## Timeline for engaging with OCPD

**as a basic and biomedical science graduate student**

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
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</thead>
</table>
| **Every graduate student gets 5 free and confidential counseling appointments per year.** Come talk to us! | **Rachel Care, PhD**  
Specialties:  
- Choosing your thesis lab  
- Managing your mentorship  
- Planning your academic career | **Linda Louie, PhD**  
Specialties:  
- Career exploration  
- Internships  
- Networking | **Michael Matrone, PhD**  
Specialties:  
- Designing a job search  
- Applying, interviewing, and negotiating |

### Conducting Successful Rotations

### Successful Grants Library

### Assess Your Working Relationship

### Build Your Professional Network

### Manage Up Series

- Conducting rotations  
- Choosing a thesis lab  
- Starting in a new lab  
- Finding your mentors  
- Managing PI relationship  
- Managing collaborations  
- Navigating workplace politics  
- Having a career conversation  
- Choosing your postdoc  
- Interviewing to avoid a bad fit

### Intro to Career Exploration

- Making informed decisions (MIND)

### Intermediate Career Exploration

- Internships and experiential learning

### Opportunities Board

- Find internships, teaching opportunities, postdocs, or jobs

### Alumni Career Paths

- Learn from alumni in a different career every month

### Transferable Skills for PhD Career Paths

- Develop skills that are valuable in all careers

### Business Concepts for Life Scientists

### Exploring Faculty Careers

### Academic Career Readiness Assessment

### Evidence-Based Pedagogy Course

### Inclusive Research Mentor Course

### Inclusive Mentoring Fellows

Mentor a CCSF student

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Learn more about these programs: [career.ucsf.edu](http://career.ucsf.edu)  
Sign up to get announcements: [career.ucsf.edu/listserv](http://career.ucsf.edu/listserv)

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