

Welcome Message

Campus Professional Development Resources

for Graduate Students and Postdoctoral Scholars

(GS = Graduate Student Eligible, PDS = Postdoctoral Scholar Eligible)

Graduate Student Resource Center

The <u>Graduate Student Resource Center</u> is a resource, referral and information center for UCLA graduate and professional school students. The of ce is a Graduate Students Association (GSA) Initiative that is managed by Student Affairs. We also work with GSA to organize Graduate Student Orientation and Equity, Inclusion and Diversity Graduate Welcome Day each fall.

- Drop-in advice and assistance for graduate and professional school students (GS)
- i Meeting and study space (GS)
- Programs and workshops on a variety of topics (GS)

Home of the Graduate Writing Center (GS)

Graduate Division

The <u>Graduate Division</u> serves as the central administrative of ce for graduate student and postdoctoral scholar policy, recruitment and admissions along with funding, diversity, and professional development programs.

- i Professional Development Events (GS, PDS)
- i On-Campus and Extramural Fellowships (GS, PDS)
- i Diversity Programs (GS, PDS)
- Postdoctoral Scholar leadership opportunities, resources, referrals, and policy (PDS)

Graduate Writing Center

The <u>Graduate Writing Center</u> provides writing support for registered UCLA graduate and professional students.

- i One-on-One Writing Appointments (GS)
- Writing Workshops (GS)
- i Dissertation and Thesis Programs (GS)

'DYLG *HIIHQ 6FKRRO RI 0HGLFLQH Affairs (PDS)

The Of ce of <u>Postdoctoral Affairs</u> works to promote the affairs of bioscience postdoctoral trainees across campus through career development opportunities, support for developing funding, and training in scienti c best practices and responsible conduct in research.

- i Professional Development Events (GS, PDS)
- i Responsible Conduct in Research Training (GS, PDS)
- Bioscience Postdoc Educational Leadership Program (PDS)

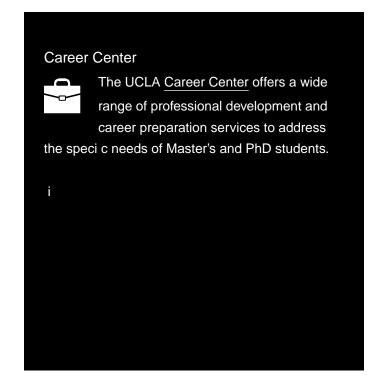


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Building your Professional Netwalysf 10 016Sse2tion & 1 m1m]TJ 7

Master's Student Timeline, 2 Year for 1 year programs, same goals apply in a shorter time frame)

	Year 1
Self- Assessment & Development	i

Summer		
Self- Assessment & Development	Assess and update your Individual Development Plan (IDP).	
Career Path Preparation	Expand Your Network i Conduct informational interviews with professionals in industries or companies of interest to you i Build your professional brand and expand your network by creating a LinkedIn pro le i Begin creating a target list of companies that are of interest to you Job Search i Meet with a Career Counselor to do a mock interview to practice your interviewing skills i Meet with a Career Counselor to revise your resume and cover letter for fall/winter recruiting i Begin requesting letters of recommendation from your advisor and former supervisors. If you completed an internship this summer, be sure to request one from this employer. Gain Experience i Apply for and complete a summer internship	
Communication Skills	Attend professional conferences in your eld to expand your professional network.	
Project Management, Leadership & Collaboration	 Volunteer to give back to the community and expand your transferable skills as well as your professional network Use volunteermatch.org to nd opportunities in your area 	

Year 2		
Self- Assessment & Development	Update your Individual Development Plan (IDP) and determine if there are skills or experiences you wish to gain before graduation.	
Career Path Preparation	Expand Your Network i Attend Career Fairs, Information Sessions and Networking events to inquire about full-time positions i Continue professional networking, informational interviewing and company research i Send emails to your professional network to inquire about positions or referrals Job Search i Read job postings regularly to identify valued skills and hiring trends in the industry you are interested in i Revise/update your resume and cover letter i Research starting salaries in your eld i Apply for full-time positions. Utilize online websites, job boards, and job databases. i Practice Interviewing questions speci c to your industry i Attend a negotiation skills workshop, research offer letters/practices in your eld, and meet with a Career Counselor to learn how to negotiate job offers International students Make an appointment with the Dashew Center to apply for your OPT card to have it by graduation.	
Communication Skills	Attend professional conferences in your eld to present your work and expand your professional network.	
Project Management, Leadership & Collaboration	Seek out opportunities to collaborate on research projects within or across departments to expand your skill set Join professional associations in your eld	

Doctoral Student Timeline

	Years 1-2 Coursework & Exams
Self- Assessment & Development	 i Draft an initial timeline (5-7 years) for degree completion with short and long term goals (discuss with your advisor) i Start with goal completion date i Include degree milestones, funding deadlines and conferences Expand skills and experience through: i Teaching Assistant opportunities i Departmental or campus committees i Workshops/courses outside your dept i Part-time/summer employment
Career Path Preparation	 i Set up a LinkedIn Pro le i Start an achievements le: Track research and teaching i Meet and network with graduate students and faculty in your department and around campus i Develop your networking connections matrix (see page 28) i Attend talks and presentations to network with other attendees and presenters i Review job ads to see what specialties/skills are expected of applicants
Communication Skills	i Identify and become familiar with relevant journals and prominent gures in your eld for potential publishing opportunities

