Tips for Career Success

1. Importance Of A Good Introduction
   ✔ Not just be good at introducing yourself but also your colleagues
   ✔ Elevator pitch
   ✔ PRACTICE!

2. Thank You Notes
   ✔ Buy them and write them
   ✔ NO EMAIL

3. Posture
   ✔ Body language speaks 1000 words
   ✔ Learn to command a room
   ✔ Practice

4. Be On Time
   ✔ Deal breaker! Just don’t be late. 15 minutes early is good enough

5. Networking And The Ask
   ✔ Get out of your comfort zone
   ✔ Meet up groups
   ✔ Local networking is as important as national
   ✔ Be ready to ask for something . . . would you meet with me for coffee?

6. Goals
   ✔ Write them down
   ✔ Follow up
   ✔ Short and Long Term

7. Keep A Master CV
   ✔ Tailor for each job/career plan
   ✔ Keep a full list of all the jobs, internships, and experiences you’ve had

8. Do Your Research
   ✔ As in science is true in your life . . . research everything

9. Do Not Be Afraid Of Changing Your Path
   ✔ Life happens and you cannot anticipate it
   ✔ You must learn to embrace change and prepare many options for the future

10. Prioritize Family/Support System
    ✔ This is the most important.
    ✔ Work life integration
    ✔ One calendar for personal and work

11. Have More Than One Mentor
    ✔ One person cannot guide you through all of your journey

12. Work Hard, Play Hard
    ✔ Remember to have fun—this is your life and you only live it once