

## Career Planning Basics

Your education combined with your NH-INBRE research experience provides you a solid platform for a career in biotechnology, pharmaceuticals, medical device design and manufacturing and other areas of biomedical sciences and research. Events have been planned at this year's NH-INBRE annual meeting to help you in career planning, with an emphasis on first jobs or whole careers in areas related to biomedical sciences. Even if you plan to get an advanced degree, working in business for a few years first can help you focus your area of interest and enhance your knowledge, skills and competitiveness for future opportunities. We urge you to take full advantage of these events. The following tips will help you prepare for this.

1. Explore different areas on business and companies in those areas. All companies have websites and you can learn a lot from their websites about both their businesses as well as the culture of the company.
2. Seek help from your faculty advisor and your college's career advisors. The contact information for your college is listed below.
3. Prepare a resume. A good resume will state your education and experience that relate to the kind of work you are seeking. Typically resumes are one page. Your faculty advisor and your college's career advisors can help you prepare and review your resume. It is worth investing some time in writing your resume; it will be read carefully and you want to make the best possible impression. Organization, grammar and spelling matter.
4. Create a LinkedIn profile. LinkedIn is the standard in business and anyone considering you will look at your profile. LinkedIn is also a powerful resource to you. You can (and should) look up profiles of anyone who might interview you. It is also a tool for searching for jobs. Your college probably offers workshops and help with LinkedIn.
5. Practice interviewing. Doing a mock interview can help you understand how interviews are done and how you respond to questions. In a real interview, always research the company and the interviewers' LinkedIn profiles and have questions ready to ask.
6. Learn to network. Your odds of finding a job through networking are vastly higher than through on-line services such as Indeed. Simply talking to people in business (including family, neighbors and friends' parents) helps you learn and can open doors to people at companies who may have job opportunities. At this year's annual meeting, you will have a chance to meet business people in life sciences at both the poster session and at dinner Tuesday evening. Take advantage of this opportunity to learn.
7. Get an internship. Many companies offer paid internships in which you do real work. This experience gives you a chance to get real experience and develop your network. It can also lead to a job after you graduate.

### Contact Information for Career Advising at NH-INBRE Colleges:

<u>Colby-Sawyer College</u>	<a href="https://colby-sawyer.edu/harrington-center">https://colby-sawyer.edu/harrington-center</a>
<u>Community College System of NH</u>	<a href="https://www.ccsnh.edu/workforce-training">https://www.ccsnh.edu/workforce-training</a>
<u>Dartmouth College</u>	<a href="https://sites.dartmouth.edu/cpd/">https://sites.dartmouth.edu/cpd/</a>
<u>Franklin Pierce University</u>	<a href="https://www.franklinpierce.edu/academics/career/index.htm">https://www.franklinpierce.edu/academics/career/index.htm</a>
<u>Keene State College</u>	<a href="https://www.keene.edu/academics/aca/">https://www.keene.edu/academics/aca/</a>
<u>New England College</u>	<a href="https://www.nec.edu/students-faculty-staff/academic-advising-pathways/career-life-planning/">https://www.nec.edu/students-faculty-staff/academic-advising-pathways/career-life-planning/</a>
<u>Plymouth State University</u>	<a href="https://www.plymouth.edu/current-students/student-success/career-services/">https://www.plymouth.edu/current-students/student-success/career-services/</a>
<u>Rivier University</u>	<a href="https://www.rivier.edu/academics/career-development/career-advising-services/">https://www.rivier.edu/academics/career-development/career-advising-services/</a>
<u>Saint Anselm College</u>	<a href="https://www.anselm.edu/careers">https://www.anselm.edu/careers</a>
<u>University of New Hampshire</u>	<a href="https://www.unh.edu/career/">https://www.unh.edu/career/</a>