



Office of Career and
Professional Development
Student Academic Affairs

Career Exploration Classes, 2021-2022

Making Informed Decisions (MIND) and
Internships and Experiential Learning (GSICE)

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

Welcome!

While you wait, if you'd like, say hi in the chat! (optional)

1. What department/program are you from?
2. What are you hoping to learn from the info session?



Mute



Stop Video



Invite



Manage Participants

2



Polling



Share



Chat



Record

End Meeting

What we'll cover today:

- I. Overview of career exploration classes
- II. Introduction to Career Exploration: Making Informed Decisions (MIND)
- III. Intermediate Career Exploration: Internships and Experiential Learning (GSICE)
- IV. How to apply to MIND
- V. Your questions!

Career Exploration Classes: Our Team



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



Elissa Hamlat, PhD
Career Exploration Teaching Assistant
Office of Career and Professional
Development
Postdoctoral Scholar, Psychiatry



Bill Lindstaedt, MS
Interim Vice Chancellor, Student Academic Affairs
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



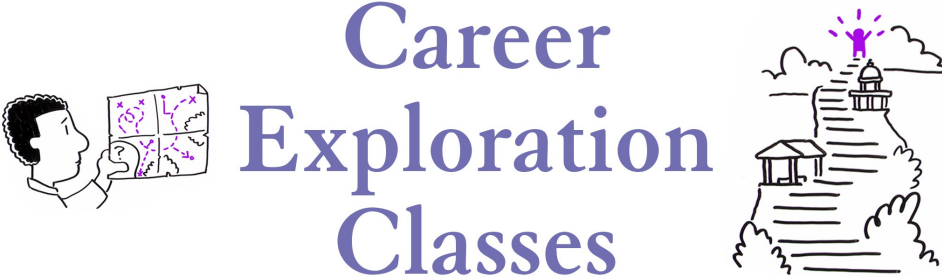
Michael Matrone, PhD
Associate Director; Program Director,
PhD Career and Professional Development
Office of Career and Professional
Development

Overview of our Career Exploration Classes

Career Exploration Classes



MIND • GSICE



Career Exploration Classes

MIND • GSICE

We provide structure and support 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
- Evidence-based
- Supportive community
- Experiential learning

