



Virginia Tech Postdoc Essential Skills Series

Career Exploration

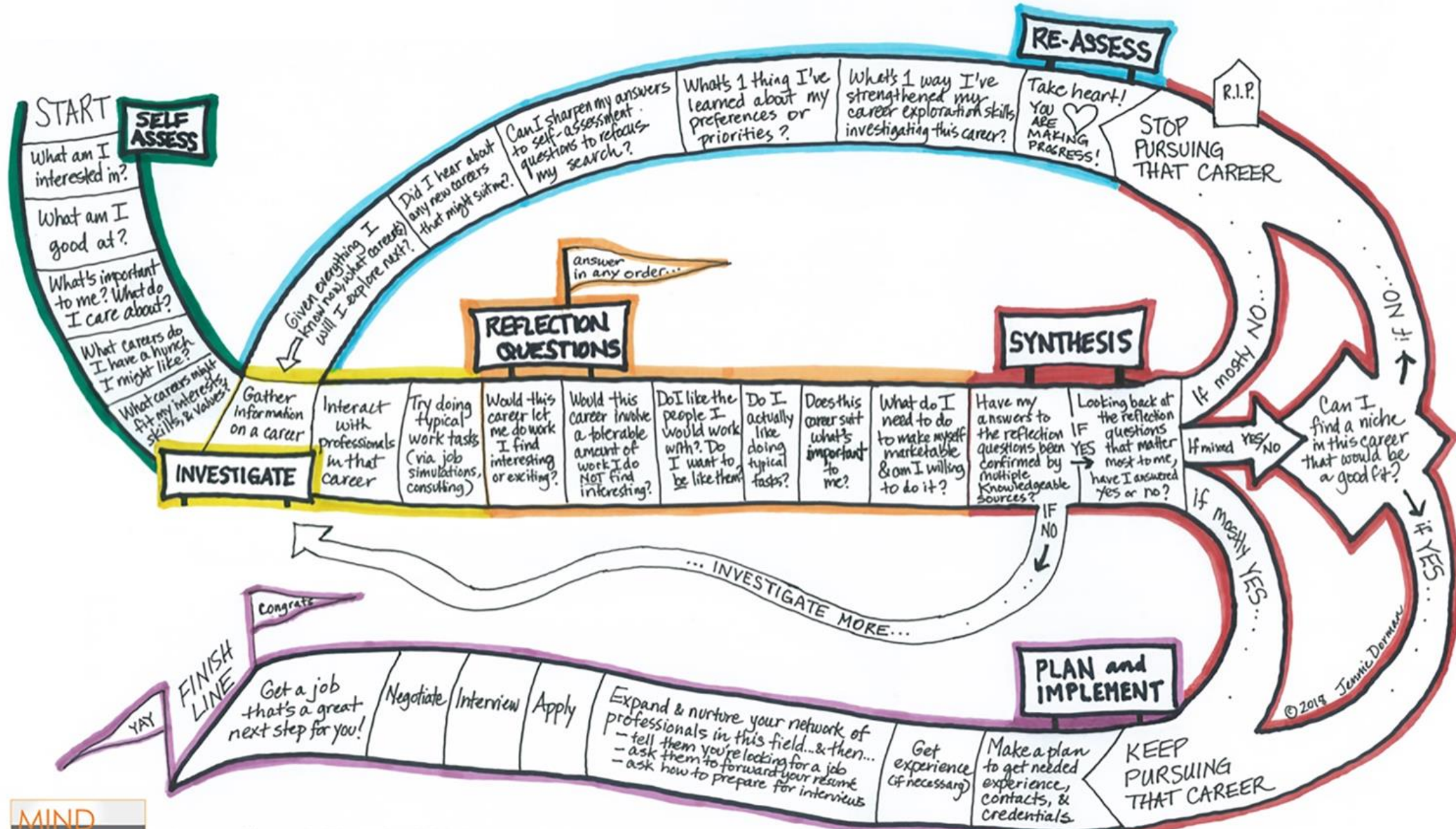
Wednesday, April 13th, 12-1 PM

Link to slides: <https://bit.ly/vt-pd-career-exp-slides>

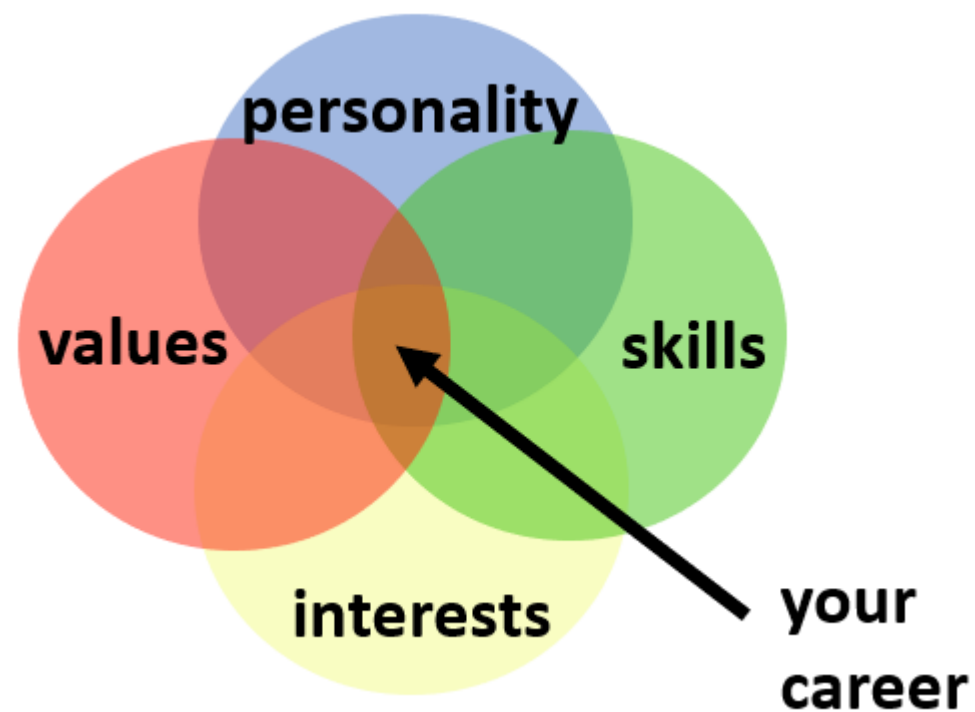


RESEARCH AND INNOVATION
VIRGINIA TECH.

