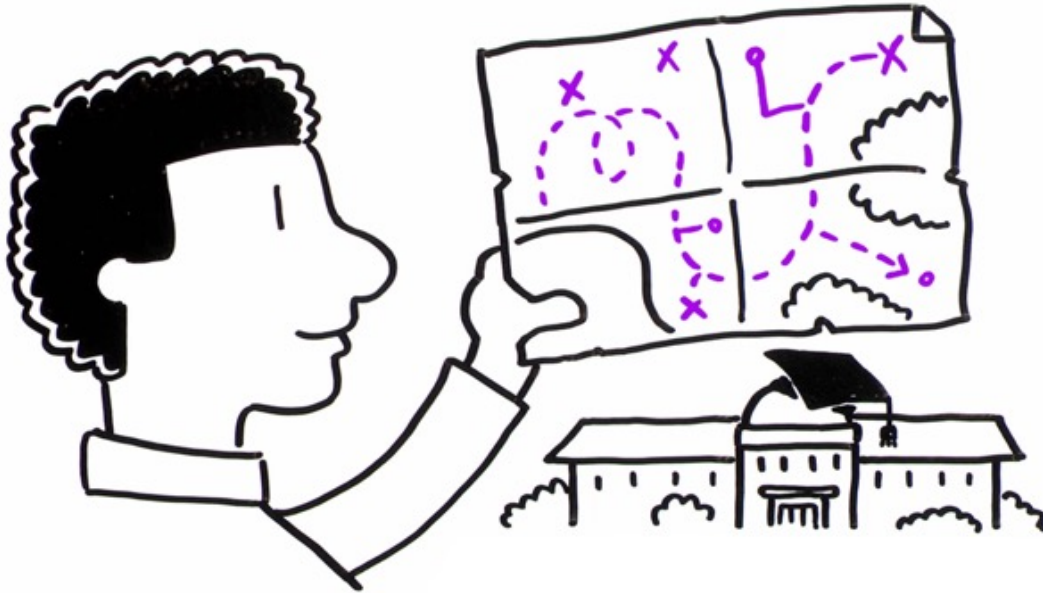
Evidence-based approach

Supportive community

Action-oriented

Career-neutral

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Evidence-based

Evidence for peer mentoring

Evidence-based

"Mentorship is a professional working alliance in which individuals work together over time to support each other's personal and professional growth by providing career and psychosocial support."

The Science of Effective Mentorship in STEMM (2019)
National Academies of Sciences, Engineering, and Medicine

- Support multiple mentorship structures!

- Enhanced self-efficacy (Driscoll et al, 2009 *Mentoring and Tutoring*)

- Diminished feelings of isolation (Thomas et al, 2014 *Innovative Higher Education)*

- Increased psychosocial support
  (Grant-Vallone and Ensher, 2000 *Journal of College Student Development*)

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Supportive community

Supportive community

I have found overwhelming support and encouragement [in Peer Teams]. I appreciate being asked how I can make my goals more specific and tailored to my desired outcome… our facilitators genuinely care about cultivating a productive and safe space for career exploration.

Past Peer Team Participant

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Goal-oriented

What will you accomplish?

Goal-oriented

Career Exploration:

- Learn how to explore careers and network
- Identify 1-3 careers of interest
- Conduct informational interviews

Getting Experience:

- Learn what your options are for getting experience
- Identify 1-3 specific opportunities of interest
- Prepare application materials

First-Year Students:

- Learn how to conduct successful rotations
- Identify multiple professional mentors
- Conduct coffee chats to explore lab culture

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Career-neutral

Peer team participants have become…

Career-neutral

- Tenure-track faculty

- Teaching faculty

- Research scientists in industry

- Intellectual property analysts

- Data scientists

- Medical writers

- Software engineers

- OCPD program managers ☺

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What past participants said:

- After the peer teams, they felt confident they could achieve their career/professional development goals (98.4%)
- The peer teams were a valuable use of their time (98.5%)
- The peer teams had no effect or a positive effect on their research productivity (92%)

2020 MIND cohort
n = 67
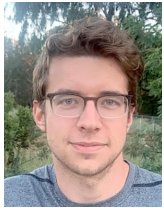
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How Peer Teams Work

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Peer Team Facilitators (More to come!)