Career-neutral



The Fantasy, the Ideal, and the Reality of Career Exploration

Evidence-based

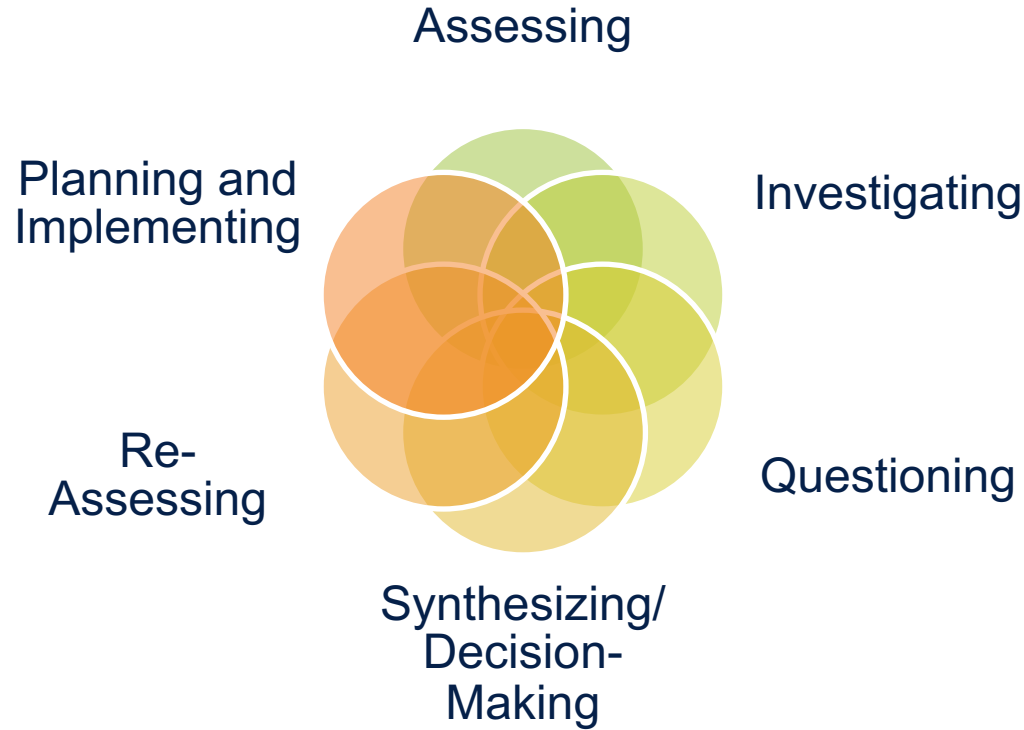


Common pitfalls:

- Analysis paralysis (feeling stuck)
- Lack of clarity
- Hard to find motivation
- Isolation

Observed Stages of Career Exploration

Evidence-based





I felt truly valued and heard and appreciated throughout this career exploration. So thank you for holding this space for us!

2020 “Introduction to Career Exploration” Student

Choose your own adventure!

- Fields that last year's students explored:

- Science communication
- Product design
- Science policy
- University teaching
- Venture capital
- IP/Law
- Research in industry
- And more!

- How they explored:

- Informational interviews
- Networking events
- Job simulations
- "Business skills for scientists" series
- Consulting workshops (one-day or one-week)
- UCSF part-time internships
- Full-time internships
- And more!

Smaller time commitment

Bigger time commitment

Intro to Career Exploration (MIND)

Intermediate Career Exploration (GSICE)

Introduction to Career Exploration

Fall 2021

By the end of the class, you'll have identified one to three career paths that you're ready to investigate in greater depth, and have a plan for continuing to explore them.

Open to all PhD students and postdocs!



Intermediate Career Exploration

Spring 2022

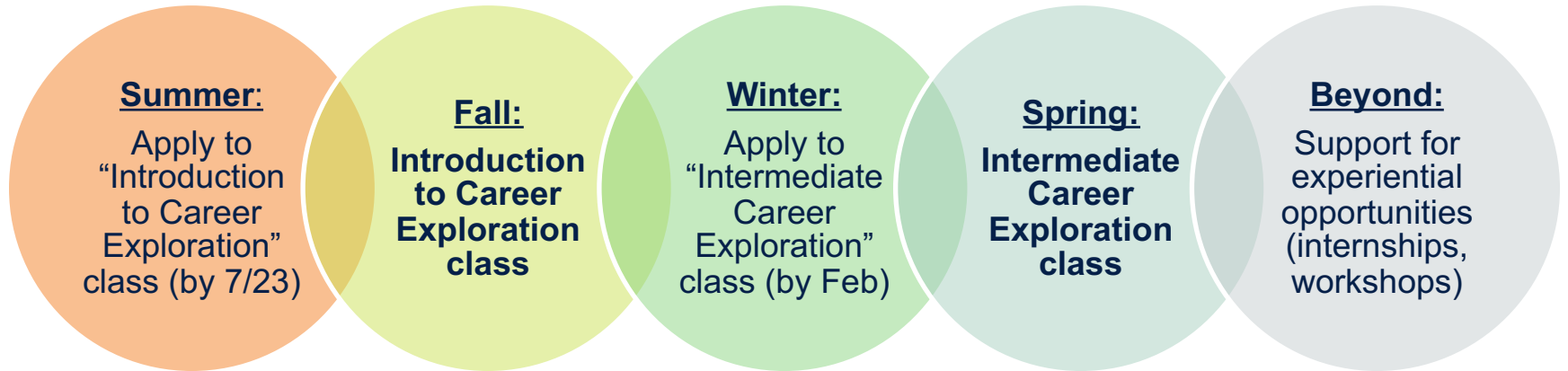
By the end of the class, you'll have applied for at least one experiential opportunity, and you'll be prepared to hit the ground running.

