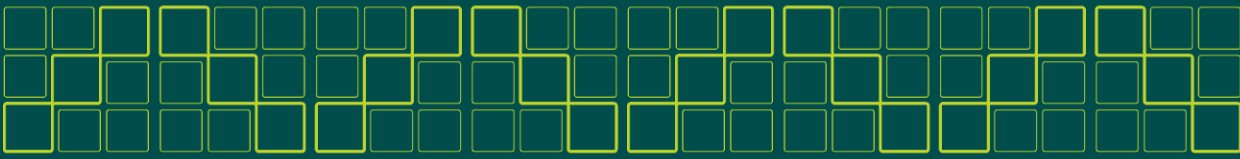

Now What?

Making smart choices for your career

Lori M. Conlan, PhD
Director, Office of Postdoctoral Services



NATIONAL INSTITUTES OF HEALTH

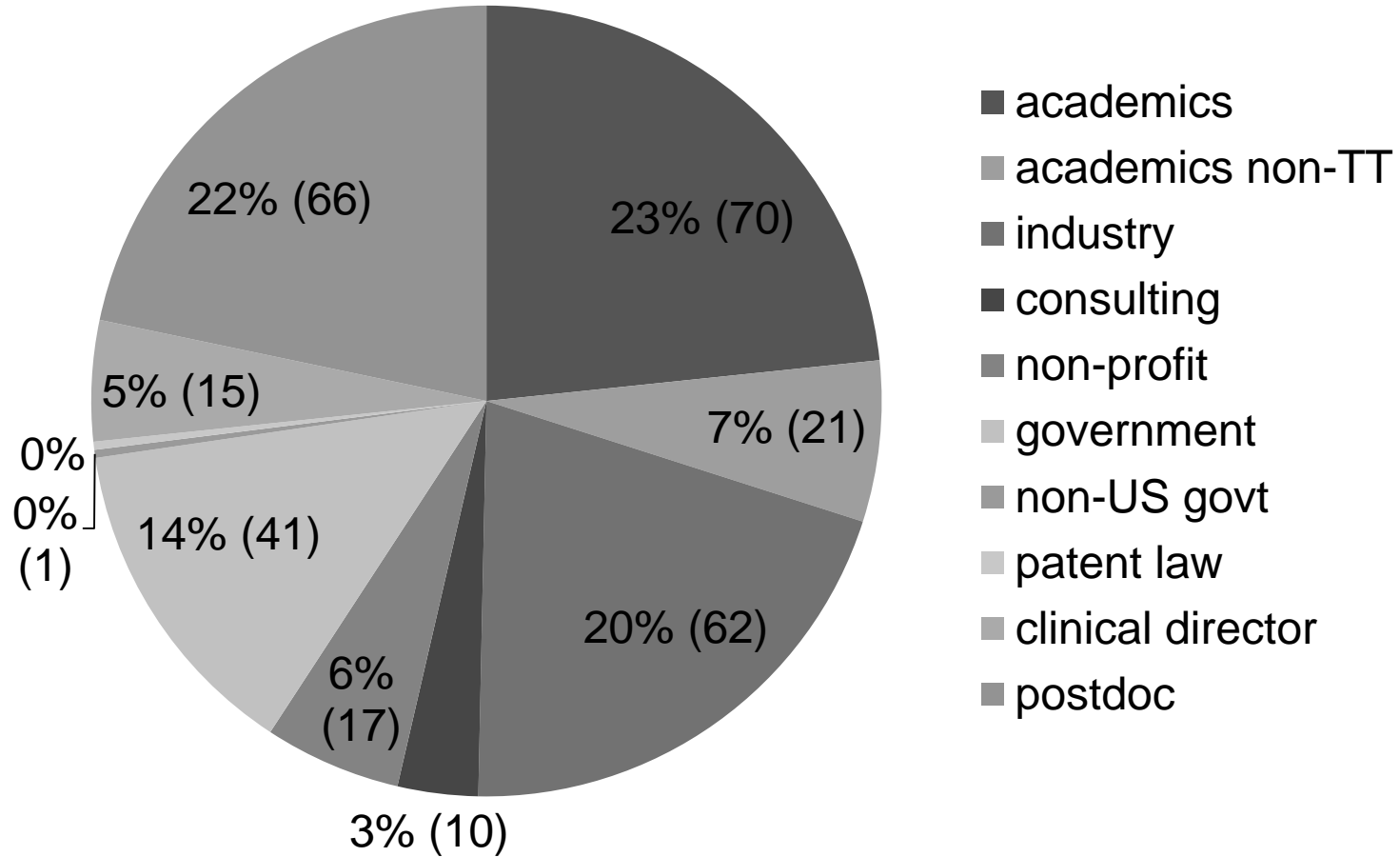


Making good career choices

- Determining what is out there
- Networking
- Building credentials
- Finding a job



