A Career & Professional Development Framework for Students and Postoctoral Scholars

Assess Yourself: What career stage are you in?

I recognize...

1. **My Values:** What is meaningful to me
2. **My Interests:** What activities and tasks I find rewarding
3. **My Skills:** My current strengths and growth areas
4. **My Personality:** How my preferences influence my work behavior

I know...

1. How to identify and research potential overall career paths (health communications, sceince policy, etc.)
2. How to throughly investigate specific jobs (a typical week for a consultant, project mgr., etc.)
3. How to network professionally to explore careers (etiquette, conduct informational interviews, maintain professional relationships, etc.)

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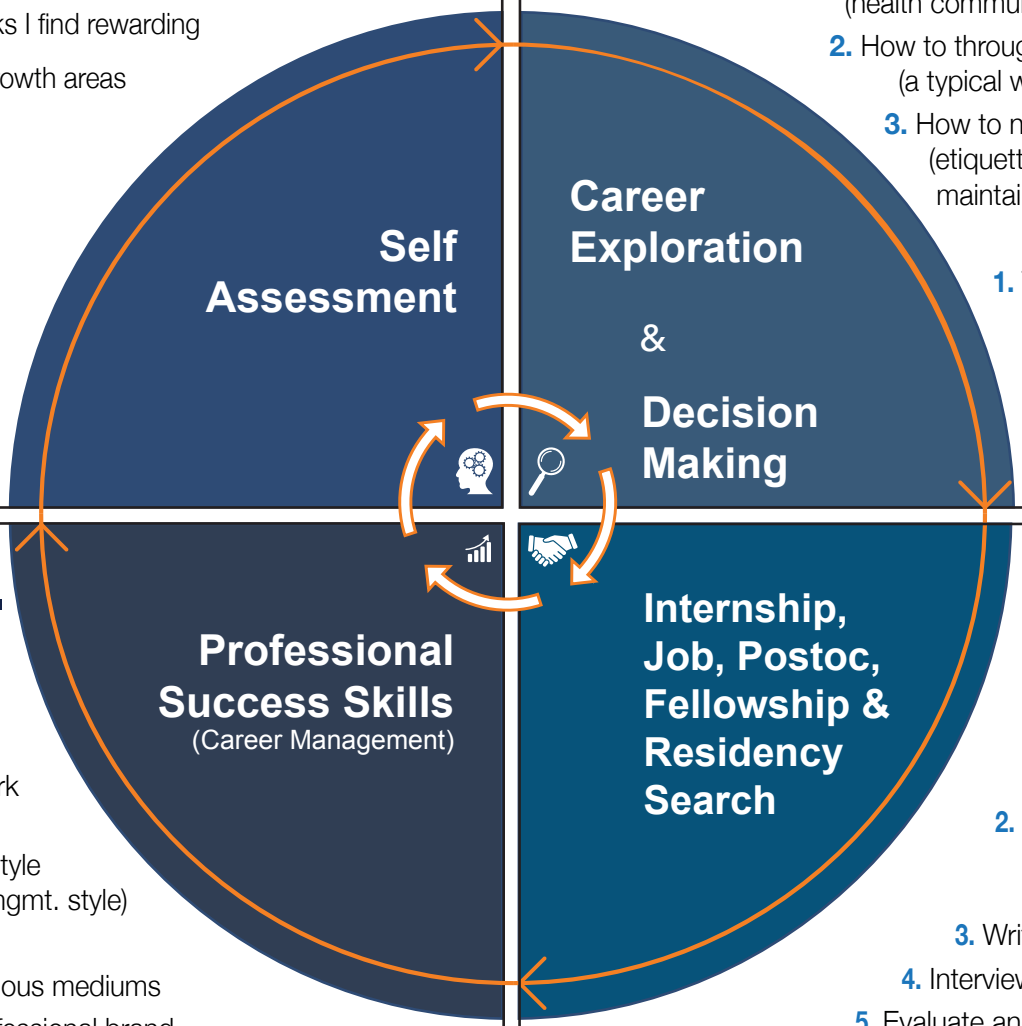
1. The definition of a 'free & informed decision'
2. The internal/external factors and barriers that affect my decision
3. My preferred decision making style



I understand...

1. My definition of work/life integration
2. How to establish myself professionally in a new position
3. How to determine, meet & exceed work expectations
4. How to assess my supervisor's work style (mgmt., communication, & conflict mgmt. style)
5. How to manage resources
6. How to communicate effectively in various mediums
7. How to articulate and manage my professional brand
8. How to establish and manage professional relationships
9. How to lead a team and supervise others
10. How to mentor and be mentored succesfully

I can...

1. Determine how to use my time at UCSF to position myself for my career path after I graduate
2. Organize my internship, job, postdoc, residency, or fellowship search
3. Write effective appliation materials
4. Interview successfully
5. Evaluate and negotiate a compensation offer
6. Accept or decline an offer, professionally

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