NEW TRAINEES NOTEBOOK

Department: Office of Career Development

Subject: Planning your Career Path

Name: ________________________________

gsbs.uthscsa.edu/gsbs_ocd  opa.uthscsa.edu
The Office of Career Development provides comprehensive career and professional development programming to graduate trainees at the University of Texas Health Science Center in San Antonio (UTHSCSA).

The office does this through the implementation of workshops, networking opportunities, and outreach programs for trainees.

Additionally, one-on-one career planning meetings are available with Dr. Teresa Evans, UTHSCSA alum and certified Career Development Facilitator.

More Information:
gsbs.uthscsa.edu/gsbs_ocd

The Office of Postdoctoral Affairs (OPA) serves postdoctoral research fellows and essential members of the multidisciplinary investigative teams at the UT Health Science Center at San Antonio. OPA supports trainee professional career development to maintain the vitality of our postdoctoral research training environment.

More Information:
opa.uthscsa.edu

Visit our blog at:
gsbs.uthscsa.edu/blog
Category: Career Development

Postdocs Apply Here:
opa.uthscsa.edu
Grad Students Apply Here:
gsbs.uthscsa.edu
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About... The UT Health Science Center at San Antonio

The University of Texas Health Science Center at San Antonio works to make lives better through excellence in education, research, health care and community engagement.

UT Health Science Center SA is the largest university of its kind in the South Texas region. Students are able to train in state-of-the-art laboratories and more than 100 affiliated hospitals, clinics and health care facilities in the area.

The university offers more than 65 degrees, the large majority of them being graduate and professional degrees, in the biomedical and health sciences fields.

With over 300 sunny days per year and a nearly $30.6 billion healthcare and bioscience industry, we are happy to call San Antonio home.

About... San Antonio

San Antonio is the 7th largest city in the United States and one of the fastest growing cities in the nation. It has a booming healthcare and bioscience industry and a strong military presence which makes it a hot spot for job growth. Nearly one in six people in San Antonio work in healthcare and or bioscience related jobs (2013). Therefore, with 164,537 jobs and 7.6 billion in wages and salaries as of 2013, this makes it one of San Antonio’s largest industries.

Not only is San Antonio a prime location for jobs in healthcare and biosciences, it’s also a great place to live. It is home to numerous professional sports teams, and there is world-class entertainment and shopping. There is something for everyone. Whether you want to visit historical sites, stroll along the famous river walk or take in the downtown night-life, San Antonio offers it all. There is never a lack of events or activities.

San Antonio Facts and Statistics
7th largest city in America
For over 130 years, The University of Texas System has been educating and improving the quality of life for Texans and people the world over through education, research and health care.

The University of Texas System is currently one of the nation’s highest ranked and largest systems of higher education. The UT System has nine academic institutions and six health institutions that educate more than 214,000 students.

(Information from utsystem.edu)
From Garden and Health Interest Group to Students Going Global, we have a wide range of student organizations. For a full list, visit the Office of Student Life’s website at students.uthscsa.edu/studentlife

**Food and Drink**
- Starbucks
- Subway
- Texas Café
- C3 Express
- Wendy’s
- Chick-fil-a
- Paris Sandwich Shop

**Fitness & Sports**
- Gold’s Gym
- Kickball
- Indoor Volleyball
- Flag Football
- Soccer
- Sand Volleyball
- Softball
- Walking Trails

**Map of Main CAMPUS**
The Office of Career Development (OCD) has formed a Career Advisory Council comprised of leaders in the biomedical science community of San Antonio. The council members are a resource of insights and expertise from real-world experience for UTHSCSA trainees.

The CAC already includes 32 individuals with multiple people representing each of eleven diverse career fields (see table).

<table>
<thead>
<tr>
<th>Current CAC Members Represent Diverse Career Fields</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technology transfer</td>
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<tr>
<td>Start-up company</td>
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<tr>
<td>Entrepreneurship</td>
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<tr>
<td>Academic research</td>
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The goals of the Career Advisory Council are to:

- Expose graduate trainees to, and advise them of, the many career possibilities available to biomedical science professionals.
- Develop strategic ties with the San Antonio biomedical community to positively influence career opportunities for UTHSCSA trainees.
- Provide valuable experiences for UTHSCSA trainees that enhance knowledge, skills, self-awareness, leadership, and marketability upon graduation.
- Improve the professional development and career preparedness of UTHSCSA trainees through workshops and guidance opportunities.

UTHSCSA graduate trainees can take part in opportunities offered by the Career Advisory Council by attending workshops and making arrangements for individualized guidance. All arrangements are made directly through the Office of Career Development for more information please email OCD@uthscsa.edu.

Contact Info: Teresa M. Evans, PhD • OCD@uthscsa.edu

gsbs.uthscsa.edu/current_students/career-advisory-council
Student Organizations

Great way to get involved and build your C.V.

**Graduate Student Association**

Email us at uthscsa.gsa@gmail.com with questions, comments, or concerns.

**SACNAS**

To join our chapter or be part of our email list: http://eepurl.com/PwvZT
Email: SACNASatUTHSCSA@gmail.com

**UTHSCSA Postdoc Association**

You can email UP at up@uthscsa.edu for more information.