Job sectors of past postdocs/fellows



N=304



Job options are endless

**In many types of
science:**

Basic Science
Translational Science
Clinical Science
Patient Care

And many different jobs:
Research and Development
Manufacturing
Quality Control
Project Management
Clinical Trial Management
Intellectual Property Law
Technology Transfer
Regulatory Affairs
Communications
Patient/Medical Liaison
Marketing/Sales
Business/Finance
Consumer Safety
Grants Administration
Science Policy
Education and Outreach

In all sectors:

Academic
Industry
Government
Non-Profit



Determining what is out there?

- This is the hard part, you have to understand your skills, values and interests—and how do careers fit that data
- There are options in academics/industry/gov/non-profits for PhDs
- Do the myIDP
 - <http://myidp.sciencecareers.org/>
- Gather info
 - OITE: www.training.nih.gov (videos on past events)
 - ScienceCareers, NatureJobs, NPA, prof society, etc
 - Books
- Talk to people



Informational Interviews

- Allows insider information
- Help prepare strong application
- A good way to find a career path or get info on a current job opening

- Are not a way to ask for a job!!



Four Areas

- Present
 - Tell me about your current position
- Past
 - How did you get into the field
- Future
 - Long term opportunities in the field
- Advice
 - Contacts, feedback, professional societies, insights into possible positions



How do you find a connection?

- Pubmed or patent databases
- Professional society
- Alumni databases
 - Undergrad
 - Old labmates
- LinkedIn, Facebook, Nature Network
- Family
- Career Centers
- Career symposiums/workshops



Challenge

- Contact one speaker from these sessions to do an informational interview with.
 - Dear Dr. X,
 - I appreciated your views expressed on the XYZ panel at the WYCBWAPHD. I was hoping to get a little more information about how you translated your bench science into a Y career. Do you have 15 minutes to spare for a telephone call?
 - Thanks in advance,



Getting Credentials

- Do more than research
 - Mentor a student
 - Get involved in the student association
 - Ask to help coordinate things for your dept/univ
- Gain work-related experience
 - Volunteer in career-specific offices



Find a Job

- 18 to 24 months from end of training
 - Solidifying your career direction
- 13 to 18 months from end of training
 - Developing your network contacts
 - Development of job search materials
 - JobERA.com if you are pursuing an international job search
 - Define your search targets / search strategies
- 12 months from end of training
 - Time shifting to finishing up and the job search
 - Focusing the search
- 6 to 9 months from end of training
 - Intensifying your search
 - Prepping additional documentation



Job Search FAQs/statements

- There is no job stability
- I need to finish my project
- Do I need to have 100% of the qualifications to apply?
- Yet, apply for jobs that fit (WHO job)
- I had coffee, thus I networked---why aren't they calling?
- Objective statements are necessary in a resume.
- No one will help me find a job!!!



Don't forget other factors

- Location
- Family
- Financial

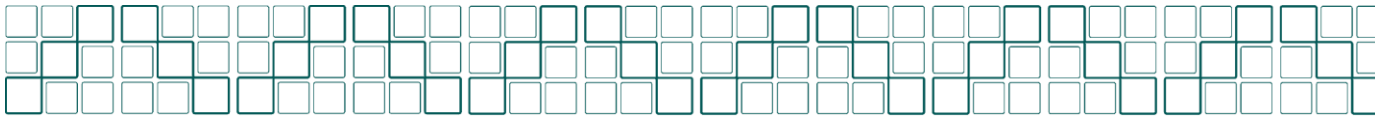


- Finding a job is tough work, and almost a full time job
- Never easy, but there are good methods
- There is no secret, each job search is different