Years 2-4

Final Year Dissertation Work & Employment Self-Assessment i Review and nalize timeline for completion of degree and & Development update regularly i Review your job search goals, revise as needed, and update your action plan i Stay healthy with rest, exercise, diet, and recreation Maintain your competitive edge: i Finish your dissertation i Professionalize your wardrobe Career Path Preparation i Update your LinkedIn pro le and CV tailored to speci c roles you are targeting i Finalize application materials (including references) and tailor them as needed i Match your skills, experience and interests to the jobs/institutions/ companies to which you are attracted i Use your network contacts to learn more about positions and institutions/ companies to which you are applying i Let network contacts know you are actively looking for a job Search for and apply to job openings and postdoc positions Communication Skills i Schedule a mock interview with your advisor and the career center i Continue to present your work to diverse audiences

Postdoctoral Scholars Timeline

	Early Stag∉ntering Postdoc)
Self- Assessment & Development	 i Create an Individual Development Plan (IDP) and discuss the plan with your faculty mentor i Draft timeline for the experiences and skills you wish to gain in your postdoc - update as needed
Career Path Preparation	 i Create and update a LinkedIn pro le and join relevant LinkedIn groups i Meet and network with postdocs and faculty in your department and around campus i Attend career panels and conferences to explore various career paths and requirements i Join relevant professional organizations and academic societies i Review job ads to see what is expected of applicants and what specialties/skills are in demand i Update your CV and create a resume
Communication Skills	 i Attend workshops and develop skills in handling con ict, managing up, and presentation skills i Identify important journals in your eld for potential publishing opportunities
Project Management, Leadership & Collaboration	Expand skills and experience through: i Departmental or campus committees i Attend workshops outside of your department i Apply for outside funding/grants (training grants/fellowships, career development awards, research grants)
Teaching & Mentorship	Attend teaching workshops and seminars Audit a course

	Late Stag∉nd of Postdoc)
Self- Assessment & Development	 i Review your career portfolio goals, revise as needed, and update your action plan i Discuss career goals and action plan with faculty mentor and other supporters (see page 28)
Career Path Preparation	 i Finalize application materials (including references) and tailor them as needed i Search for and apply to job openings i Keep in touch with relevant network contacts wdeveloped previously i Meet with your potential references and share your plans and updated CV/Resume i Tailor your LinkedIn pro le to targeted industries
Communication Skills	i

Online Assessments & Resources

Choosing your future career path is a very complicated decision that will continue to evolve throughout your professional life. Career assessment tools help you identify your strengths and skills, understand your work and communication style, and re ect on your core values that can be valuable as you develop professionally.

You can access the following tools online or with the help of a career counselor.







Life Values Inventory Online (LVIO)

<u>LVIO</u> was developed to help individuals and organizations clarify their values and serve as a blueprint for effective decision-making and optimal functioning.

The program is comprised of
 5 steps including an assessment
 portion and results and
 strategies section

Individual Development Plan (MyIDP) Myers-Briggs Type Indicator (MBTI)

MyIDP is a career development and planning tool for biomedical scientists, though it can be adapted for STEM disciplines.

MyIDP provides:

- Exercises to help you examine your skills, interests, and values
- An algorithm to help you identify which careers best t your current skills and interests from a list of 20 scienti c career pathways
- A tool for setting strategic goals for the coming year, with optional reminders to keep you on track
- i An opportunity to help map out or frame your career development plans, skills and interests when meeting with your faculty advisor or PI

MBTI is a personality assessment tool, available for graduate students, to help better understand your personality preferences and align your career choices and planning with those preferences. The MBTI is free for all graduate students, however, it must be administered by a career counselor.

To schedule an appointment visit <u>BruinViewTM</u> and a counselor will meet with you to discuss the tool and gauge if it is appropriate for your needs.

Graduate Student & Postdoctoral Scholar Professional Development Website

The UCLA Professional Development website is a collaborative project of UCLA campus units representing the interests of graduate students and postdoctoral scholars at UCLA. We provide a calendar of workshops, speakers and presenters on and off campus who can provide insight and expertise on professional and career development topics.

Transferable Skills Analysis

The following list of transferable skills is a great start to identifying and prioritizing your skills gained as a graduate student, postdoc, and through other experiences. Using the list below, check the box next to the skills you feel con dent using. Then evaluate the checked skills and underline those that you enjoy doing daily.