Open to all PhD candidates and postdocs with at least one career path they are ready to explore in greater depth.

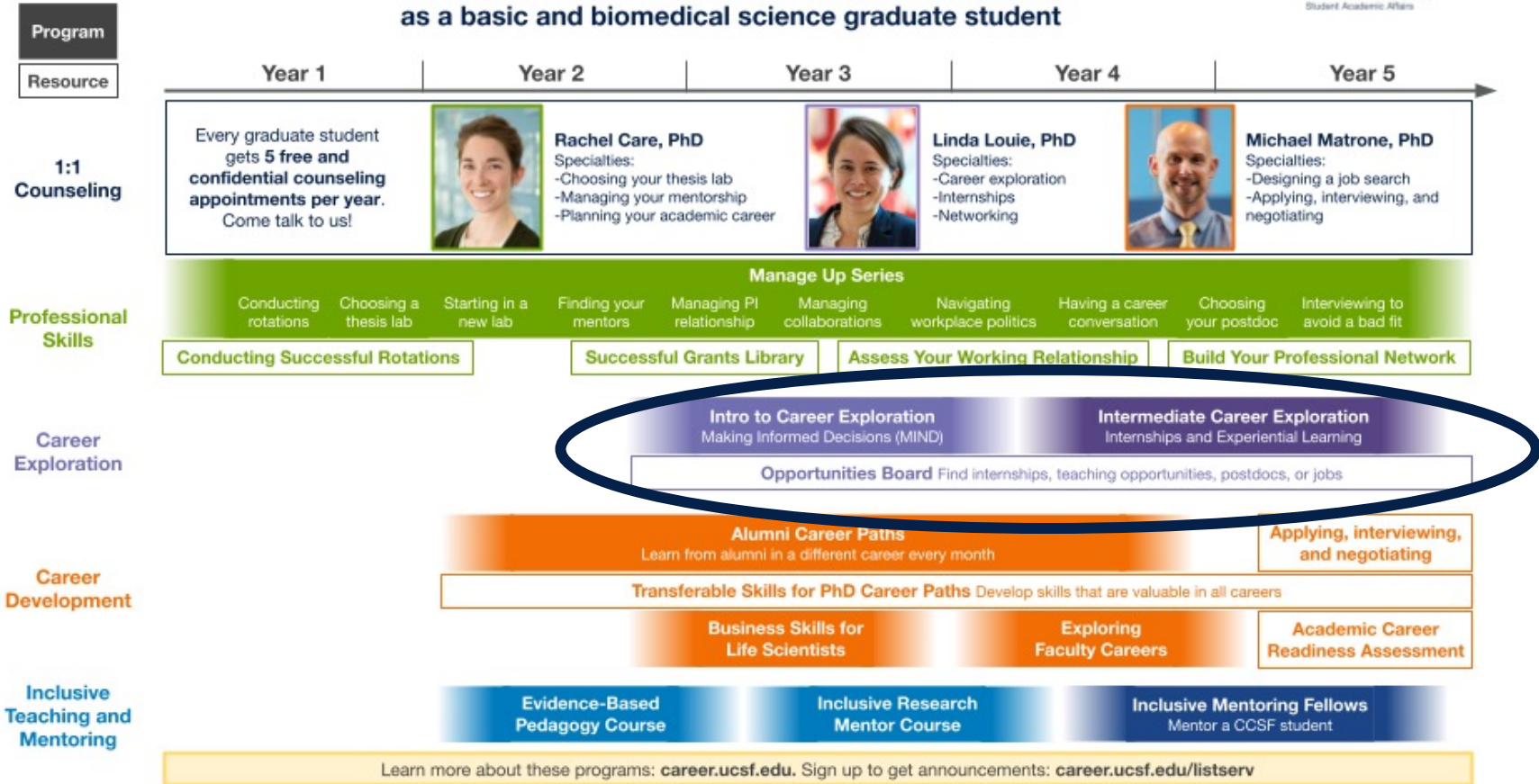


Career exploration class calendar

Take one class, both, or neither – whatever fits your needs



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



Not what you're looking for?

