Welcome

We teach UCSF students and postdoctoral scholars the professional skills required to navigate their careers successfully.

[1] Are you a recent UCSF graduate in the midst of job searching and wondering where to get more accurate salary data for negotiation purposes? We know that finding accurate salary data can be challenging for new grads. For this reason, our office is collecting anonymous new graduate salary information from current UCSF grads and recent alumni so
that we can create a more accurate salary database based on real offers received by UCSF graduates. **If you'd like to help your fellow UCSF students, graduates and alumni by being a part of this project, please consider sharing anonymous salary offer information via this Qualtrics link:** [1][Here](#) [2](#) [1]

Non-Academic Career Counseling Appointments for Ph.D.s will be suspended from July 1-September 1, 2018.

Please visit our [website for resources](#) [3](#) or [calendar for upcoming programming](#) [4](#), including our [Summer Biotech Series, starting in July](#) [5](#)

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Your Professional Development Article of the Week: **If You’re So Successful, Why Are You Still Working 70 Hours a Week?** [6](#) [6](#)

Laura Empson, Harvard Business Review

"In the old days, if you were a white-collar worker, the deal was that you worked as hard as you could at the start of your career to earn the right to be rewarded later on, with security of tenure and a series of increasingly senior positions. This is no longer true. Today, many senior leaders work longer and harder than ever. At the heart of it is insecurity, and indeed, elite professional organizations deliberately set out to identify and recruit ‘insecure overachievers.’ Insecure overachievers are exceptionally capable and fiercely ambitious, yet are driven by a profound sense of their own inadequacy.

If this sounds familiar, you should try to work exceptionally long hours when you need to or want to? but do it consciously, for specified time periods, and to achieve specific goals. Don’t let it become a habit because you have forgotten how to work or live any other way."