

Getting to where you want to go in a science career? This is a lifelong process that needs constant attention

Will life always be this carefree?



- Skills - build that toolbox of skills
- Balance (not work-life balance – will have to sacrifice things)
- Consistency
- Honesty
- Realistic
- Work hard but don't burn out. Must sustain this for a career lifetime...
- Keep Learning New Things, be curious... Open mindset
- Seek advice at all stages of your career

These skills will help you build a solid network that you can rely on.

Getting to where you want to go in a science career?

Not so much!



- Ideal spot with some backup choices
 - As you meet each fork in the road, which choice is better for my ideal goal?
 - Be self-aware and realistic about your strengths and weaknesses - but don't beat yourself up!
- Define your *niche* or *brand*!
 - People think of you when they think of this expertise - seek you as a collaborator
 - Other option - do a hard sell - (my thoughts on that)
- How to collaborate with people?
 - Group tasks come before your own deadlines
 - Apply the 'Golden Rule', don't use people or let them use you. Be transparent about expectations.
 - Help out but not to your detriment.
- Risk Aversion, take risks

Uma's reflections