

Finding effective mentor(s) as a trainee

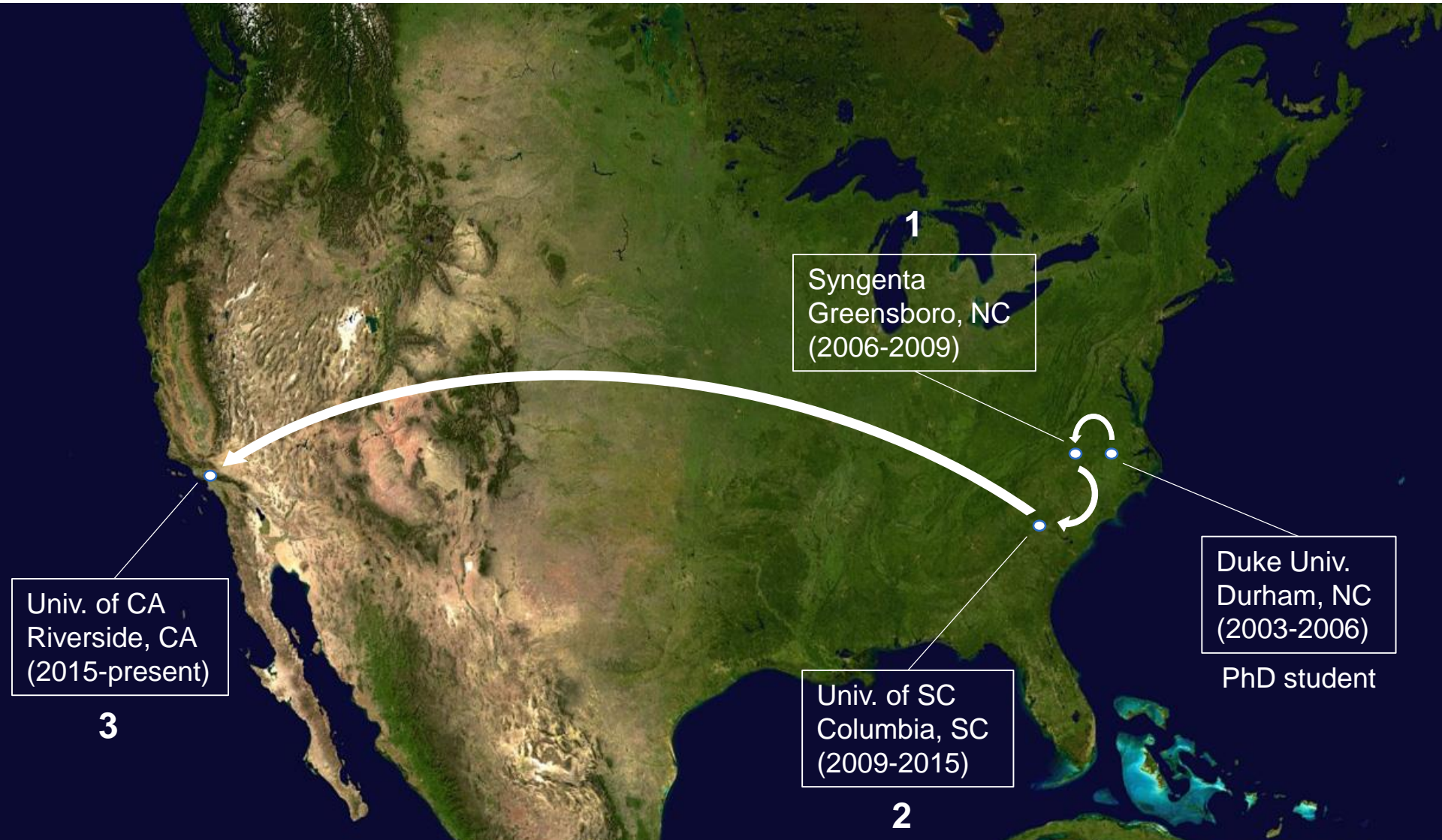
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My journey from the Carolinas to SoCal



Step 1: Flesh out your career goals

- ▶ What type of work makes you happy?
 - ▶ Invest time in some serious soul-searching
 - ▶ Test out a variety of work activities/environments
- ▶ Research- or non-research-based career?
 - ▶ Talk with scientists within/outside of research
- ▶ Where do your interests and values align?
 - ▶ Talk with scientists across sectors and institutions
- ▶ Where do you see yourself in 5-10 yrs?
 - ▶ Technical or management ladder?
 - ▶ Within or outside the United States?
 - ▶ What type of work-life balance is desired?

Step 2: Align goals with the right mentor

- ▶ What is the role of your **PhD/postdoc advisor**?
 - ▶ Help guide projects, experiments, analysis, etc.
 - ▶ Provide funding/resources to push the envelope
 - ▶ Provide support to attend/present at meetings
 - ▶ Review/edit papers, abstracts, presentations, etc.

- ▶ What is the role of your **mentor** while a trainee?
 - ▶ Raise awareness about opps that align with goals
 - ▶ Provide candid advice about steps to achieve goals
 - ▶ Advocate and connect you with potential employers
 - ▶ When needed, provide guidance and support

A few tips as you move forward



- › Stay focused and build a solid reputation
- › Publish quality papers in reputable journals
- › Be professional and don't burn bridges
- › Don't be afraid to explore different career options
- › Be flexible and open-minded (don't be too picky!)