Research & Information Management

Locate and assimilate new information rapidly, applicable to a given problem

Understand and synthesize large quantities of complex information

Design research instruments (e.g., surveys) and effectively analyze results

Develop organizing principles to effectively sort and evaluate data

Analysis & Problem Solving

Clearly de ne a problem and identify possible causes

Comprehend large amounts of information

Form and defend independent conclusions

Design an experiment, plan, or model that de nes a problem, tests potential resolutions and implements a solution

Communication Skills – Written & Oral

Prepare concise and logically written materials, for different audiences in different contexts: from abstracts to book-length manuscripts

Edit and proofread

Organize and communicate ideas and complex information effectively in oral presentations to specialized and non-specialized audiences in small and large groups

Persuade others in both written and oral format using logical argument

Write effective grant and research proposals

Interpersonal & Leadership Skills

Facilitate group discussions or conduct meetings

Teach skills or concepts to others

Work effectively in teams, and collaborate on projects

Navigate complex or bureaurocratic environments effectively

Diplomatically communicate and respond to positive or negative feedback

Motivate others to complete projects

Build consensus among groups or individuals (e.g., with your department/committee)

Effectively mentor subordinates and/or peers

Organization & Management

Manage a project or multiple projects from beginning to end Identify and establish goals or tasks to be accomplished in a reasonable timeline

Organize and prioritize tasks

Anticipate possible challenges

Maintain exibility in the face of changing circumstances

Supervision Skills

Evaluate others' performance (e.g., grade exams or papers)

Monitor or oversee the work of others in a lab or classroom, and provide feedback

Self Management, Work Habits & Entrepreneurial Skills

Meet deadlines and manage competing priorities

Perform under pressure

Work independently

Acquire funding (e.g., write grant/fellowship proposals) and manage a budget

5DQN RUGHU WKH WRS ÀYH VNLOOV WKDW \RX GR ZHOO DQG HQMR\ (

1.

2.

3.

4.

5.

Do any of these fall under a particular skill category?

SWOT Analysis

Identify a job description or career eld that you are interested in pursuing. Using the following criteria, analyze yourself and the external landscape for that career eld. This will help you identify your strengths as a candidate, areas for improvement, and networks/training opportunities to build toward this career.

What do I do well? What is my biggest achievement? Strengths What do others recognize me for? What personal qualities do I possess? What do I need to improve? Weaknesses What tasks do I typically avoid? What are my personal aws? What are the trends in my professional industry/discipline? Who can support me in achieving Opportunities my goals? What additional training or experience is available to me? What are the obstacles? Who is competing for this kind of job/career? **Threats** What macro-level changes might impact this career? (political, environmental)

Values Worksheet

Place the abbreviation for each of the values listed in the Work Values Inventory into one of the categories below to indicate how important each value is to you in your work.

Highly Important	Moderately Important	Not Important
Rank order the values in this category.		

Work Values Inventorly

Achievement (ACH) Advancement (AVA)	Health (HAE) High income (HIN)	Mechanical and physical activity (MPA) Moral and religious concerns (MRC)
Adventure (AVE)	Home and leisure life (HLL)	Outdoor work (OUT)
Aesthetics (AES)	Independence (IND)	Physical appearance (PHA)
Predictable work (PRE)	Friendships at work (FRI)	People contact (PEC)
Competition (COM)	Interesting work (INT)	Recognition (REC)
Early entry (EAN)	Leadership (LEA)	Security (SEC)
Altruism (ALT)	Exhibition (EXH)	Status/prestige (STP)
Creativity (CRE)	Lifestyle (LIF)	Variety (VAR)
Fairness (FAI)	Location of work (LOC)	Work environment (WEN)

Top Ten Work Values

1.	6.
2.	7.
3.	8.
4.	9.
5.	10

¹ Lock, R. D. (2004). Taking charge of your career direction: Career planning guide, book 1 (5th ed.). Belmont, CA: Thomson/Brooks Cole

Career Decision-Making Matrix

The Decision Making Matrix worksheet will help you summarize many factors that can affect your decision to accept a position. Before feeling con dent about what choices you will make, you also may want to use additional decision-making models, gather more information, or talk to others. Follow the steps below to complete the chart on the next page.

Step 1	At the top of the worksheet, list up to three options you are considering and comparing.
Step 2	In the left hand column, list up to seven values or factors that impact your decision, for example, hours per day, cost of living, impact, prestige, work-life-balance, etc.
Step 3	In the "Importance of Value" column, rate how important the value is in your decision on a scale of 1-5. (1 = not very important 5 = absolutely critical)
Step 4	In the "probability" column, rate the likelihood that each option will ful II each value on a scale of 1-5. (1= very little chance the value will be ful IIed 5 = no doubt the value will be ful IIed)
Step 5	Multiply the Importance number by the Probability number and enter that into the Subtotal column for each option.
Step 6	Add the subtotals for each column and enter the amount at the bottom underneath each option.
Step 7	Compare the totals of each option. Note which option has the highest total.
Step 8	Some students and postdocs feel comfortable that the highest score represents their best option. Other students and postdocs use the worksheet more than once during the decision making process for a number of reasons. For example, they may nd that the values they initially used have shifted in priority, or they may add or delete values to their list, which might offer a different set of ratings.



