



Navigating Life After College

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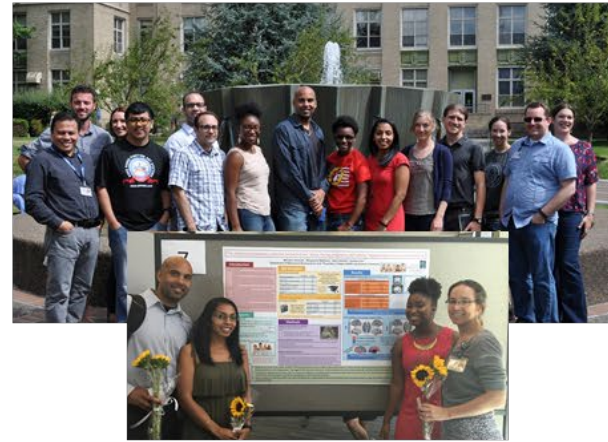
Program Director

Office of Programs to Enhance Neuroscience Workforce Diversity

National Institute of Neurological Disorders and Stroke

National Institutes of Health

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High School



SALK INSTITUTE
FOR BIOLOGICAL STUDIES

Undergrad



Spelman College
A Choice to Change the World

Grad School



PITT

Postdoc Training

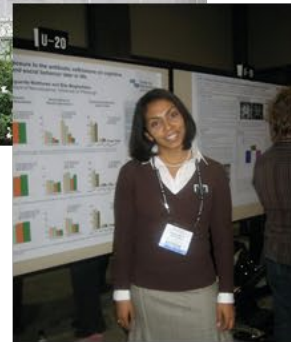


OHSU

"Real Job"