Visit career.ucsf.edu to see our other resources and services

- Monthly “Alumni Career Paths” panels
- Counseling appointments
- Academic Career Readiness Assessment
- Self-paced GSICE materials
- Opportunities Board

UCSF Office of Career and
Professional Development
Student Academic Affairs



What is the impact of our classes?

- It works! Class 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 last year's students said:

- After the class, they felt confident they could achieve their career goals (98.4%)
- The class was a valuable use of their time (98.5%)
- The class had no effect or a positive effect on their research productivity (92%)

*2020 MIND cohort
n = 67*

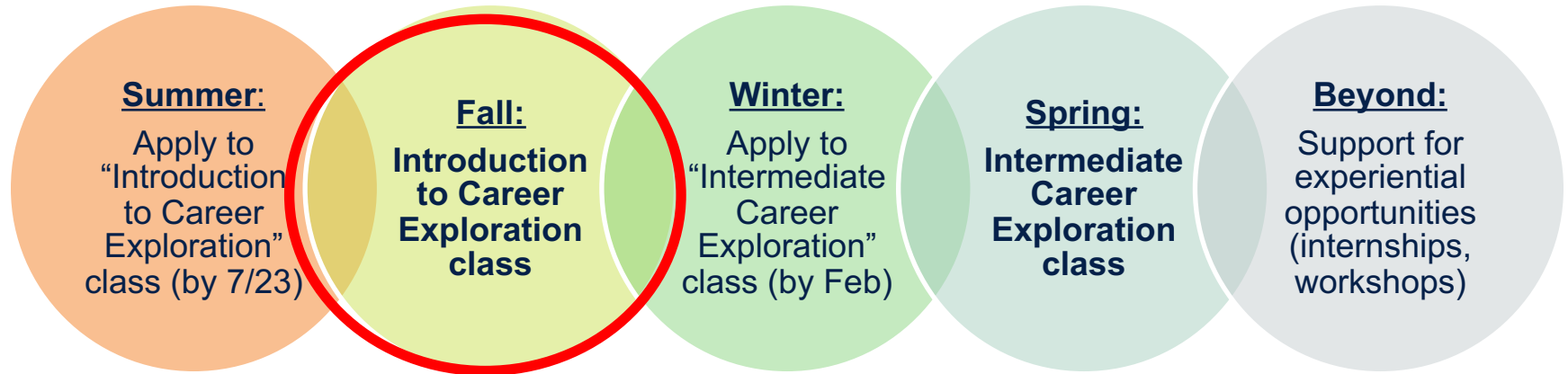


I cannot overemphasize how useful this program was for getting me into a better place with my career development, both in terms of my mindset/confidence and in terms of building real connections that could ultimately lead to a job. Before [the class], I honestly felt very lost and depressed when it came to next steps after postdoc - now I feel excited and motivated for my career journey.