Industry Lists

Science, Technology, Engineering & Math

- i STEM Education in K-12 Schools
- i Support of Science & Engineering Related Products
- i Science & Technology Policy
- i Science & Technology Education and Outreach
- Public Health Related Careers
- i Teaching Intensive Careers in Academia
- i Intellectual Property
- i Science Writing
- Sales & Marketing of Science and/or Engineering Products
- i University & Research Administration
- Clinical Practice

- Scienti c & Medical Testing
- i Research & Teaching Careers in Academia
- i Business of Science & Consulting
- i Clinical Research Management
- Principal Investigator at a Research Intensive
 Organization
- i Entrepreneurship
- i Drug/Device Approval & Production
- i Research in Industry
- Research Staff at a Research Institution
- i Big Data

Social Science, Humanities & Education

- i Public Education & Training
- i Academic & Higher Education Administration
- i Administration & Management
- i Research, Assessment & Analysis
- i Writing, Publishing & Editing
- i Consulting
- i Entrepreneurship
- i Communication, Public Relations & Marketing
- i Human Services
- i Advocacy
- i Performing & Fine Arts
- i Development & Fundraising
- i Diplomacy & Mediation
- i Research & Teaching Careers in Academia
- i Teaching Intensive Careers in Academia
- i Translation & Interpretation
- i Data Management



Visit the occupational outlook

handbook to learn about the
outlook and trends.

Informational Interviewing

Informational Interviews are 20-60 minute long conversations for you to ask questions, listen, and learn about organizations, career paths, and industry trends from a professional in a eld of interest. This is also an excellent way to expand your network in a particular industry, and gain more nuanced information about a career or organization.

This is not the same as a job interview, so use the time to listen and learn.

Sample Informational Inter4 re f BTi0(or tu Ins/TT1 1	Tf (6 T212 7(y)20(.8(eour3Explor)20.2al In/TT1 11.807
6SHFLÀF TXHVWLRQV WKDW GHRSI	RHOUW WROLD NAVIHHO\OR XRUU ULHQ\GHXDVUVFUK\RQ WKH
i How did your research background in help	i What are the pros and cons of working on
you in your job search?	project?
How does your research background on come into play, if at all, in your current position?	i Would you suggest (eld speci c experience) will help in this position?
i How did your experience in better prepare	
you for this position?	

Sample Thank You Email (Follow - up)

After you have met with the professional or alumni and had a chance to learn more about the position, industry or eld, your next step is to FOLLOW UP with them using a thank you email or hand written note. You should always thank people for their time, even if you have decided you don't want to pursue careers in that direction. You never know where your next opportunity will come from and establishing a professional network is key to navigating successful career choices throughout your professional life.

Thanking someone for their time is the easiest way to follow up, communicates professionalism, and is an opportunity to plant seeds for future interactions.

When following up with an alumni or professional, communicate these three things:

- 1. Thank them for their time and any speci c resources, tips or contacts they shared highlighting what you had in common.
- 2. Demonstrate how you plan to use their advice, or share additional resources that are related to your conversation.
- 3. Do not ask for a job, or send your resume unless it was something they offered during your meeting. You are still building a relationship and asking for a job is premature.

Dear Dr,	
,	
Thank you for meeting with me last week to learn about your career at AAAS, and the kinds of projects you have had the opportunity to work on. Our discussion helped me think about my doctoral work more broadly, and I took your advice and reached out to your colleague, Dr. at RAND – we are meeting next week. Your detailed information concerning the AAAS Fellowship program was really helpful, and I plan to apply for the fellowship when it opens next month.	
to apply for the femone men it opens how mention	
I appreciate your willingness to meet with me, and hope I can have the opportunity to return the favor in the future.	
Sincerely,	
Kelly Engineer	



Job Search Methods & Strategy

There are many ways to search for a job, which also may vary by position and industry. Some of the most common methods are listed below.

Strategy	% H Q H À W V	Tips
Networking - connect with as many individuals as possible and develop a list of contacts.	Creates resources for you to identify potential job opportunities and learn more about a position, company, or industry. Networking can also help you access "hidden" opportunities not posted to the public.	Join LinkedIn. Attend Networking events on and off campus.
Targeted Search - Identify the types of organizations you would like to work for, develop a targeted list, and research companies.	Allows you to be more proactive and take charge of your search, instead of waiting for companies to post positions. This type of search goes hand and hand with networking as it will be important to develop contacts within organizations and companies.	The UCLA Career Center Library, Chamber of Commerce.
Professional Associations - Research professional associations related to your career interests, as most provide		

Job Search Resources

Online Search Engine & Information

Occupational Outlook Handbook Career & industry trends, salaries & outlook

LinkedIn Online professional networking site

Hoovers Largest commercial database of companies, professionals, industry segments

Indeed #1 online job search engine, includes universities and sorts based on location, salary, level, keyword, skills

Idealist Nonpro t job and volunteer search engine/site

BruinView™ UCLA-speci c recruiter posted opportunities, workshops & on campus interviews – search for PhD level, by skills & sign up for the newsletter

Linkup Job search engine with RSS feed, sort by location, tags, and company

O*Net Database of occupational information, career exploration tool

3K' 3RVWGRF 6SHFLÀF 5HVRXUFHV

UCLA Career Center

Graduate Student & Postdoctoral Scholar Professional Development Website Calendar of UCLA campus professional development events and opportunities, Individual Development Plan resources, and professional development competencies.

