YES

Successful career exploration is about knowing yourself, knowing your options and knowing how to find out about your options. In working with students and postdocs, we've noticed many trainees often get 'stuck' somewhere in the career exploration process. Unsure how to address the inertia or hurdles, their exploration fizzles out. Feeling lost? Assess where you're stuck using these seven milestones in the career exploration process, and learn about OCPD workshops and resources can help get moving again. Have questions? Schedule an appointment at career.ucsf.edu.

Are you still stuck? Come see us for a consult!!

Can you describe / Do you know...

Your Skills, Interests & Values?

Can you concisely describe your skills, interests & values? Without this awareness, its hard to recgnize what positions would be a good fit for you.

For Example:

Description

For Example...

What you can

I want a career where I can:

- Tackle communicable diseases.
 Educate professional peers &
- general public

 3. Apply my knowledge and see
- 3. Apply my knowledge and see tangible outcomes
- 4. Have Job security
- 5. Time for family & friends
- 6. Have a good income

NOT YET

You Can:

Attend workshops: 1) *Identifying Your Values & Motivators;* 2)

Use online myIDP (Individual Development Plan) values section at career ucsf.edu

Transferrable Skills and Strengths

Schedule 1:1 appointment with OCPD career counselor at career.ucsf.edu

What It Means to 'Research a Job Option'?

Career fit is about finding a job that is a good fit with your skills, interests & values.. Researching a job option means you know how to find out about the key aspects of a position.

For Example:

- After researching a job, you know: 1. What a typical day is like
- 2. What a typcial week is like
- 3. What is most challenging about the job
- 4. Skills and qualifications reuired to succeed in position.
- 5. Typical compensation
- 6. Typical jobs people move into 5-10 years after the position

NOT YET

You Can:

Read the career features at ScienceCareers.org

Schedule 1:1 appointment with OCPD career counselor at career.ucsf.edu

Join the Making INformed
Decisions Career Exploration
programs at mind.ucsf.edu

How to Network to Explore Careers?

Can you describe and engage with the various skills involved in building and engaging a professional network to explore careers?

For Example:

- 1. You can navigate the etiquette of professional mixers, etc.
- You can concisely describe your work, yourself and your interests
- You know how to find people in careers of interest to you, ask for informational interviews, and use what you learn
- 4. You know how to maintain professional relationships

NOT YET

Attend our networking series,

including: 1) Creating your Evelator

Pitch; 2) Handshakes, Eye Contact,

Small Talk: 3) Effective Informational

Interviews: 4) BuildinaYour Brand: 5)

Using LinkedIn to Explore Careers

Schedule 1:1 appointment with

OCPD career counselor at

For Example:

Administration, business, (science) communications, consulting, legal affairs, marketing, public affairs, policy, politics, program/project management, bench research, teaching, etc.

Your

Career

Fields

of Interest?

Can you identify 2-3 career fields

of interest to you? Think of career

paths skill sets in different fields

(e.g., the skill set of project

management is valued in the

fields of academe and biotech)

NOT YET

You Can:

Look at ScienceCareers.org's career features

Join the Graduate School Internship Career Exploration (GSICE) Program at gsice.ucsf.edu

Schedule 1:1 appointment with OCPD career counselor at career.ucsf.edu

Your Specific Job Titles of Interest?

Can you identify 5-10 **specific job titles** of positions in those career areas that are of interest to you?

For Example:

Administration: Core Facilities Manager (academe), Team Lead (biotech), Director of NIH (government)

Communications: Science Communications Officer, Medical Writer, Medical Science Liaison.

NOT YET

You Can:

Read the career features at ScienceCareers.org

Borrow OCPD career library books such as Put your Science to Work (Fiske) or Career Opportunities in Biotech (Friedman)

Attend our workshop: *Using LinkedIn to Explore Careers*

Your Personality & Decision Making Style?

YES

Forget how your friend found their career path - can you describe how you make important decisions in your life? Implementing a career exploration plan that doesn't sync with how you make decisions can leave you feeling lost.

For Example:

If you would describe your personality as introverted and decision making style as data-driven, you might first focus on reading several career path profiles, narrow down to 2-3 fields and then conduct a few targetted informational interviews. Extroverted and intuitive? Start with informational interviews and internships to help you make a decision you're comfortable with.

NOT YET

You Can:

Schedule a 1:1 appointment in the OCPD to explore your decision making style, and develop a plan that recognizes that style at career.ucsf.edu

The Factors Affecting Your Decision?

YES

Are you conscious of the internal and external factors that are positively and adversely affecting you? This awareness helps you mitigate their effect on your decision.

For Example:

You are aware that your decision between pursuing an academic or non-academic career is being influenced by:

- Concerns about the approval of your PhD advisor or PI
- 2. Financial concerns
- 3. Your desire for 'meaingful work'
- 4. Family considerations

NOT YET

You Can:

Schedule a 1:1 appointment in the OCPD to explore the factors affecting your ability to make a decision



career.ucsf.edu programs at mind.ucsf.edu career.ucsf.edu career.ucsf.edu LinkedIn to Exp.

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You Can: