



Office of Career and
Professional Development
Student Academic Affairs

Making INformed Decisions (MIND)

Fall 2020 Info Session

Linda Louie, Bill Lindstaedt, and Elissa
Hamlat, Office of Career and Professional
Development

8/12/20



MIND Team



Linda Louie, PhD

Program Director for Career Exploration,
Experiential Learning, and Employer Engagement
Office of Career and Professional Development



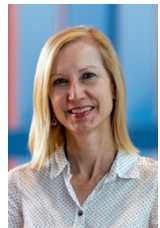
Elissa Hamlat, PhD

GSICE/MIND Teaching Assistant
Office of Career and Professional
Development
Postdoctoral Scholar, Psychiatry



Bill Lindstaedt, MS

Assistant Vice Chancellor
Career Advancement, International and
Postdoctoral Scholars



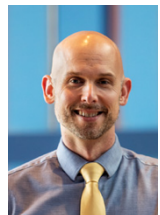
Trish McGrath, BA

Event Planner
Office of Career and Professional
Development



Naledi Saul, MPM

Director
Office of Career and Professional
Development



Michael Matrone, PhD

Associate Director; Program Director,
PhD Career and Professional Development
Office of Career and Professional
Development

What we'll cover today:

- I. Overview of MIND
- II. MIND Part I: Catalytic Course (Fall 2020)
- III. MIND Part II: Peer Teams (Winter 2021)
- IV. Application FAQ's
- V. Your questions!

Overview of MIND

What is MIND?



The mission of the MIND program is to provide structure, community, and guidance for PhD students and postdocs exploring the broad range of career options available to them.

Our aim is to help students make free and informed career decisions by the time they leave UCSF.

Career-neutral

Works around research

Positive, encouraging

MIND is career-neutral



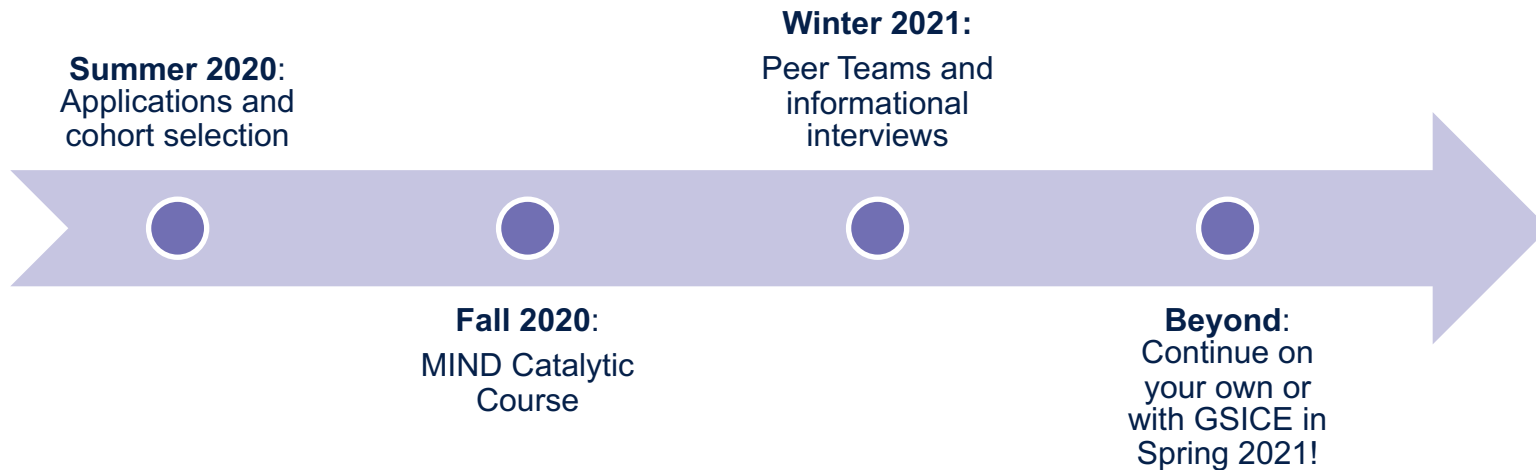
By participating in MIND, you can:

- Develop lifelong career exploration **skills**
- Identify multiple **career paths** of interest
- Receive dedicated **mentorship** and **community**
- Expand your **network** of professionals



MIND Timeline

*Note: You must have passed orals by Fall 2020.