Versatile PhD Online PhD Community, Job Site & Career Exploration tool. Log in through Career Center or Graduate Student Professional Development Websites to access premium content

PhD Career Guide Career Exploration, Online Community, Job Board, and Blog

Chronicle of Higher Education – Vitae

Beyond Academe A resource speci cally for History PhDs, with useful information for all PhDs

Resume Templat@2 pages maximum)

Usually 2-3 sentences that summarize your history, background and unique quali cations, tailored to the position.

Using areas of expertise or emphasis is a good way to communicate your research topic area, or method expertise for non-specialized audiences. Only include topics that are relevant to the position.

This section may include all of your experiences, paid and unpaid, volunteer, community service or professional. Analyze each experience with regard to the skills, abilities, leadership positions and accomplishments gained. Quantify the statements, where possible, and use action verbs.

Pat Navarro

112211 Westwood Blvd Los Angeles, CA 91234 | 310.123.4567 | JSmith@biology.ucla.edu

Professional Summary

More than 5 years of research experience in clinical, academic and hospital settings. Managed a large multi-site study, which led to 3 top tier publications and a patent for a compound undergoing Phase 1 clinical trials. Experience leading lab development, and mentoring professional growth of research trainees.

Education 6

PhD Biological Chemistry

2015

University of California, Los Angeles CA

Areas of Expertise: Alzheimer's, Neurological Therapeutics

Research Experience²

Team Lead, Multi-Site Alzheimer's Research Study, UCLA Dept of Biological Chemistry

2014-Present

- Coordinated and led a team of multidisciplinary faculty and postdoctoral researchers at 5 research hospitals
- Identi ed a need for lab instruments and successfully applied for \$40,000 used to secure training, supplies and instrumentation

Postdoctoral Researcher, UCLA Department of Neurobiology

2010-2012

- Secured grant funding and managed budgets for 2 independent research projects
- Managed and mentored 4 doctoral students and 16 undergraduate students in experimentation design and delivery

Doctoral Research Assistant, Vanderbilt University, Neuroscience Department

2004-2010

- Identi ed a new target for Alzheimer's therapeutic approaches
- Increased existing client revenue by 30% through service and customer care program
- Attained 'Leaders Club' recognition in the Western Region.

Skills³

Data Analysis: Stata, Data Envelopment Analysis Programming: Matlab Modeling Software: SC/Tetra, Comsol, Solidworks Documentation: Microsoft Of ce, LaTeX, Mendeley

Publications (2 out of 6) Presentations (1 out of 12)

Smith, J. & Jones, N. "The effects of Alzheimer's drugs on patients ages 40-45" Nature, V.356 2014 Smith, J. "Neutralizing Alzheimer's: the ethical dimensions of clinical trials" Presented at the National Association for Alzheimer's Care in New York, 2014

- 1 Include Institution Name, degree(s)earned, majors/minors, honors, date of completion or expected completion. Education should only come rst if you are completing or have completed in the last 2 years.
- 2 Your extracurricular or service activities may offer a unique way to demonstrate transferrable skills. Top skills employers tend to look for include teamwork, communication skills, data management, analytical and problem solving.
- 3 These may include laboratory skills, technical skills, foreign language, computer, research skills and others.

Resume Bullet Points: Writing Accomplishment Statements

Resume bullet points should demonstrate your achievements in a particular role, highlighting your success and skills as they relate to the job application. They should be organized by most impactful accomplishments rst and tailored to the speci c job you are applying to. Don't list duties or the daily tasks of your position. Instead, demonstrate your value by highlighting the depth and breadth of your work and skills. When writing the accomplishment statement ask these questions:

- What skills do I need to demonstrate for the job I am applying to? (refer back to speci c job description)
- 2. What did I accomplish in this role that demonstrates those skills?

Example: Breaking Down Your Experience

Think about the duties and responsibilities performed in your position. From there, determine what you have accomplished related to those speci c tasks/projects. The demonstrated accomplishment is your nal "product". Comments are in Gold.

Duties:

Graded homework, taught labs, met with students during of ce hours
 Duties don't demonstrate your capabilities or skill level

Job Description & Tailored Resume Example

Job Ad

Now Hiring! Research Analyst

Job Description

The Research Analyst will provide support for projects on the Arts Commission's Research and Evaluation Plan. The Analyst will also be given responsibility to develop and manage one or more projects and will carry out those projects independently, under the guidance of the Research & Evaluation Manager. Examples of the kinds of projects the Analyst might work on that are currently underway include an analysis of the impact of a Civic Art graf ti abatement project, the development of school district arts education data, a report on contract employees and volunteers working in LA County arts nonpro ts, and the development of data visualizations to present Arts Commission data.

The Research Analyst may be asked to undertake include the following:

- Conduct literature reviews;
- Develop data collection instruments;
- Collect data: surveys, interviews, focu/Ttroup, fobsevetions tnd tdcu/ent oeviews

Highlight responsibilities and duties that you can clearly demonstrate in your resume

Use the terms, not the			
phrases to tailor your			
resume to the position			
resume to the position			





Cover Letter Template

A Cover Letter is a tailored one -page document that provides context and in depth examples of your skills, knowledge, experience and t for the position. The cover letter should focus more on 3-4 needs outlined by the job description and how your skill set and experience aligns with those needs. A good cover letter is targeted and does not simply restate the resume. This is also an opportunity to express enthusiasm for the position and organization by demonstrating how well you understand their mission, vision and accomplishments.

Name

Address, City, State, Zip Code | Phone Number, Email

Use the same heading as your resume to create a "letterhead" for your documents.

Employer Name Title Company Street Address City, State ZIP

Dear

If you cannot nd

the name of the contact, consider

addressing the

letter to "Hiring

Manager"

or "Hiring

Committee."

With ve years of research and assessment experience, and a record of communicating research to diverse audiences to positively in uence change, I am a strong candidate for the research analyst position at the Community Health Center of Los Angeles (CHCLA). I was referred to this position by Dr. Andrew Greene, the communications manager at CHCLA. In addition to my research experience, I have a strong teaching and communication background and commitment to community work that would be particularly useful for this position.

As a public health research fellow at UCLA, I created several surveys that evaluated the mental health of graduate students while dissertating. Survey results indicated that graduate students were suffering from feelings of isolation and depression, which was subsequently slowing their time to completion. Using this information, we created 3 peer dissertation writing groups, and advocated for more mental health support from the university, where we successfully secured funds to expand the graduate peer support groups. My ability to design research polls and use the ndings to proactively advocate for CHCLA's initiatives would be highly bene cial to your organization, especially given the new K-12 healthy initiatives you are working on.

I appreciate your time in reviewing my application. I believe that the combination of my research, commitment to community and ability to communicate research and in uence action would be ideal for this position. My resume is enclosed, and I look forward to meeting with you.

Sincerely, (signature)

Name

1.

First Paragraph (Purpose)

- State why you are writing and the position at the company you are applying for. Indicate how you learned of this position.
- i If referred, be sure to include the name of the referral in this paragraph.
- i Demonstrate brie y your knowledge of the company, and create a thesis statement that outlines your unique quali cations for the job.

2.

3.

Second paragraph % DFNJURXQG DQG 4XXXQUU\$F\$DDWLDRJQJMDSK

- i If you have related experience or specialized training, elaborate on the details that would be of special interest to the employer.
- Be speci c about your quali cations and skills.
- Provide examples on how you obtained/honed these skills. Your goal here is to match your skills to the employer's needs.
- Explain how you would t into the position and the organization. If it gets lengthy, break this paragraph into two, to make it more readable.

- Close your letter with con dence by brie y restating how your quali cations match the position.
- i Express your interest in further discussing your background and the position with the employer.
- Finally, include a statement expressing your appreciation for the employer's consideration.

A Cover letter is almost always required of candidates in all professional industries. Though called a cover letter, they are typically read by employers after the resume is reviewed, so they need to provide more tailored and targeted information. When submitting application documents, always save as a PDF. If submitting via email, put the cover letter in the body of the email and attach it as a PDF.

CV vs Resume

	CV	Resume
Audience	Academics in or outside of your discipline	Potential employers and networking contacts
Goal	To obtain an academic position, research-focused or teaching focused position in academia or another industry, or a grant or fellowship	To obtain a position in government, nonpro t, technology, business, consulting or other industry, etc.
Structure & Format	Complete history of your academic credentials – research, teaching, awards, funding, service	Brief snapshot of your most relevant skills and work experience. Most relevant skills and experiences should be in the rst 1/3 of the resume. Resumes are targeted speci cally for the job description.
Focus	Your academic achievements and your scholarly potential	Experience and demonstrated skills through accomplishments that prove you can do the job well
Unnecessary Info	Activities not related to academic pursuits (i.e., personal information, irrelevant work experience, hobbies, etc.)	Unabridged list of publications, presentations, conferences attended, courses taught. Work or accomplishments from more than 10 years ago.
Length	Flexible	1-2 pages



What is it?

A Curriculum Vitae otherwise known as a CV translates to "story of one's life". This document catalogues your academic achievements, typically organized around the three pillars of the academy: Research, Teaching and Service. A CV is an exhaustive list of your achievements, as opposed to a resume which

is more of a snapshot, tailored to demonstrate speci c skill sets and accomplishments.

When Is It Used?

CV's are the credential asked for in academic job application processes, postdoctoral scholar application processes, and fellowship and grant applications. Because they demonstrate expertise, they are also frequently asked for by research-intensive organizations or for research or teaching intensive roles within organizations.