NIH



AAAS Science & Technology Policy Fellowships



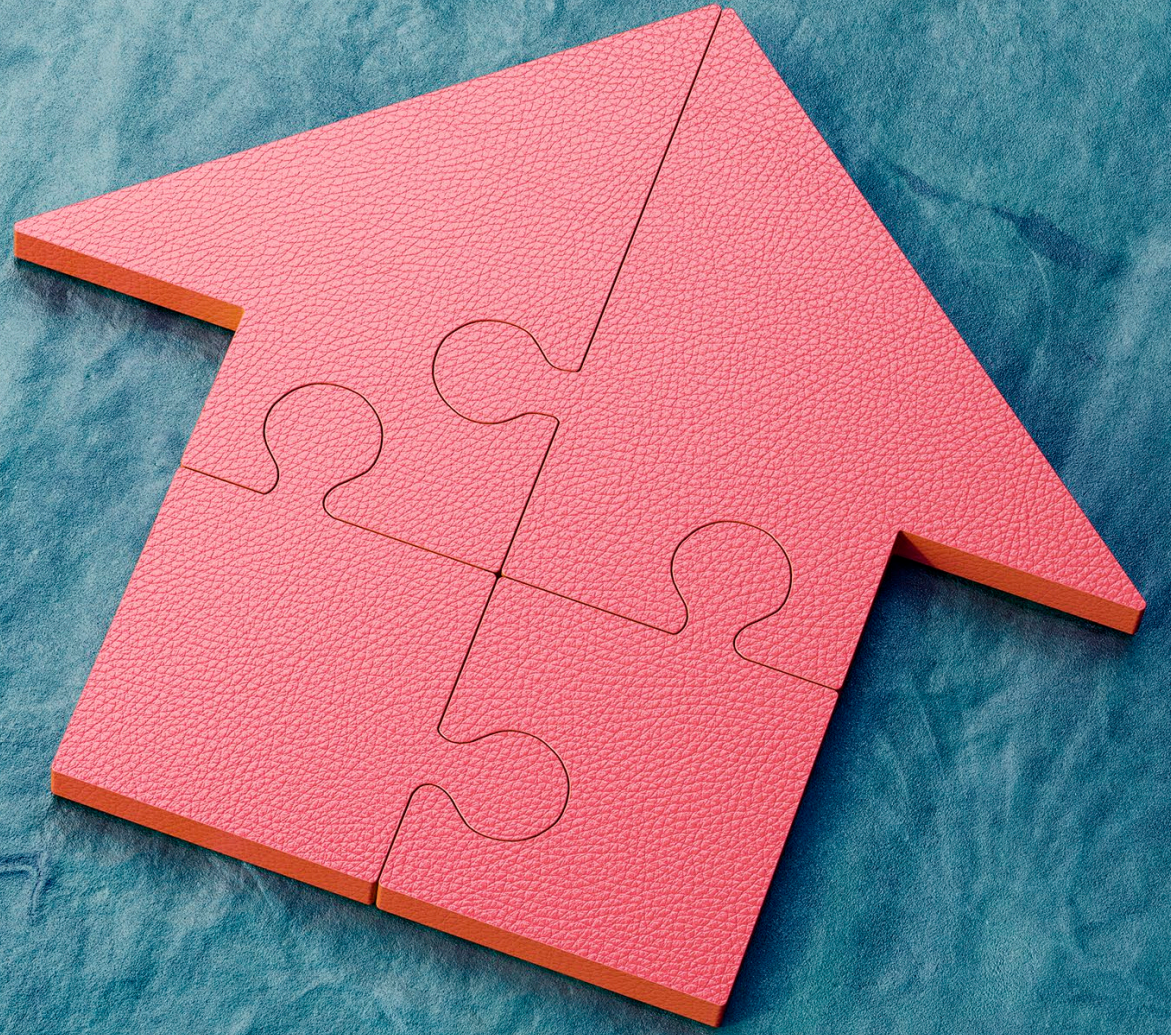
**Identify your goals
and interests**



What are goals and interests that align with your intended career?

- Engaging in a summer or year-long internship
- Learning new skills/knowledge
- Engaging in post-baccalaureate studies/training
- Pursuing graduate studies
- Entering the workforce

**Create a plan for
moving forward**



How will you reach your goals and pursue your interests?

- Ensure you have the right/required qualifications
 - If you don't already have the skills or knowledge, how will you acquire them?
- Fine-tune your written communication
 - Personal statement
 - CV/resume/cover letter
- Explore job opportunities in real-time
 - Career fairs
 - Conferences
 - Informational interviews

**Know what makes
you marketable**



What specialized skills/knowledge do you possess?

- Knowledge drawn from your academic field(s) of study
 - Technical and/or business expertise gained during an internship
 - Leadership skills gained through extracurricular activities
- * Use an Individual Development Plan to assess the skills that you don't yet have and would like to gain

**Get and keep
your money right**



Do you know how to manage your money?

- Increase your financial literacy
- Compare cost of living to your income (salary, scholarship, stipend)
- Negotiate your compensation whenever possible
- Take advantage of student loan repayment/forgiveness programs
- Stick to a budget

A photograph of two white coffee cups filled with a frothy beverage, topped with a dusting of brown powder, sitting on a white table in an outdoor cafe. The background shows other tables and chairs, slightly out of focus, with greenery and a building visible in the distance. A semi-transparent grey box is overlaid on the left side of the image, containing the text.

**Establish meaningful
mentoring relationships**

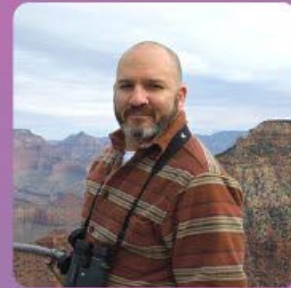
Who is investing in you?

- Mentor – provides insight, and shares formal or informal advice and counsel
- Coach – listens carefully and provides guidance in helping you derive meaning from what is happening around you
- Sponsor – advocates for and champions you when you are not in the room