2020 participant, about to start a new job 😊

Career exploration class calendar

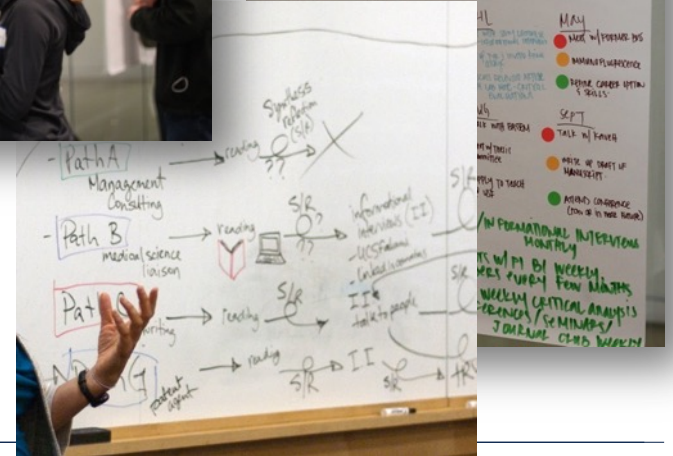
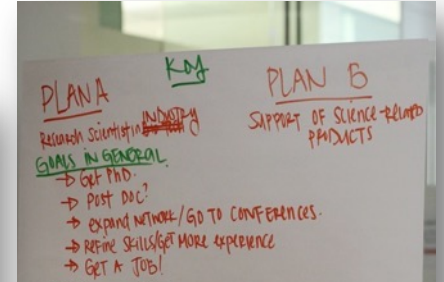
Take one class, both, or neither – whatever fits your needs



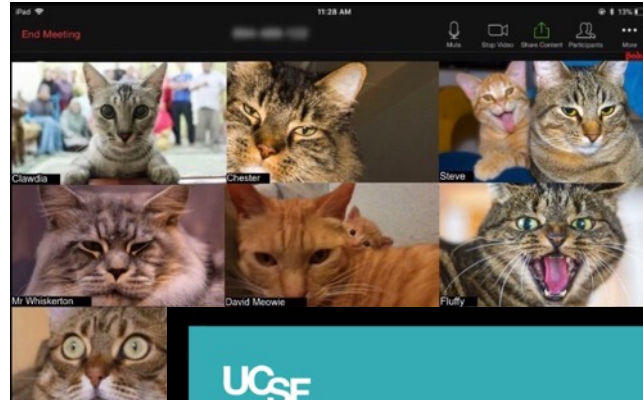
Introduction to Career Exploration (MIND): Fall 2021




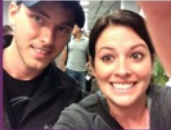
Course Logistics

- Alternate Fridays, early Fall 2021
 - August 6– October 15, 12-2 p.m., via Zoom
- Optional sessions in off-weeks
- Grad students must register for Graduate Studies 213 (2 credits, P/NP)



How our Virtual Class Works



<p>Amy</p> <p>I own a small bakeshop in Cleveland called Sugar Moon. We specialize in organic, vegan treats.</p> 	<p>Jo Ann</p> <p>I come from a long line of donut bakers in San Diego. My grandfather's shop, Sai's Donuts, has been open since 1923.</p> 	<p>Andrés</p> <p>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.</p> 	<p>Vito and Lena</p> <p>Ciao! We are bakers from Milan, Italy. Donuts are just becoming popular in Italy. We like Boston Creme the most.</p> 
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Welcome!

While you wait:

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

2020: Class #5

"a" and "The First 90 Days"

ndstaedt, Naledi Saul, and Elissa

nd Professional Development



“Flipped Classroom” Format

- In class:
 - Discussions, exercises, interactive workshops, alumni conversations (and a break)
- Homework (examples):
 - Take skills, values, and interests assessments;
 - Write brief reflections on assigned articles and videos;
 - Participate in a job simulation or conduct an informational interview.