CV Format

CV's do not have a page limit and typically include more white space, because they focus on your accomplishments as RSSRVHG WR WKH VNLOOV \RX KDYH GHPRQVWUDWHG 7KHUH LV QRW ZLWK SRLQW IRQW LV DSSURSULDWH 7KH GRFXPHQW VKRXOG EH F scholars in your discipline and those who are working in positions you are interested in pursuing to create your own VW\OH \$OWKRXJK WKHUH LVQ·W RQH ZD\ WR ZULWH D &9 EHORZ DUI

- i /LVW ÀUVW DQG ODVW QDPH DQG FRQWDFW LQIRUPDWLRQ DW WKH
- i Always include the date you last updated your CV
- i List accomplishments in reverse chronological order in each section: research, teaching, funding, education, honors & awards
- i 8VH WKH FLWDWLRQ VW\OH RI\RXU GLVFLSOLQH H J \$3\$ 0/\$
- i All publications should be accurate and complete: co-authors, journal, issue, title, date
- i All presentations should be accurate and complete: co-presenters, conference, date, location, title
- i In press is considered an accepted publication
- i Publication status should be clearly marked under review, revised & resubmitted
- i In preparation manuscripts should be tracked on the CV, but not always used when submitting a CV
- i ,Q SUHSDUDWLRQ LV D YHU\ GLVFLSOLQH VSHFLÀF WLWOH FKHFN Z

Curriculum Vitae Template

Ryan Zhang (Updated month, date, year)

School/Department/Lab University Address Human@ucla.edu 111.111.1111 (cell) Hr123 (Skype) Date your CV, so you can accurately update your accomplishments.

Be as speci c as possible about your completion date.

Organize the sections of your CV with the most relevant sections rst—audience, purpose and recent work determine relevance. Most students will list education rst. Postdocs may lead with their training appointment.

Education

Ph.D. English, University of California, Los Angeles, expected June 15, 2016**

- Advisor/Chair and Committee Members (as appropriate)
- · Dissertation/Thesis: Thesis Title
- M.A. English, University of California, Los Angeles, May 2010
 - · Comprehensive Exam Competencies:
- B.A. English and Religion, Duke University (Durham, NC) May 2008

Honors & Awards

Joseph P. Kappman Research Honor for Excellence, 2014 UCLA Graduate Student Mentor Award, UCLA Graduate Division 2014

Research1

Publications

Smith, J., & Johansen, T. (2015). Name of article. Nature, 85(2), 112-123.

Research Experience

Research Assistant, Johansen Lab, UCLA Biology Department 2012-present Established novel model of X in Y Lab, resulting in 3 publications and 2 conference presentations.

Consider including:

- · Research Experience
- Publications
- Publications & Presentations
- Blind Refereed Journal Articles*
- Book(s) (under contract)
- Blind Refereed Book Chapter
- Invited Book Chapters
- Published Conference Proceedings
- Reports/White Papers

- Book Reviews
- Blind Refereed Conference Papers
- Non-Blind Refereed Conference Panels and Presentations
- · Invited Presentations & Panels
- Columns
- Other Publications (Op-ed, editorial, photography, etc.)

¹ List accomplishments in reverse chronological order using the citation style of your discipline (APA, MLA) – most recent accomplishments rst. If publications are under review, under contract or revised and resubmitted, they typically can be listed in the publication section so long as the status is clearly marked. Work in preparation is only listed in speci c disciplines or on the purpose of submitting the CV (e.g., for fellowship applications to fund the research in preparation).





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Research Statement Template

Research Statement Template Continued

Structure Two:

(This model relies on proportions, so create paragraph structures as you see t)

25 % Previous Research Experience Describe your early work and how it solidied your interest in your eld. How did these formative experiences in uence your approach to research? Explain how this earlier work led to your interest in your current project.

25% Current Projects Describe your dissertation/thesis project – consider using the rst paragraph from your dissertation or thesis abstract since it covers all your bases: context, methodology, ndings, signi cance. You could also mention grants/fellowships that funded the project, publications derived from this research, and publications that are currently being developed.

50% Future Work Transition to how your current work informs your future research. Describe your next major project as you did in structure one and a realistic plan for accomplishing it. What publications do you imagine stemming from it? The last part of the research statement should be customized to demonstrate the t of your research agenda with the institution.



Keep in mind that future projects have to be feasible for the institution to which you are applying.

Does it have the resources, funding, and equipment you will need? If not, you aren't a good t for the position (and it isn't for you).

Tips for Combining your Research and Teaching Statements

- i Research the department and university priorities
- i Based on their priorities, determine how best to combine the two statements
- i For a teaching-focused position, emphasize your teaching and end by relating your teaching to your research
- i For a research-focused position, emphasize your research and end by describing how your teaching complements vour research
- For a position that values both equally, create a statement that weaves the two together. For instance, your introduction can describe how your teaching and research inform each other. The following paragraphs depend on what you want to emphasize rst, but one or two paragraphs on teaching and one or two on research can work, depending on length requirements. Conclude by reiterating the centrality of teaching to research and vice versa, based on your teaching and research philosophies.
- i Ultimately, you want to create a narrative through-line that can 1) demonstrate how teaching makes your research relevant (and vice versa) and/or 2) why your work is a relevant teaching topic

When Applying

- i Read the instructions for materials required carefully postdoc positions often will ask for a "personal statement" that's actually a research statement. They'll want to know about completed work, work in progress, future work, professional goals, publication plans, etc.
- i The research statement is NOT the same as the research proposal required by many postdoc applications. Research proposals vary widely in length and have their own speci c requirements ¹.

¹ For more on the research proposal, see Karen Kelsky, "Dr. Karen's Foolproof Grant Template." The Professor Is In.

Teaching Statement



What is it?

