

What the Career Services Center can do for Graduate Students

UC San Diego
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University of California, San Diego
Career Services Center

Who We Are

Using the Career Services Center

- In Person:
 - Located on Library Walk, across from Price Center and next to Student Health
 - Hours: M-F 8am-4:30pm
- Online:
 - career.ucsd.edu
 - Port Triton account required
- By Phone:
 - (858) 534-3750
- By Email
 - jdtolson@ucsd.edu
 - gkhoffmann@ucsd.edu



Who We Are

Services @ The Center

Career Education & Advising	Industry Engagement
<ul style="list-style-type: none">○ Advising<ul style="list-style-type: none">○ Walk-In: M-F 10am-3pm○ By appt. (Port Triton)○ Career & Self-Assessments○ Application Document Critiques○ Workshops & Panels○ Online Resources	<ul style="list-style-type: none">○ Information Sessions○ Industry networking Nights○ On-Campus Interviewing○ Student Employment○ Career Fairs○ Employer Office Hours

Who We Are

Online Resources

- Port Triton – porttriton.ucsd.edu
- Versatile PhD – ga.ucsd.edu/vphd
- Internship Info – internships.ucsd.edu
- Traitify – ucsd.traitify.com
- Big Interview – ucsd.biginterview.com
- Alumni Advisor Network – career.ucsd.edu/aan.html
- Go to careertools.ucsd.edu for more information



Who We Are

Career Planning in Grad School: Keep Your Options Open

- Obtain a broad range of experience
- Find mentors, both academic & non-academic
- Build your network and potential references
- Continually self-assess:
 - What do you enjoy doing?
 - What do you dislike doing?
 - What are your strongest skills?



Who We Are

Career Planning in Grad School

- Research a variety of potential career paths
 - Get ideas from mentors, friends, family, colleagues
 - Online resources: The Versatile PhD, Chronicle Vitae, Humanists@Work, Science Careers, and many more



Who We Are

Career Planning in Grad School

- Attend career exploration events on campus:
 - GSA Career Nights (twice a quarter)
 - Master's and PhD Career Development Week
 - Division and department events
- Get involved! Join organizations & conference committees, volunteer, maintain hobbies



Career Exploration

What is the difference between a job and a career?

Job	Career
<ul style="list-style-type: none">Employer owned<ul style="list-style-type: none">Pre-definedSpecific SkillsShort-termThey market itLimited growth	<ul style="list-style-type: none">Owned by you<ul style="list-style-type: none">Self-definedAny skills you wantLong-termYou rent it outUnlimited growth
<ul style="list-style-type: none">A point along the way	<ul style="list-style-type: none">A map showing the way

Career Exploration

Considering alternate path(s)

- Spend time thinking about your interests and preferences
 - What drew you to grad school?
 - What would you miss about it if you left tomorrow?
 - What do you dislike about your current role?
 - How do you procrastinate?
- Take self-assessments
 - Ex: Traitify, StrengthsFinder



Career Exploration

Three Career Paths

- If I stay in academia...
- If I go into private research...
- If I go into a different field...
 - Donor development, regulatory affairs, sales, etc.

...What is the end goal?
...Who can help me?
...What skills will get me there?
...What do accomplishments do I need?
...In one... five... ten years?

Career Exploration

Defining Success

- If you were to ask faculty in your department or field the definition of success, what would they say?
- If your parents commented on a family friend's/acquaintance's success, what would they be referring to?
- When you think of a peer from high school who's considered successful, what factors make them seem that way?

Career Exploration

True Values

- Not an ideal (being as rich as Augustus Caesar)
- Not a "should" (should be as honest as a saint)
- Not a preference
- True value
 - What will make you feel fulfilled if you're following it, unfulfilled if you're not.



Career Exploration

How do values play out?

- An instinct
- An influence
- A source of trouble
- A guiding principle

http://cultivatedcaptions.tumblr.com/

Career Exploration

Create your own feedback loop

- Assessments give you language
 - Feed that into a search engine
 - Assess those results
- Develop a mentor network
 - Not just for research
- Talk to people in the profession (Informational Interviews)
- There's no one right answer

www.ward.com/on/Biochemical_switches_in_the_cell_cycle

Networking

Networking: It's Not As Bad As You Think

- Change how your perspective:
 - Anxiety: I'll have to be sociable *and* pretend I know what I'm doing!
 - Reality: meet people, have conversations (often not about research)
 - Anxiety: I need to be interesting!
 - Reality: Be interested.
 - Ask questions & be engaged in their answers

Networking

Informational Interviews: The Simplest Scary Phrase Ever

- o What is it?
 - o 15-30 minutes, you ask questions to find out what you need to know.
- o Who to talk to?
 - o People in organizations you are interested in
 - o Early-stage career people in positions you are interested in
 - o Late-stage career people who seem fascinating
- o What to talk about?
 - o Anything you can't find elsewhere.

Networking

Professional Conferences

- o Start attending conferences ASAP
- o Show up
 - o And not just to the panels/posters
- o Be nice to everyone
- o Do your research beforehand
 - o Conference program: panels you should attend/people you should meet?
 - o Skim recent papers/books of those you want to talk to
 - o Hint: people usually want to talk about their current research, not the thing that made them famous in 1996
- o The attendees of today are the hiring committees of tomorrow!



Networking

Practical Tips for Networking At Conferences

- o Set (reasonable) goals beforehand
 - o E.g., talk to 3 new people; talk to a speaker, etc.
- o If you know someone there, start by approaching them
- o Then move on to someone you don't know
 - o Look for people not already engaged in intense conversation
 - o Open with small talk questions
 - o Wait for them to ask you about yourself
- o Stay positive

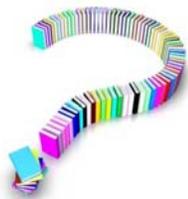


Networking

Networking: The Aftermath

- Cultivate key relationships
 - Take notes if you have to!
 - Link up via social networking (LinkedIn, Academia.edu, ResearchGate, etc)
 - Follow up as appropriate
 - thank you notes, congratulations, etc.
 - Set calendar notifications, google search notifications, etc, if you have to.
- Potential Academic Benefits:
 - chapter readers, outside advisors, collaborators, event co-organizers, postdoc offers, mentors, etc.
- Potential Post-Ac Benefits:
 - information interviews, internship opportunities, notifications of job openings, mentors, references, etc.

Questions?



Contact Information

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