Career Exploration Roadmap



Assessing your skills, interests, & values



Online Skills, Interests, & Values assessments built into career planning & creation of Individual Development Plan (IDP; <https://career.ucsf.edu/phds/myIDP>)

[myIDP](#) [ImaginePhD](#) [ChemIDP](#)

Be mindful of what you enjoy about your current work.



ImaginePhD Assessments

Spend 10 minutes completing the assessments (interests, values, skills) or reviewing your results:

<https://www.imaginephd.com/assessment>

Start with Your Interests & Values, Consider Your Skills

Chris's Top 5 Interests

- 1) Helping others
- 2) Design and aesthetics
- 3) Connecting ideas from different fields
- 4) Meeting new people
- 5) Connecting people

Chris's Top 5 Work Values

- 1) Autonomy
- 2) Achievement
- 3) Stability
- 4) Impact
- 5) Flexibility

Chris's Top 5 Skills

- 1) Work effectively with limited supervision
- 2) Work effectively as part of a team
- 3) Contributing to an institution
- 4) Contributing to a discipline
- 5) Collaborating on projects



Capture this info on the ImaginePhD Career Exploration Worksheet

<https://bit.ly/vt-career-exp-sheet>



TOP 5 SKILLS

1. _____
2. _____
3. _____
4. _____
5. _____

TOP 5 INTERESTS

1. _____
2. _____
3. _____
4. _____
5. _____

TOP 5 VALUES

1. _____
2. _____
3. _____
4. _____
5. _____

Choose a Job Family to Explore on Your Own



5 mins: Explore a job family on your own, complete the bottom half of the Career Exploration Worksheet, <https://bit.ly/vt-career-exp-sheet>

<p>EXPLORE (5 minutes)</p> <ol style="list-style-type: none">1. One New Discovery: 2. One Question I Have	<p>CONNECT (5 minutes)</p> <ol style="list-style-type: none">1. One Group to Join or Person to Connect With: 2. One Question I Have About Networking:
<p>BUILD SKILLS (5 minutes only)</p> <ol style="list-style-type: none">1. One Skill I Can Develop: 2. Where/How Can I Build the Skill? 3. One Question I Have About Skills:	<p>APPLY (45 minutes)</p> <ol style="list-style-type: none">1. One Targeted Job Board: 2. Find and Save<ul style="list-style-type: none">• Five Jobs I think I would like• Five Jobs I think I could get based on my current skills

Breakout Room Discussion

10 Mins:

- Share with your small group something you learned (info or a resource) during your exploration process and an action step you plan to take after today to keep exploring & learning



Other tools for self assessment and career exploration

MyIDP: <https://myidp.sciencecareers.org/>

For scientists & science-related occupations: skills, interests, & values assessments, job category matches, & resources

ChemIDP from the American Chemical Society (ACS):
<https://chemidp.acs.org/>

For chemistry-focused career exploration. Skills, interests, & values assessments, career exploration tools, & resources (ACS webinar and other links, some require ACS membership to access)

American Psychological Association IDP Resources

<https://www.apa.org/education-career/guide/individual-development-plan>



Assessing Your Current Skills and Skill Gaps

This is a key component of an Individual Development Plan, which we will cover more in our May workshop.

Identify Skill Gaps to Improve Upon (from ImaginePhD skills assessment)

I HAVE NEVER DONE THIS

Language translation

Navigating difficult conversations

Communicating in other languages

I HAVE DONE THIS IN LIMITED WAYS

Being able to make persuasive arguments

Teaching in a classroom setting

Curating (objects information ideas)

Using digital tools for communication

Developing and managing budgets

Negotiating

Dealing with conflict

I HAVE MORE EXPERIENCE WITH THIS, BUT STILL NEED GUIDANCE

Quantitative research methods

Broad based knowledge of Humanities or Social Sciences fields

Statistical analysis

Define a problem and identify possible causes

Qualitative research methods

Speaking clearly and effectively

I CAN DO THIS

Navigating the publication process

Extensive knowledge of a specific research area

Creativity and innovation

Form and defend independent conclusions

Comprehend large amounts of information

Interpretation of data

I CAN DO THIS WELL

Work effectively with limited supervision



Additional Resources

From ImaginePhD:

<https://bit.ly/imaginephd-res-sheets>

Links to online professional development resources:

<https://bit.ly/online-pd-resources>

VT Postdoc Resources:

<https://bit.ly/VT-postdoc-resources>

Training resources from VT:

<https://training.vt.edu/>

Research Development Training & Resources:

<https://www.research.vt.edu/research-development/professional-development.html>



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**REGISTER FOR OUR NEXT ESSENTIAL SKILLS
SERIES SESSION on Individual Development Plans:**
<https://bit.ly/VT-postdoc-IDPs>

Wed, May 11th, 12-1 PM via ZOOM