Sometimes called a Statement of Teaching Philosophy, the Teaching Statement should be between 1-2 pages and should give a snapshot of your teaching. Use the rst person when you write this document to explain your central approach, articulate your impact, and outline speci c examples of strategies,

assessments and evidence of outcomes supported from your teaching experience.

When is it Used?

A teaching statement is part of the application process for academic positions, teaching positions in K-12, charter schools, and private boarding schools and sometimes training positions in organizations. It typically is part of a more robust teaching portfolio for some applications, so it is important to keep a record of all teaching experiences, including evaluations.

*HWWLQJ 6WDUWHG 4XHVWLRQV WR DVN \RXUVHOI EHIRUH \RX EHJLQ

- i What are your goals for yourself? Your students?
- i What was your best teaching experience? Your worst?
 - pick an example that demonstrates learning from your mistake and implementing what you have learned.
- i What are your strengths as a teacher? Weaknesses? How can you improve your weaknesses?
- i How do you implement your philosophies on teaching and learning in the classroom? What strategies do you use?
- i How do I know the strategies I have implemented work? How do you assess student learning? How does this relate to your teaching philosophy?

Teaching Statement Structure

Introduction My teaching approach is that of criticalegiesl()rogy:teachrespn oiust

Diversity Statements





Thank You Email Template



What are they?

Writing a handwritten thank you note, or more commonly – sending a thank you email is expected after any job interview at any stage. The purpose of the thank you note is to re-af rm your interest in the position, and thank those involved in the interview for their time. This is also an opportunity to highlight your

strengths and t for the position. Thank you notes don't necessarily earn you a position; however if they aren't received, hiring managers may count it as a strike against you as a candidate.

When are they used?

Send a thank you email within 24 -48 hours of an initial phone screening or Skype interview, to ensure your thank you reaches the search committee or hiring manager before a decision is made about who will be moved along in the process. Handwritten thank you notes are more often used after a nal interview. However, if a decision is expected quickly – getting the thank you out via email is recommended to ensure it is received before a decision is made.

When writing an email, include job titl.913 25.2ary arenu-15(ik0or)-39wc 0 Cb interes.

Con rm your continued enthusiasm and interest in the position.

Keep it short and conclude with con dence.

Evaluating and Negotiating Job Offers

Congratulations! You have been offered the position. It may seem like the hard part is over, but it is still important to read the offer carefully and consider your value as well as your long-term career goals. Note that the items and resources below do not apply to all job offers. Get advice from your mentors and knowledgeable colleagues about how to approach any negotiation – the potential employer also has the option of withdrawing an offer if your terms seem out of the bounds for the position or untenable for the organization. Evaluate the entire offer...not just the salary!

Professional Development

Annual nancial contribution, conference attendance, professional membership, certi cations/trainings available

(GXFDWLRQ %HQHÀWV

Tuition reimbursement or nancial help for college for your children/family members

Flexible Work Schedules/Telecommute

Flexible work schedules or opportunities to telecommute

Paid Time Off

How do they calculate paid time off, sick vs. vacation and days the organization is closed? Is it "use it or lose it"? Do they cover paternity/maternity leave?

Retirement Contribution

Types of plans, minimum/maximum contribution, time to being vested, company match/contribution

Healthcare Coverage					
Monthly co-pays, types of coverage					



Job Offer Evaluation/NegotiationWorksheet - Continued

	My Current Offer/Job Information	My Needs	
Retirement Contribution	Retirement Options:	My Retirement Needs:	
Healthcare Coverage	Co-pay coverage:	Does the healthcare meet my needs?	
Professional Development	M1nvcov5.7(v)20(elo3age)]TJ1J 6.413	0 0 6.413 139.4106 575.2128 Tm (2)Tj 0.25	0.25 0.2

Interviewing & Negotiation

How to Negotiate



2.



Have an action plan BEFORE you start negotiating.

Don't xate on one portion.

If the employer states salary is less exible, negotiate other bene ts.

Get everything in writing.

- Use professional language and maintain composure through all communication practice with someone verbally or have a trusted colleague read written communication before sending to ensure tone/goal are appropriate. If you cannot reach a mutual agreement, you have the option to reject the offer.
- Do not feel pressure to accept an offer if the compensation package does not re ect your worth and meet your needs.



Acknowledgements, Index & Resource List

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UCLA Graduate Student Resource Center

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UCLA History Department

UCLA David Geffen School of Medicine Of ce of Postdoctoral Affairs

UCLA Career Center

UCLA Graduate Division

Academic Job: General Advice

Duquesne University, Landing an Academic Job

Harvard, Substance and Content of the Dossier and Other Application Materials

Karen Kelsky, The Professor Is In Blog

Stanford Academic Job Search Resources

Stanford PhD and Postdoc Career Guide

University of California, San Diego, The Academic Job Search Survival Handbook

University of Michigan, Academic Job Search Resources

University of Washington, Academic Career Resources

Yale, Academic Job Search

You on the Market

Curriculum Vitae (CV)

LifeClever, Give your Resume a Face Lift

Cover Letter

Brown University, Cover Letters and CV's for Academic Jobs

Inside Higher Ed, Understanding Cover Letters