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**Mission**

Graduate school can be tough...We are here to make things a bit easier for you.

The GSA is a student-led organization with the sole purpose providing assistance for career development, organizing social events for the graduate student body, and addressing key issues that can have a direct effect on your life as a graduate student.

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**Mission**

SACNAS is a society of scientists dedicated to fostering the success of Hispanic/Chicano and Native American scientists from college students to professionals—to attain advanced degrees, careers, and positions of leadership. Our chapter works to organize campus and community activities to promote the scientific and personal development of its members.

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**Mission**

UP aims to support and advance postdoctoral training at The University of Texas Health Science Center at San Antonio. This support is focused on several areas of importance to the postdoctoral experience. The first is scholarly learning—this includes hosting extramural seminar speakers, organizing career development workshops, and facilitating opportunities for postdocs to present their work in local meetings. The second is networking activities—this includes scientific meetings with other postdocs, new postdoc support, and social gatherings for postdocs and their families. Lastly, UP will work to be the voice of the postdoctoral community at the university. UP will advocate for concerns and ideas from the postdoc community and will work with the Office of Postdoctoral Affairs and other entities within the university to improve the environment for postdoctoral training.
F-Troop is a hands-on writing workshop targeted to pre- and postdoctoral trainees who are working to prepare an application for an individual National Research Service Award Fellowship (F Awards, including F30, F31, or F32) for submission to the National Institute of Health. Equivalent fellowship applications to other funding agencies are also encompassed by this program. More Information here: iims.uthscsa.edu/f_grants.html

**Schedule**

Meetings are held weekly, on Wednesdays, at 5:00 pm in Room 331.5B in the Medical School (Department of Pathology Conference Room). Meetings are typically 1-2 hours. Light refreshments are provided by the GSBS Dean.

**Facilitators**

Teresa M. Evans, Ph.D.  
Director, Office of Career Development

Linda M. McManus, PhD  
Director, Office of Postdoctoral Affairs

**Format:** F-Troop is conducted in a small group, informal format. F-Troop sessions include discussions of the NIH peer-review process, including communications with NIH officials and selection of study section, as well as UTHSCSA-associated requirements (COP and Cayuse). Most importantly, major effort is devoted to case-by-case presentations and evaluation/discussion of F grant components prepared by individual trainees. This interactive group effort provides friendly, but frank, feedback toward the goal of submitting a competitive F application.

**Handbook**

iims.uthscsa.edu/sites/iims/files/Education/F-troop/F_Handbook.pdf
Trainees who are passionate about broadening their engagement through the communication of science to alternative audiences can take advantage of the Trainee Initiative on Science Outreach and Communication (TISOC) opportunity. Trainees who take advantage of this opportunity will engage in local science outreach efforts, work closely with K-12 audiences (teachers and students) to organize and execute science nights across San Antonio.

You will work closely with teens interested in science to organize a sustainable teen science nights (TeenMOB) for high school students in the local San Antonio area. The focused mission of this project is to provide dynamic, engaging, and facilitated group discussions designed to promote scientific career building skills and mentoring relationships among trainees and teens. The knowledge gained from this peer-to-peer learning experience will improve your scientific communication skills and enhance your teaching and mentoring portfolio.

For More Information Contact: Teresa Evans, PhD evanstm@uthscsa.edu

gsbs.uthscsa.edu/gsbs_oecd/oecd-outreach-opportunities

Partners

VOELCKER BIOSCIENCES TEACHER ACADEMY
UT Health Science Center
Teacher Enrichment Initiatives

VOELCKER BIOMEDICAL RESEARCH ACADEMY
UT Health Science Center
SAN ANTONIO

VBTAtachers.org
ASBMB.org
VoelckerAcademy.uthscsa.edu
Consider using the following to help plan your career...

**myIDP**: You have put a lot of time and effort into pursuing your PhD degree. Now it’s time to focus on how to leverage your expertise into a satisfying and productive career. An individual development plan (IDP) helps you explore career possibilities and set goals to follow the career path that fits you best.

**myIDP provides:**
- Exercises to help you examine your skills, interests, and values
- A list of 20 scientific career paths with a prediction of which ones best fit your skills and interests
- A tool for setting strategic goals for the coming year, with optional reminders to keep you on track
- Articles and resources to guide you through the process
- There is no charge to use the my IDP website and we encourage you to return as often as you wish.

Get started here: MyIDP.sciencecareers.org
A monthly workshop that features notable speakers from inside and outside of the university and is designed to promote meaningful and sometimes controversial discussion of difficult issues in contemporary biomedical research.

For More Information Contact:
Linda M. McManus, PhD
mcmanus@uthscsa.edu

opa.uthscsa.edu/content/spotlight

Organized by Institutional Training Grant Programs
Director of The Office of Postdoctoral Affairs (OPA)
Linda M. McManus, PhD

Director of The Office of Career Development (OCD)
Teresa M. Evans, PhD

Marketing Assistant
Charlotte Anthony

Creative Director
Chase Fordtran

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OCD: gsbs.uthscsa.edu/gsbs_oecd