**Creating YOUR \*Career Story**

1. What motivates you to do what you do?
2. What are the three things you like most about your current position?
3. Other than science, what do you do really well and how do you do it in your daily work (e.g., Strengths Finder talents)?

\*This worksheet is adapted from a presentation by career strategist Sarah Cardozo Duncan. More information about Sarah can be found at <http://careerstrategist.com>.

Using your information from the other side of the worksheet, write out your career story. The goal of this story to provide more information about who you are as a person. Your publications and science story speak to your scientific expertise, your career story should speak to your values and interpersonal skills. Here’s an example career story:

1. I’ve always enjoyed helping people solve their problems. Problem solving is what initially attracted me to pre-clinical drug abuse research, but over time, I came to realize that making an immediate impact on people’s lives was really important to me.
2. Every single day, academic administration allows me to problem solve and help people, which are the primary reasons why I love what I do. I find it truly rewarding to help people come up with creative solutions to their problems and knowing that my advice helped them work through whatever they were dealing with. At the same time, I still have the opportunity for broader impact and problem solving on an institutional level, which allows me to feel like I can make a difference both for individuals and our university community at-large.
3. I feel that, regardless of the particular problem, I’m able to help people understand the real issues and create strategies for coming up with solutions. Communication is often key for any solution, and I believe that I have an ability to both understand my audience and target messaging that will resonate with them. These skills are critical for me and I utilize them daily in everything from one-on-one consultations to developing institutional policies.

**Informational Interviewing – Mock Interviews:**

Instructions for the Interviewer:

Select three questions to ask your interviewee about their desired career. Prepare your opener. Ask your questions. Deliver your close.

Questions:

Instructions for the Interviewee:

Think about your desired career and be prepared to answer questions about why you are interested in that career. At some point in the conversation, ask your interviewer to tell you about themselves. Provide feedback about how they did.

**Notes:**

Instructions for the Interviewer:

Select three questions to ask your interviewee about their desired career. Prepare your opener. Ask your questions. Deliver your close.

Questions:

Instructions for the Interviewee:

Think about your desired career and be prepared to answer questions about why you are interested in that career. At some point in the conversation, ask your interviewer to tell you about themselves. Provide feedback about how they did.

**Notes:**

Instructions for the Interviewer:

Select three questions to ask your interviewee about their desired career. Prepare your opener. Ask your questions. Deliver your close.

Questions:

Instructions for the Interviewee:

Think about your desired career and be prepared to answer questions about why you are interested in that career. At some point in the conversation, ask your interviewer to tell you about themselves. Provide feedback about how they did.

**Notes:**