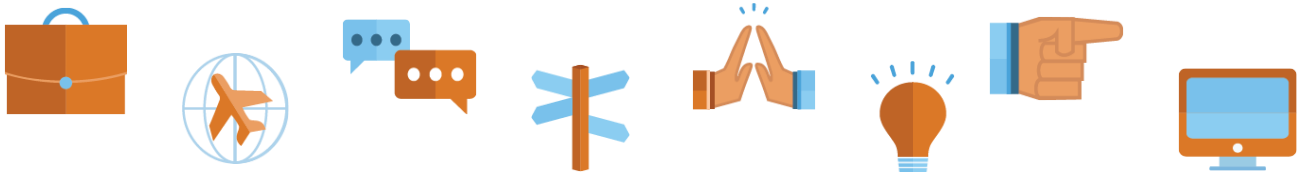


GRADUATE & PROFESSIONAL STUDENTS ARE YOU CAREER READY?



University Career Services provides personalized and innovative career education to empower student success and transformation.

Our vision is for all UNC-Chapel Hill students to create lives of purpose and prosperity in alignment with their personal goals.

We serve all students and recent graduates* and offer

- individual career advising
- self-assessment resources
- internship & employment search assistance
- workshops on job-seeking skills
- on-campus interviewing & employer connections
- online internship & job listings
- occupational & employer information

University Career Services at UNC collaborates with Professional Development staff at the Graduate School to help you prepare and succeed in the workplace. Our eight professional competences listed on the following pages overlap with the Graduate School's professional development competencies.

**Students must be receiving a degree from UNC-Chapel Hill and may not be in the MBA, MAC, law, medical, or dental programs, which are served by separate career offices. Please see a UCS staff member for any questions about our services.*



Visit us @

careers.unc.edu/students/graduate-students



University Career Services

PROFESSIONAL DEVELOPMENT COMPETENCIES

From The Graduate School

The competencies provide a guide for your professional development at each stage in your graduate career. These competencies are inclusive of masters and doctoral students across disciplines and applicable to a wide range of professional settings. At different stages in your graduate career, there are various actions you can engage in to develop each competency. Self-assessment activities should occur at every stage to inform competency development.*









Competencies*	Early Stage	Mid Stage	Late Stage
Self-awareness & Self-assessment			
Communication interpersonal understanding mentoring collaboration networking	<ul style="list-style-type: none"> • Initiate mentoring relationships • Learn conventions of communication within your discipline • Formulate and present research plan 	<ul style="list-style-type: none"> • Develop presentation and writing skills both technical and non-technical audiences • Communicate with mentors effectively • Present research at conferences • Publish research/scholarship 	<ul style="list-style-type: none"> • Present research at national conferences • Publish research/scholarship • Maintain professional networks
Academic Development scholarship research teaching mentoring critical thinking	<ul style="list-style-type: none"> • Connect coursework to research & scholarship • Explore resources to support academic development • Seek out teaching opportunities and attend TA orientation & workshops • Plan research projects & seek funding support • Mentor undergraduates 	<ul style="list-style-type: none"> • Develop collaborative relationships to support research projects • Attend teaching workshops • Assess and modify research plans • Develop a teaching portfolio • Serve as manuscript reviewer for journals in your field • Mentor undergraduates 	<ul style="list-style-type: none"> • Form dissertation writing groups • Synthesize teaching statement/portfolio • Finalize projects and submit approvals • Formulate 5-year research plan
Leadership & Professionalism Ethics planning leading teams problem-solving evaluation	<ul style="list-style-type: none"> • Attend ethics trainings and seminars • Create an Individual Development Plan (IDP) • Seek leadership and service opportunities • Join professional organizations and build internal and external networks 	<ul style="list-style-type: none"> • Take on leadership positions • Contribute to team-based projects • Troubleshoot issues and propose creative solutions • Manage project budget and personnel • Provide feedback to peers on presentations, manuscripts, & grants 	<ul style="list-style-type: none"> • Serve as a role model for junior graduate students • Maintain professional networks • Plan for transition after graduate studies
Career Development Personal & professional organization flexibility success	<ul style="list-style-type: none"> • Explore University Career Services resources • Complete self-assessments • Develop career goals • Create a CV 	<ul style="list-style-type: none"> • Identify external opportunities, internships, work experiences aligned with career goals • Document research and teaching accomplishments (IDP) • Modify career goals if needed • Document research and teaching accomplishments on CV 	<ul style="list-style-type: none"> • Finalize CV, cover letters, research and teaching statements • Apply for positions aligned with your career goals • Learn how to interview & negotiate offers

