

## CAREER EXPLORATION PROGRAMS

### CAREER LAB: PhD Transferable skills

**Tuesday, September 24, 2019, 1pm-2:30pm, 177 Stanley Hall**

The key to effective career planning is knowing your strengths and skills both inside and outside the lab. Recognizing and articulating your abilities can help you find professional fulfillment and even improve the kinds of opportunities available to you. In this career lab you will have a chance to assess your motivated skills and learn how to determine which skills are valued in roles with employers such as academic institutions, private companies, and public service organizations.

### WORKSHOP: Networking and Informational Interviewing

**Tuesday, October 22, 2019, 1pm-2:30pm, 177 Stanley Hall**

The word “networking” can seem loaded – this workshop will help you get around the myths and fears, to see the real value of connecting with others. Identify ways networking can help you in career exploration, career planning, and your job search. Learn techniques for talking clearly about your research and career interests, approaching someone you don’t know (& why you might do so), and how to stay in touch.

### CAREER LAB: Individual Development Plans for doctoral students (choose 1 of 2 sessions below)

**Tuesday, November 5, 2019, 1pm-2:30pm, 177 Stanley Hall**

**Tuesday, December 10, 2019, 1pm-2:30pm, 177 Stanley Hall**

Your efforts to explore or pursue a career path can be supported by easy-to-use planning instruments that help you thoughtfully design and track your professional development goals and learning objectives. Learn about the new QB3-Berkeley Individual Development Plan (IDP) and how this tool and other resources can help you be proactive, problem-solve and set yourself up for success.

### WORKSHOP: LinkedIn: Exploring Career Options and Expanding Your Networks

**Tuesday, November 19, 1pm-2:30pm, 177 Stanley Hall**

LinkedIn can be an extremely effective tool for exploring the many career choices available to scientists with advanced training, and offers opportunities to increase your knowledge of different positions and industries. Additionally, using LinkedIn, you can quickly develop networks and improve visibility in fields that you might pursue. This workshop will help you discover career information, give you strategies to connect, and lower your anxiety about reaching out to others.