**JOB POSTING REFLECTION**

Using your job postings, identify the top three to five qualification or skill requirements from that position that appealed to you. Then, reflect on the skills and qualifications common to all those positions, and identify the general position responsibilities that appeal to you in a career.

*Position Title:*

*Specific responsibilities, qualifications, and/or skills that appeal to you:*

*Position Title:*

*Specific responsibilities, qualifications, and/or skills that appeal to you:*

*Position Title:*

*Specific responsibilities, qualifications, and/or skills that appeal to you:*

*General responsibilities, qualifications, and/or skills that appeal to you in a position:*

**THE CAREER EXPLORATION GRANT PROPOSAL**

A grant proposal is basically the statement of a problem and a question, followed by a proposal for finding an answer to that question that can lead to a solution to that problem. Most people who are in the process of figuring out what they want to do for their career have a problem and question: Problem = I don’t have a career; Question = what’s the right career for me? So, treat your career exploration and planning like a grant proposal and begin to find answers to your question that can help solve your problem.

As you make your specific goals for exploring each career, make sure to use the S.M.A.R.T. approach:

**S** – specific

**M** – measureable

**A** – attainable

**R** – relevant

**T** – time-bound

**Example S.M.A.R.T Goal**

*Goal = Networking*

**Bad Goal**: Set up a professional network. Meet people at meetings. Attend seminars.

**Good Goal**: This year I will (1) attend one event per month (departmental social hour or an industry networking event) and talk with at least two people at each event; (2) present a poster at a national conference in my field; and (3) conduct four informational interviews.

*Background*: What’s already known? What do you like doing? What are your options?

1. What do you like doing? E.g., bench work, writing, talking about science, etc.
2. What are three potential career options? E.g., Faculty member, Research Director, MSL, etc.
   1. Career A:
   2. Career B:
   3. Career C:

Career Specific Aims:

1. How will you learn about these careers and what are your dependent measures (\*S.M.A.R.T. goals for completion)? E.g., Conduct three informational interviews a month, attend two career seminars this year, etc.
   1. Career A:
   2. Career B:
   3. Career C:
2. Who is(are) your Co-investigator(s) for exploring each career? E.g., primary research mentor, industry expert, peers, etc.?
   1. Career A:
   2. Career B:
   3. Career C:
3. What’s your timeline for completing this exploration? E.g., 1 month, 3 months, 6 months, etc.
4. Any obvious potential pitfalls?
   1. Career A:
   2. Career B:
   3. Career C:

Notes: