Office of Career & Professional Development

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 salary offer information by taking our [brief, anonymous survey](#). [2]

Non-Academic Career Counseling Appointments for PhDs will be suspended from July 1 to September 1, 2018.

In the meantime, see some helpful resources [3] or visit our calendar [4] for upcoming programming, including our Summer Biotech Series, starting in July [5].

"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," says Empson. 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, take Empson’s advice: "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."