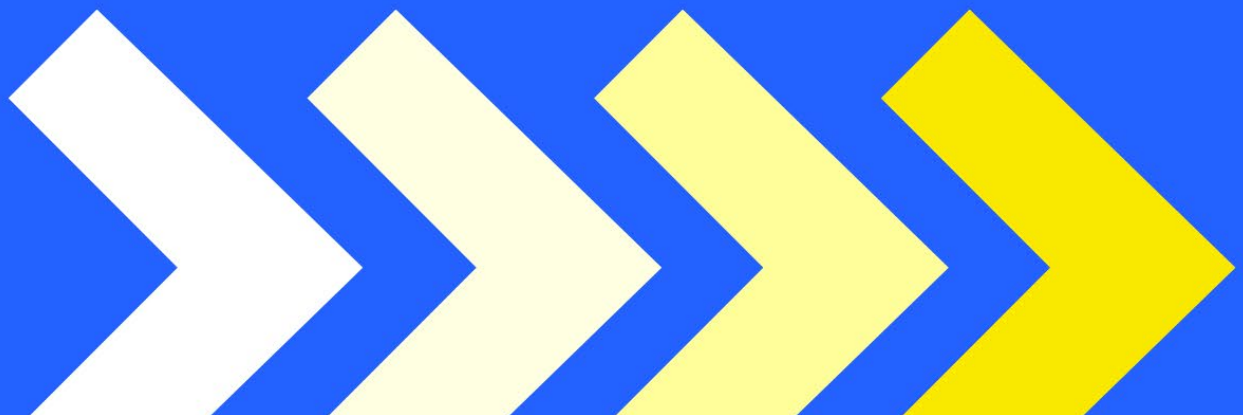


DEEP DIVE:
**FINDING YOUR
CAREER**

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Beyond Graduate School Deep Dive: Finding a Stable Meaningful Career
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Table of Contents

How to Make the Most Out of This Workbook	4
Lesson 1: Introduction	5
Activities	5
Reflect: What do you find challenging?	5
Reflect: Your Optimal Career Pathway™	5
Make a plan for this Deep Dive	6
Lesson 2: What employers value	7
Activities	7
Learn what employers value	7
Speak to employers in the language they understand	9
Lesson 3: What are my marketable skills?	10
Activities	10
Identify your marketable skills	10
Articulate how you've applied your skills	10
Lesson 4: How do I find a job where I'll thrive?	11
Activities	11
Reflect: What energizes you?	11
Identify what kinds of work you want	11
Lesson 5: Which jobs are right for me?	12
Activities	12
Recognize what employers are looking for	12
Talk about your skills in industry language	16
Lesson 6: How to research career options	17
Activities	17
Research careers where you want to live	17
Find people who work where you'd like to work	18

How to Make the Most Out of This Workbook

This workbook is designed to accompany video lessons in the Finding a Stable Meaningful Career Deep Dive.

Completing this Deep Dive and its accompanying workbook activities will help you identify your values and marketable skills so that you can develop a metric to evaluate potential career options. These lessons will also teach you how to research career options and find a job where you'll thrive.

This workbook contains reflective activities that will help you through the process of identifying your values, interests, and skills. In turn, these will help you find the right job for you.

Each video lesson contains a set of “next steps” to take after watching and listening. Take time after each video to complete the activities in this workbook. Doing so will help you apply what you're learning to your own unique situation and help you move forward in your job search.

-Your Beyond Graduate School Team-

Lesson 1: Introduction

Activities

Reflect: What do you find challenging?

Reflect on your current job search strategy. Have you been feeling overwhelmed at all? What specifically are you currently finding challenging about job searching?

Reflect: Your Optimal Career Pathway™

Your Optimal Career Pathway™ metric is made up of three components: 1) *Your values, motivators, and interests*, 2) *Your skills*, 3) *What will the world pay you to do?*

Based on what you've learned from the video lesson, what are some things that you'd include under each component? It's ok if you don't know everything that you'd include right now. This is an early opportunity to reflect, and a place that you can work from as you watch the other videos in this Deep Dive.

- 1) Your values

2) Your skills

3) What will the world pay you to do?

Make a plan for this Deep Dive

We have a number of lessons in this Deep Dive to help you move past the overwhelm and find the right career for you. Set SMART goals to help you work through the lessons in this Deep Dive.

SMART goals are Specific, Measurable, Actionable, Realistic, and Time-Sensitive. An example of a SMART goal would be “Set aside 15 minutes after dinner on Thursday to watch the lesson: What are my marketable skills? Make sure to take a minute to block off time in your calendar to accomplish your goals.

SMART goal 1:

SMART goal 2:

SMART goal 3:

Lesson 2: What employers value

Activities

Learn what employers value

You can learn a lot about what employers value from the job ads that they post. Find five (5) job advertisements for positions that interest you. Look for trends as you read through the job ads. Then use the space below to consider the following questions:

What are the most common technical skills, interpersonal skills, and personal qualities that employers are looking for in candidates?

What have you noted about company missions and values?

What words or phrases are most commonly used to describe projects and deliverables?

And what are significant achievements?

Speak to employers in the language they understand

It's important to be able to speak about your skills in language that employers understand. You'll want to practice describing your skills in the language of the workforce. To do this, first take 1 of the job ads you found for Exercise 1. Then, think of a time during graduate school when you used a skill the employer is looking for in that job ad. This could be a skill you used during your previous work experience, academic work, volunteering, or extracurriculars. Describe your skill using terms from the job ad, essentially describing your experience in language the employer will understand. Repeat this exercise for a few different skills.

Example skill from my experience

Described using the language of the job ad

1.

2.

3.

4.

5.

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