

## OBJECTIVE APPROACH TO YOUR NEXT STEP

1. **Know Yourself** - Values, interests, skills, etc. Be able to articulate what you want, and what you have to offer.
2. **Explore Options** - Become an expert on your industry and careers of choice.
3. **Get Focused** - Target your approach and create a plan
4. **Take Action** - Connect, build skills, gain experience, apply  
(University of Calgary)

## RESOURCES FOR SELF-ASSESSMENT & CAREER DEVELOPMENT

- UIUC Graduate College Career Development Office (!!)
  - a. Advising, workshops, video tutorials
  - b. Setting goals, managing projects, job search
  - c. Faculty job search retreat, career exploration groups
  - d. GradMAP professional development process
- myIDP.sciencecareers.org
- 10 free career self-assessment tools on the internet: <https://www.monster.com/career-advice/article/best-free-career-assessment-tools>
- My CareerSkills Toolkit (<http://www.ucalgary.ca/mygradskills/my-careerskills-toolkit>, University of Calgary)
- mychoice.uchicago.edu
- Jenny Blake videos:
  - a. A career is like a smartphone instead of a ladder: <https://youtu.be/lzFjoBQHGVM>
  - b. "Pivot: The only move that matters is your next one" <https://youtu.be/dL7LBoGIH2M>