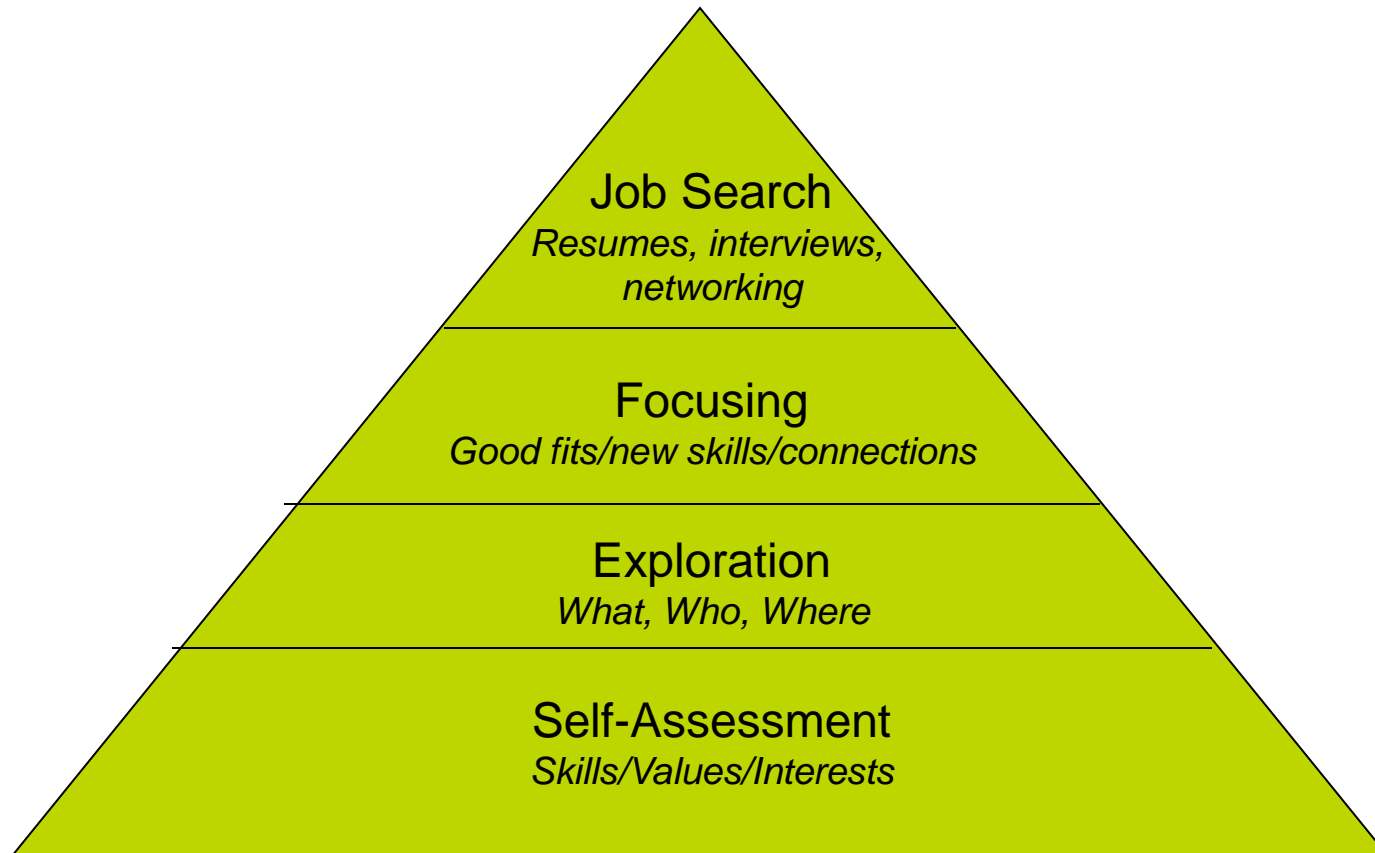


More resources

- Join our Listserv to get info while you are not at the NIH
 - Go to www.training.nih.gov to sign up.
- Connect with me on Linked-In and join the NIH Intramural Science Linked-In group
- Watch previous OITE career workshops, including many on CVs, resumes and cover letters
- Read the OITE Careers blog
- Join the OITE NIH Training Alumni database if you are/were a student or fellow here
- Email me at conlanlo@mail.nih.gov



Job hunt process



Adapted from *To Boldly Go* by Peter Fiske, who borrowed from Stanford Career Center



Job search timelines

Academics

- Aug-Oct Apply
- Jan-Feb Interview
- March-April 2nd Interview
- April Accept
- August Move

- Total time: ~ 1 year

Anything else

- Any month Apply
- + 1 Month Interview
- + 2 Weeks Accept***
- + 1 month Move

- Total time: ~2 months



Skills

- Technical
- Supervision/Management
- Team
- Collaboration
- Professional
- Computer
- Service
- Leadership
- Languages
- Communication



Communication Skills

- What we normally see:
 - Excellent verbal and written communication skills
- What you should say:
 - Presented X posters and Y talks at (Inter)National meetings
 - Presented talks to various audience type (examples)
 - Wrote SOPs, journal articles, reviews, lay-audience articles, etc.
 - Edited lab grant and manuscripts before publication
 - Facilitated a group discussion as seen by....
 - Negotiated a
 - Speak X, a valuable asset in this job