What is the impact of MIND?

- It works! MIND alumni have gone on to become...
 - Tenure-track faculty
 - Research scientists in industry
 - Intellectual property analysts
 - Data scientists
 - Medical writers
 - Software engineers
 - OCPD program managers 😊



What MIND alumni say:

- MIND helped them rule out at least one career path (79%)
- MIND was a valuable use of their time (82%)
- MIND had no effect or a positive effect on their research productivity (92%)
- MIND increased overall satisfaction in their training at UCSF (87%)

*2014-2018 cohorts
n = 209*



[MIND] has forced me to put into words the steps I am taking in my career exploration. It keeps me honest, and keeps me aware of the progress I am making... The encouragement from others has gone a long way to ease the frustration of determining my career path.

Past MIND Participant

MIND Timeline

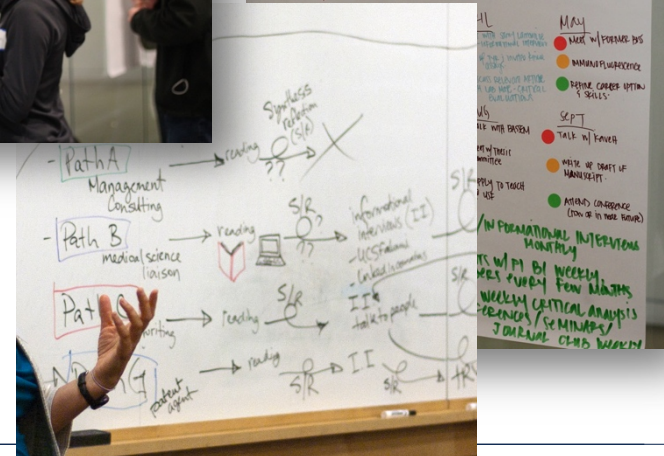
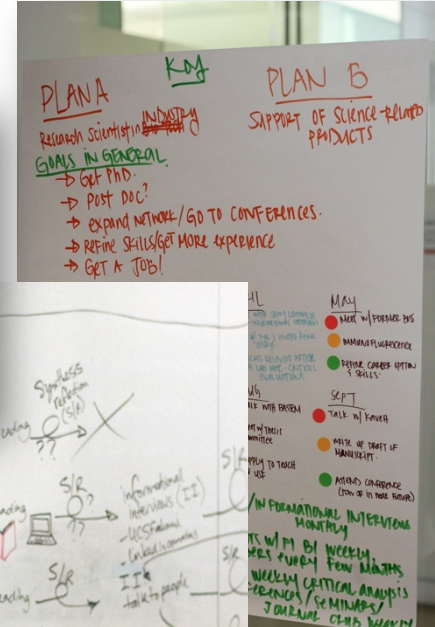
*Note: You must have passed orals by Fall 2020.



