

## Timeline of Professional Development Activities

This list was created by the student-led Professional Development Committee and is meant to be a source of ideas for professional development activities based on career interests. You do not need to do all of these things! In general, you can do any of these things during any time in your grad career. We also recommend exploring the resources available on the CMB website under the Current Students menu.

### Early Years (Years 1-2)

- While choosing rotation labs, begin identifying potential collaborators among faculty at UW and at other institutions. Note that the CMB travel award supports students traveling to another lab to collaborate or learn a new technique (as well as travel to conferences).
- Talk to potential faculty mentors about your plans to do an internship, to teach, and other career interests before selecting a lab
- Start working on your Individual Development Plan (IDP) and share with your PI to make sure they are supportive of your career goals (<https://grad.wisc.edu/professional-development/individual-development-plan/>)
- When choosing thesis committee members, consider including a member who is an expert in your desired career area
- Apply to grants, particularly NSF-GRFP and Department of Defense NDSEG and SMART fellowships (<http://www.cmb.wisc.edu/funding>)
- Start attending a weekly research seminar
- Attend professional development seminars/panels to begin exploring career interests
- Attend conferences and present posters. Take advantage of the CMB Travel Award ([http://www.cmb.wisc.edu/travel\\_award](http://www.cmb.wisc.edu/travel_award)) and the Graduate School Research Travel Award (<https://grad.wisc.edu/funding/grants-competition/>).
- Attend/present at the CMB Student Seminar
- Teaching: Take Delta courses
- Outreach: Help out with occasional outreach activities, such as Science Saturdays
- Take any courses in statistics or coding you might need (note that once you receive dissertator status you cannot take more than 3 credits at a time, and you can't take any courses that count towards your degree or minor)
- Write a review article

### Middle Years (Years 3-4)

- Continue attending professional development seminars/panels, and begin attending networking events
- Teaching: Consider TAing for Biocore, Zoology, or Biochemistry courses. Look for TA opportunities in the weekly CMB newsletter.
- Do an internship (such as a Delta internship if interested in teaching)
- Begin planning future publications

- Take technical courses relevant to your research
- Attend conferences and give oral presentations
- Outreach: Mentor undergraduate students, Science Symposium
- Attend or organize Mock Interviews in April (organized by CMB, NTP, and IPiB students)
- Attend or organize Life Sciences Career Day in April
- Explore opportunities such as WISCIENCE and WI Entrepreneurs Bootcamp, WARF Ambassadors Program, and Improv for Scientists Course
- Discuss career interests with your PI and seek their help in advocating for you

### **Final Years (Years 5+)**

- Attend conferences: give talks, enter poster competitions, and attend career panels
- It might be helpful to attend a conference outside of your direct area of research and/or smaller, more specific conferences where you can interact more directly with attendees
- Update your CV/resume and LinkedIn and ResearchGate profiles
- Conduct informational meetings with people in careers that interest you
- Enter the Three Minute Thesis competition (<https://grad.wisc.edu/professional-development/3-minute-thesis/>)
- Discuss your graduation timeframe with your PI

### **Any time**

- Take advantage of leadership and volunteer opportunities within CMB such as participating on committees and planning recruiting weekends (<http://www.cmb.wisc.edu/involvement>)
- Center for Leadership & Involvement Leadership Certificate (<https://cfli.wisc.edu/leadership-certificate/>)
- Outreach: Get involved with the Biology Outreach Club; be a PEOPLE Program mentor (PEOPLE is a precollege pipeline for students of color and low-income students: <https://peopleprogram.wisc.edu/>)
- Attend writing workshops