*Adapted from UNC Graduate School's *Professional Development Guide*

CAREER READINESS COMPETENCIES

From University Career Services

Rank yourself on a scale of “experienced” (5) to “requires substantial work” (1). Use the space to the right to list activities, experiences or opportunities in which you can get involved to improve your ranking. The UCS and Grad School Professional Development staff are great resources for ideas.

 <p>PROFESSIONALISM & WORK ETHIC Demonstrate integrity, resilience, accountability; take initiative, maintain effective work habits, produce high quality results, project a professional image</p>	Rank:	Notes: _____ _____ _____
 <p>CREATIVITY & PROBLEM SOLVING Ability to analyze issues, synthesize information, make decisions, think critically and strategically to develop original ideas and innovative solutions</p>	Rank:	Notes: _____ _____ _____
 <p>COMMUNICATION Articulate thoughts, express ideas, interpret messages using oral, written, non-verbal communication, and listening skills; instruct, persuade, deliver information</p>	Rank:	Notes: _____ _____ _____
 <p>TEAMWORK & COLLABORATION Build and maintain collaborative relationships to work effectively with others, shared responsibility, and respect both inside and outside of the organization</p>	Rank:	Notes: _____ _____ _____
 <p>LEADERSHIP Leverage strengths of others to achieve common goals, coach and develop others, able to assess and manage emotions, use empathy, motivate, organize, delegate work</p>	Rank:	Notes: _____ _____ _____
 <p>GLOBAL PERSPECTIVE Value, respect, learn from diverse cultures, races, ages, genders, sexual orientations, religions; demonstrate inclusiveness, ability to interact respectfully and understand differences</p>	Rank:	Notes: _____ _____ _____
 <p>TECHNICAL APPLICATION Leverage existing technologies ethically and efficiently to solve problems, complete tasks, accomplish goals. Demonstrate effective adaptability to new and emerging technologies</p>	Rank:	Notes: _____ _____ _____
 <p>CAREER MANAGEMENT Identify and articulate one’s skills, strengths, knowledge and experiences relevant to the position desired and career goals, identify areas necessary for professional growth</p>	Rank:	Notes: _____ _____ _____

Fall 2020 Schedule

Learn and practice career readiness skills through all of our programs. We work collaboratively with the Graduate School and academic departments to offer virtual programming specially designed for Graduate and Professional Students

****See Handshake for full details and to register****

Online Resources

CliftonStrengths

self-assessment and interpretation

Versatile PhD

career resource site

Career Insider by Vault

career resource site

MyIDP

self-assessment and exploration tools for STEM disciplines

Going Global

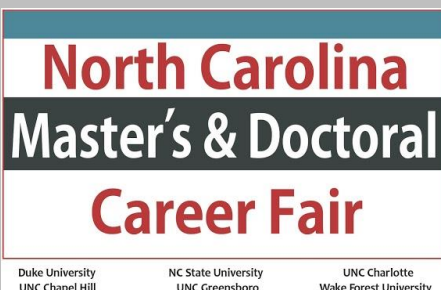
international jobs and resources

Imagine PhD

self-assessment and exploration tools for humanities & social sciences disciplines

Big Interview

virtual interview practice



Thursday, October 29, 2020
Virtual - TBD

Handshake

Job, internship, and
resource portal
for UNC students



Visit us @

careers.unc.edu/students/graduate-students



University Career Services