Linda Louie, PhD
Program Director
Office of Career and Professional
Development

Rachel Care, PhD
Program Director
Office of Career and Professional
Development

Matt Arvedson
Ph.D. Candidate
Biomedical Sciences, UCSF

Jaysón Davidson
Ph.D. Candidate
Pharmaceutical Sciences and
Pharmacogenomics, UCSF

Sarah Gallalee
Ph.D. Candidate
Global Health Sciences, UCSF

Daniela de Sousa Moura, PhD
Postdoctoral Scholar
Neuroscience, UCSF

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Peer team logistics
Winter Quarter (January-March 2023)

Three live Zoom meetings:
Kickoff, midpoint, finale

Weekly Slack check-ins:
Set goals, discuss "homework"

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Peer team logistics

Winter Quarter (January-March 2023)

- Flexible, all-virtual

- Led by 1-2 facilitators

- 5-7 participants

- Set your own goals

- 1-2 hours of "homework" a week (assigned by your facilitator)

- Want to assemble your own team? You can apply as a group!

What will we talk about?

- In check-ins:
  - "I did an informational interview!" "Awesome, congratulations!!"
  - "I'm stuck on finding a mentor." "This thing worked for me!"
- Homework (examples):
  - Take assessments or write reflections;
  - Watch/read assigned articles and videos;
  - Schedule a 1:1 with a prospective P.I. or conduct an informational interview.

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Optional:

- "Ask Me Anythings" with guest speakers from different career paths (via Slack)
- Special events and resources with Student Health and Counseling and International Students & Scholars Office
- …and more!

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How to Apply

Eligibility

- **International students and scholars welcome**
  - *We'd love to form an international scholars peer team!
- **All disciplines welcome**
  - *We'd love to form a social science/humanities peer team!
- **Postdocs welcome**
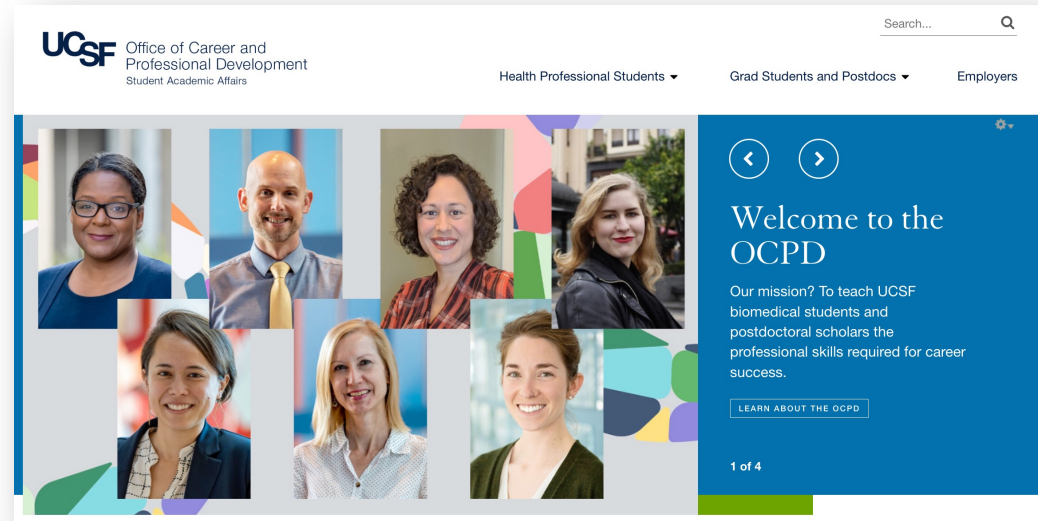- **Ph.D. students welcome**

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FAQ's

- You do not need to be certain about your career interests

- Your application does not have to be perfect

- You must be committed to completing the quarter

- Want to form your own peer team? Email us or note your team members on your application.

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Not what you're looking for? That's OK!

Visit career.ucsf.edu to see our other resources and services

- Panels and workshops

- 1:1 counseling appointments

- Conducting Rotations materials

- Opportunities Board

Apply by November 15, 2022!

career.ucsf.edu/ocpd-peer-teams

How to Apply

PLEASE NOTE: You must complete this application in one sitting (you will not be able to exit the survey and return to it again). Please preview the application **and allow about 30 minutes to complete it.**

1. General applicant information

2. Three short answer essay questions

APPLY NOW

Questions? Contact:

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