

A Companion Workbook to the
Career Exploration Video Library

FINDING YOUR NEXT CAREER

After your PhD or postdoc.

Sample Only.

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Finding Your Next Career
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Welcome!

How to Use this Workbook

This workbook is designed to help you discover a meaningful career that aligns with your own personal goals, values, and interests. We know that there are unlimited opportunities for highly educated people in today's creative economy. But we also know that just because you have the right skills for a job, you might not like it.

Our research shows that a successful career is guided by a person's interests and values. Two people with the same degree may share similar skills, but they will apply these skills differently, driven by their unique values and interests. Skills will be learned and developed over the course of a career, but values and interests will remain more or less consistent.

This workbook is designed to be completed over **30 days**. During that time you'll go through four steps:

- **Evaluate** what you already know about your values and interests.
- **Explore** careers through the Video Resource Library in Aurora.
- **Connect** with PhDs or professionals who work in career fields of interest.
- **Identify** possible career paths for further research.

Why these four steps? Through our research, we know that these four steps are critical to help PhDs identify careers that work for them. PhDs face a lot of pressure from peers, advisors, and their academic community. But this is your education. You choose what career will be meaningful to you.

This workbook is yours to keep, so the more notes you take, the more valuable the workbook will be to informing your job search. You'll find in this workbook:

- Notes from me,
- Questions to consider as you watch the videos,
- and Exercises to be completed.

Remember, finding a meaningful career isn't about identifying what you'll do for the rest of your life; you just have to know what you'd like to try next. Careers are journeys, and they are not often planned. But your values and interests will serve as important signposts in identifying what opportunities you should take as you build your career.

Happy learning!

L. Maren Wood, PhD

L. Maren Wood | Founder of The Center for Graduate Career Success



Step 1:

EVALUATE:

What are your values and interests?

Step 1: Evaluate

What are your values and interests?

After completing this step, you will be able to:

- **Identify** values and interests that will guide your career exploration.
- **Develop** a summary of your skills.

How to Begin

Answer the Questions to Consider below.

Questions to Consider about your Interests

What motivated you to pursue a PhD? What interested you in academia?

What interests you about your subject area of expertise?

Step 1: Evaluate

What do you enjoy about teaching?

What do you enjoy about conducting research?

Are there other aspects of academic work or life you enjoy? Write those below.

Questions to Consider about your Values

Let's examine what you value in a work environment. Here are some examples of values:

- Work/Life Balance
- Flexibility
- Cultural Diversity
- Impact
- Stability
- Advancement Opportunities
- Independence
- Empowering Others
- Creativity
- Expertise
- Intellectually Challenging
- Task Variety
- Location
- Teamwork
- Love of Learning
- Achievement
- Innovation
- Organizational Ethics

Think about your day to day right now. What values are most important?

What values are least important?