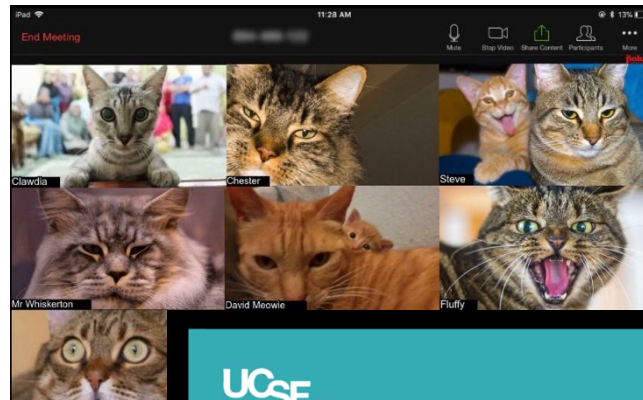
MIND Catalytic Course: Fall 2020

Course Logistics

- Alternate Fridays, Fall 2020
 - September 18 – December 4, 1-3 p.m. (6 sessions), via Zoom
- Grad students must register for Graduate Studies 213 (2 credits, P/NP)



How our Virtual Class Works



Amy

I own a small bakeshop in Cleveland called Sugar Moon. We specialize in organic, vegan treats.



Jo Ann

I come from a long line of donut bakers in San Diego. My grandfather's shop, Sal's Donuts, has been open since 1923.



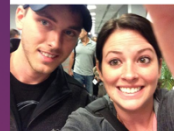
Andrés

I have a donut shop called AA Donuts in San Juan, Puerto Rico. My love for donuts came about when I was a child and visited relatives in New York. Now I specialize in anything chocolate.



Vito and Lena

Ciao! We are bakers from Milan, Italy. Donuts are just becoming popular in Italy. We like Boston Creme the most.



2020: Class #5

"a" and "The First 90 Days"

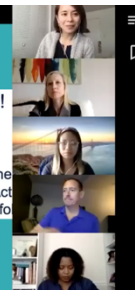
ndstaedt, Naledi Saul, and Elissa

nd Professional Development

Welcome!

While you wait:

1. Re-name yourself if ne
 2. Open the "In-Class Act
- "Class #5 Materials" fo



“Flipped Classroom” Format

- In class: Panels, discussions, interactive workshops (and a break)
- Homework:
 - Take skills, values, and interests assessments;
 - Write brief reflections on assigned articles and videos;
 - Participate in a job simulation or conduct an informational interview.
- Optional social/relaxation “bonus”

What will you gain from the MIND course?

- **Guidance** on identifying and exploring multiple career paths
- **Interactive workshops** on career exploration skills (informational interviews, networking, telling your “career story”)
- **Special opportunities** to expand your network (coffee talks, UCSF Connect group, listserv postings)
- **Support, structure, and community** as you take the leap into career exploration!

MIND Timeline

*Note: You must have passed orals by Fall 2020.



Peer Teams: Winter 2021

Peer Team Logistics

- Alternate Fridays during Winter 2021
 - January 8 – March 19, 1:30-3 p.m. (6 sessions)
 - Virtual (via Zoom)
 - 5-7 trainees, 1-2 facilitators per group
- Recommended, not required
 - Opt in at the end of the Catalytic Course
 - Not for-credit



What will I do in Peer Teams?

- Set goals for exploring possible career paths in depth
 - Reading/research
 - **Informational interviews**
 - Other hands-on exploration
- Reflect with your group
- Support others in your group as they explore





I have found overwhelming support and encouragement [in MIND Peer Teams]. I appreciate being asked how I can make my goals more specific and tailored to my desired outcome... our facilitators genuinely care about cultivating a productive and safe space for career exploration.

Past MIND Participant

MIND Timeline

*Note: You must have passed orals by Fall 2020.



Application and FAQ's

Eligibility

- Postdocs
- Ph.D. students who have passed qualifying exams
- International students and scholars welcome

FAQ's

- You do not need to be certain about your career interests
- Your application does not have to be perfect
- You must be committed to completing the course
- Ready to apply for jobs right now? Consider OCPD's other offerings: career.ucsf.edu/phds

Apply by August 28, 2020!

career.ucsf.edu/mind



Questions? Contact:

Linda Louie, Ph.D.

Program Director, Career Exploration,
Experiential Learning, and Employer
Engagement

Office of Career and Professional
Development

mind@ucsf.edu



UCSF

