Career Development Cycle

Self-Assessment

- Who are you?
- What are your interests?
- What are your skills?
- What is your niche?
- What do you like to do?
- What are you good at?
- What are your achievements?
- What are your values?

Implement Your Plan

- Provide Lectures/Presentations
- Serve on Committees
- Initiate/participate in research
- Update your CV
- Meet with your mentor (s)
- Review your career plan
- Attend Conferences/Seminars
- Participate in training
- Network

Ongoing review

Explore Options

- Inside & Outside Organization
- Highlight/communicate your skills
- Ways to increase skills/experience
- Networking Opportunities
- Research & Education Trends
- Teaching Activities
- Committee Activities
- Collaborator(s)
- Mentor(s)

Develop a Plan

- Map out possibilities
- SWOT Analysis
- Identify potential obstacles & strategies to overcome
- SMART goals
- Set Priorities
- Incorporate flexibility