MIND: Fall 2021 Syllabus At-A-Glance

Date	Class Topics	Homework
Pre-Work	Please complete these assignments before the first day of class.	<ul style="list-style-type: none"> • Read the course syllabus • Install and test Zoom • Fill out the “meet and greet” • Watch “The Fantasy, The Ideal, and The Reality of Career Exploration”
Catalytic Course #1 (Required): Friday, August 6, 12-2 p.m.	Introduction to Career Exploration <ul style="list-style-type: none"> • Welcome keynote • Ground Rules • Myths and realities of the job market • Identifying transferable skills 	<ul style="list-style-type: none"> • Start thinking about your capstone project • Watch “Working Identity” video • Skills, interests, and values assessments (and reflection) • Sign up for a career counseling session (optional)
Visa Considerations for Employment in the U.S. (Optional): Friday, August 13, 12-2 p.m.	<ul style="list-style-type: none"> • This session does <u>not</u> count as a capstone activity. • Register to attend. 	<ul style="list-style-type: none"> • No assignments for this session.
Orientation to Self-Directed Job Sims (Optional): Friday, September 25, 1-2 p.m.	<ul style="list-style-type: none"> • This session will help you prepare to complete a self-guided job sim as a capstone activity. • Register to attend. 	<ul style="list-style-type: none"> • Select and complete a job sim on your <u>own</u>, and upload your reflection to the Box homework folder.

Optional sessions

- Visa Considerations for Employment in the US (with ISSO)
- Getting Unstuck: Techniques from Acceptance and Commitment Therapy (with Student Health & Counseling)
- Internships and Postdocs at Genentech
- ...and more!

Peer Team Logistics

- Alternate Fridays, late Fall 2021
 - October 22 - December 17, 12:30-2 p.m., via Zoom
 - 5-7 trainees, 1-2 facilitators per group
- Recommended, not required
 - Let us know in September if you want to opt-out
 - 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



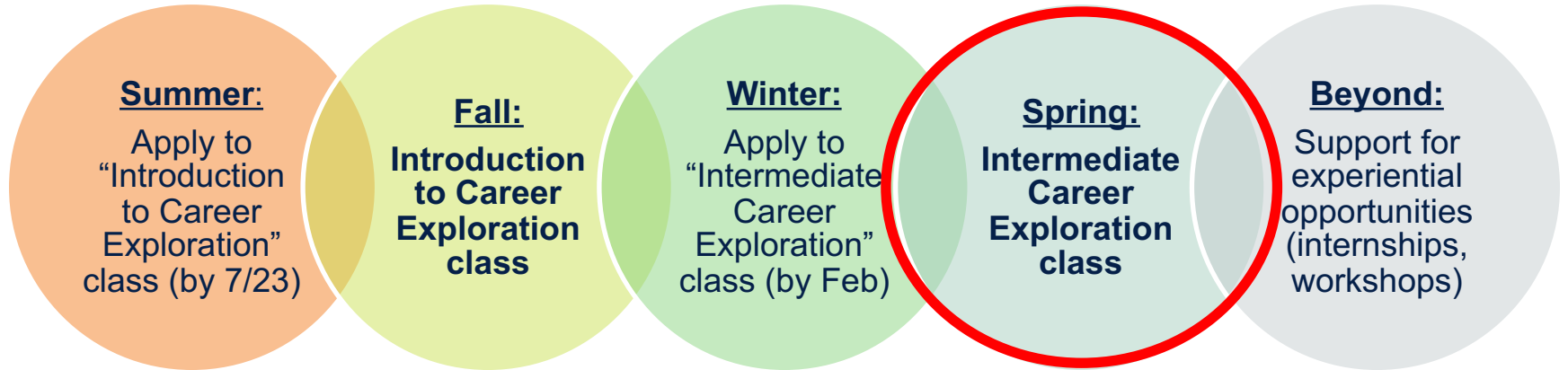


I have found overwhelming support and encouragement [in Peer Teams]. I appreciate being asked how I can make my goals more specific and tailored to my desired outcome... our facilitators genuinely care about cultivating a productive and safe space for career exploration.

Past MIND Participant

Career exploration class calendar

Take one class, both, or neither – whatever fits your needs



Intermediate Career Exploration (GSICE): Spring 2022

Course Objectives

1. Determine what type of experiential opportunity will support your goals.
2. Learn how to find experiential opportunities, and build out your networking contacts.
3. Prepare a resume, learn how to analyze job ads, and be ready to interview and negotiate.
4. Identify mentors, advocates, or sponsors in your new work environment.
5. Apply for at least one opportunity by the end of the class.

