

Career Exploration and Decision Making for PhDs: Where Are You Stuck?

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.

Can you describe / Do you know...

