Timeline for engaging with OCPD as a basic and biomedical science graduate student

Year 1
- Every graduate student gets 5 free and confidential counseling appointments per year. Come talk to us!

Year 2
- Rachel Care, PhD
  Specialties:
  - Choosing your thesis lab
  - Managing your mentorship
  - Planning your academic career

Year 3
- Linda Louie, PhD
  Specialties:
  - Career exploration
  - Internships
  - Networking

Year 4
- Michael Matrone, PhD
  Specialties:
  - Self-assessment
  - Career exploration
  - Job search, applications, interviews, and negotiations

Managing Up Series
- Conducting rotations
- Choosing a thesis lab
- Starting in a new lab
- Finding your mentors
- Managing PI relationship
- Managing collaborations
- Navigating workplace politics
- Having a career conversation
- Choosing your postdoc
- Interviewing to avoid a bad fit

Professional Skills
- Conducting Successful Rotations
- Successful Grants Library
- Assess Your Working Relationship
- Build Your Professional Network

Career Exploration
- Opportunities Board
  - Find internships, teaching opportunities, postdocs, or jobs

Career Development
- Alumni Career Paths
  - Learn from alumni in a different career every month

Inclusive Teaching and Mentoring
- Transferable Skills for PhD Career Paths
  - Develop skills that are valuable in all careers

Inclusive Mentoring Fellows
- Mentor a CCSF student

Learn more about these programs: career.ucsf.edu
Sign up to get announcements: career.ucsf.edu/listserv

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