What is the impact of the class?

- It works!
 - Retrospective study shows that *course* component is very helpful.
 - Combined with the *experiential* component, it is transformative.

Internship Experiences Contribute to Confident Career Decision Making for Doctoral Students in the Life Sciences

Alexandra M. Schnoes,^{†*} Anne Caliendo,[§] Janice Morand,[†] Teresa Dillinger,[†] Michelle Naffziger-Hirsch,[†] Bruce Moses,[§] Jeffery C. Gibeling,[†] Keith R. Yamamoto,[†] Bill Lindstaedt,[†] Richard McGee,[§] and Theresa C. O'Brien^{†*}
[†]University of California, San Francisco, San Francisco, CA 94143; [§]Biology, San Francisco, CA 94143; [§]Feinberg School of Medicine, Northwestern University, Chicago, IL 60611; ^{††}University of California, Davis, Davis, CA 95616; ^{*}Department of Behavioral and Social Sciences, Oakton Community College, Des Plaines, IL 60016

CBE—Life Sciences Education • 17:ar16, 1–14, Spring 2018

How students find internships/experiential opportunities:



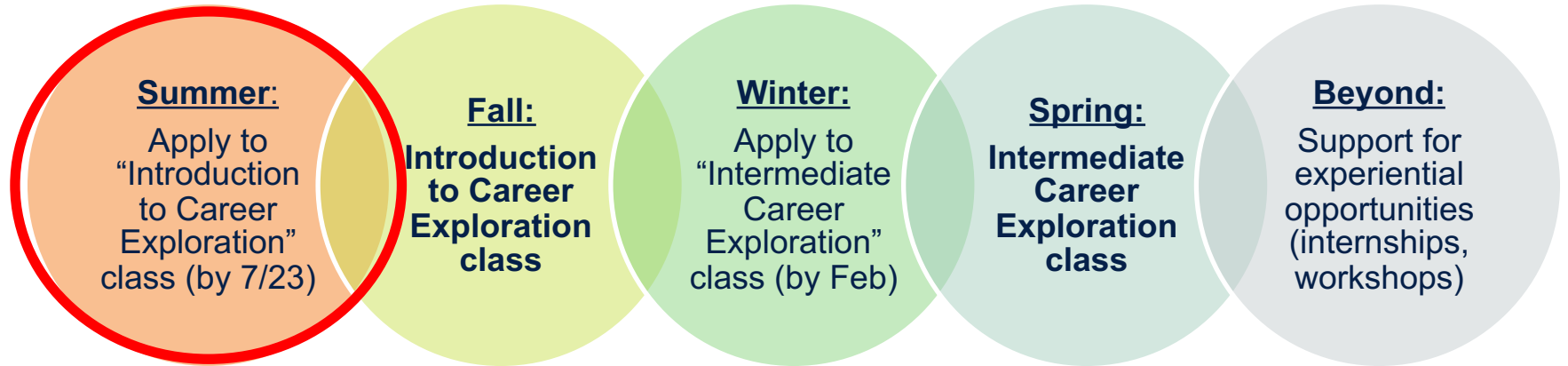
Networking

Class listserv posting

Formal internship
program

Career exploration class calendar

Take one class, both, or neither – whatever fits your needs



“Introduction to Career Exploration” Application FAQ’s

Eligibility

- Postdocs
- Ph.D. students
- 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? Want to go at your own pace? Consider OCPD's other offerings: career.ucsf.edu/phds

Apply by July 23, 2021!

career.ucsf.edu/mind



Questions? Contact:

Linda Louie, Ph.D.

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

Elissa Hamlat, Ph.D.

Teaching Assistant, Career Exploration
Classes

mind@ucsf.edu



UCSF