BUILDING UP THE NERVE

Season 3

A podcast about mentoring from NINDS



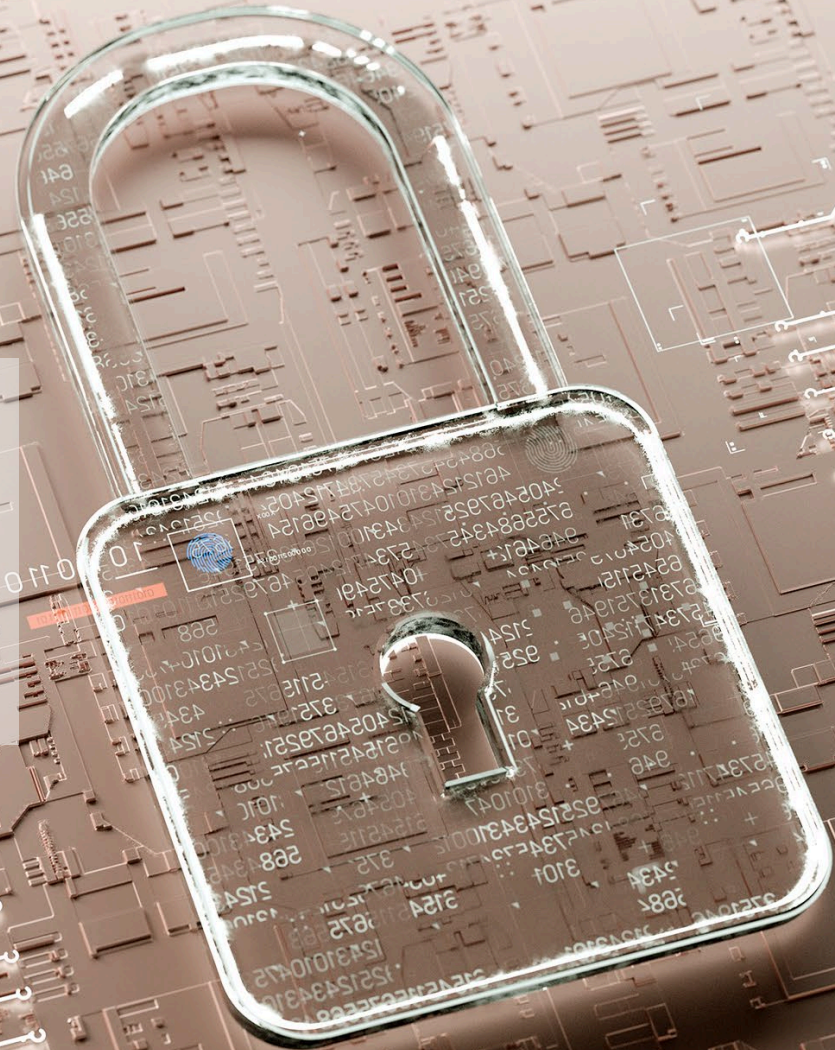


Build your network

Who has similar goals/interests to you?

- Peers with whom to share ideas, career support, job referrals, professional advice
- Peers with similar educational and technical skills
- More established professionals who have the type of job/career or professional life that interests you
- People with skills/knowledge/expertise that you need
 - Collaboration or consulting
 - Joint business ventures

**Consider your social
media presence**

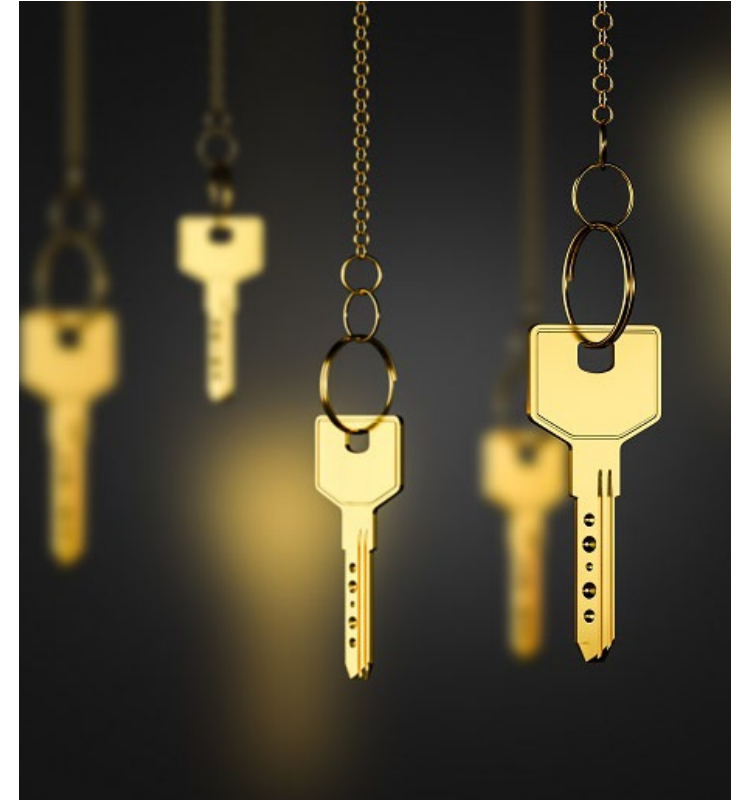


Will you leverage social media to promote your professional image?

- Utilize professional virtual platforms (e.g., LinkedIn)
 - Virtual CV/resume
 - Self-promotion
 - Curate professional contacts
- Share your work with a broad audience
- Build online community(s)
 - #BlackInAI, #BlackInAstro, #BlackInChem, #BlackInNeuro, #BlackInTech, etc.

Final thoughts on navigating life after college...

- ✓ Define what success looks like for you
 - Build resilience, be comfortable with “failure”
- ✓ Be curious, be picky
- ✓ Establish relationships with good mentors
 - People who believe in you and are willing to help you with your goals
- ✓ Invest in YOU
 - Make wellness a priority
 - Learn new skills, sharpen old ones





Have more questions? Need more
guidance? Contact me!

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