

The Office for Postdoctoral Scholars The Graduate School of Biomedical Sciences The Graduate Student Body Committee

Present a Professional Development Seminar

## Creating your Individual Development Plan

A Strategy for Navigating Your Scientific Career Choices



Cynthia Fuhrmann, PhD Assistant Dean, Career & Professional Development at UMMS Today's PhDs follow many different types of career paths, with the tenure-track being just one of them. With so many options, how do you decide which is the best for you? And what can you do now to optimally position yourself for this path? In this workshop, you will use results from selfassessment exercises to evaluate your career options, learn more deeply about careers of interest, and refine your career-related communication. You will then learn practical strategies for how to set goals tailored to your own skills development and career advancement needs. Taught by Cynthia Fuhrmann, co-author of "myIDP" (a new online career-planning tool hosted by AAAS and Science Careers), this interactive workshop will propel you toward the next step along your career trajectory.

## **Tuesday, February 26, 2013** 12:30-2:30 p.m. Hiatt Auditorium (S1-608)

**Refreshments will be served**