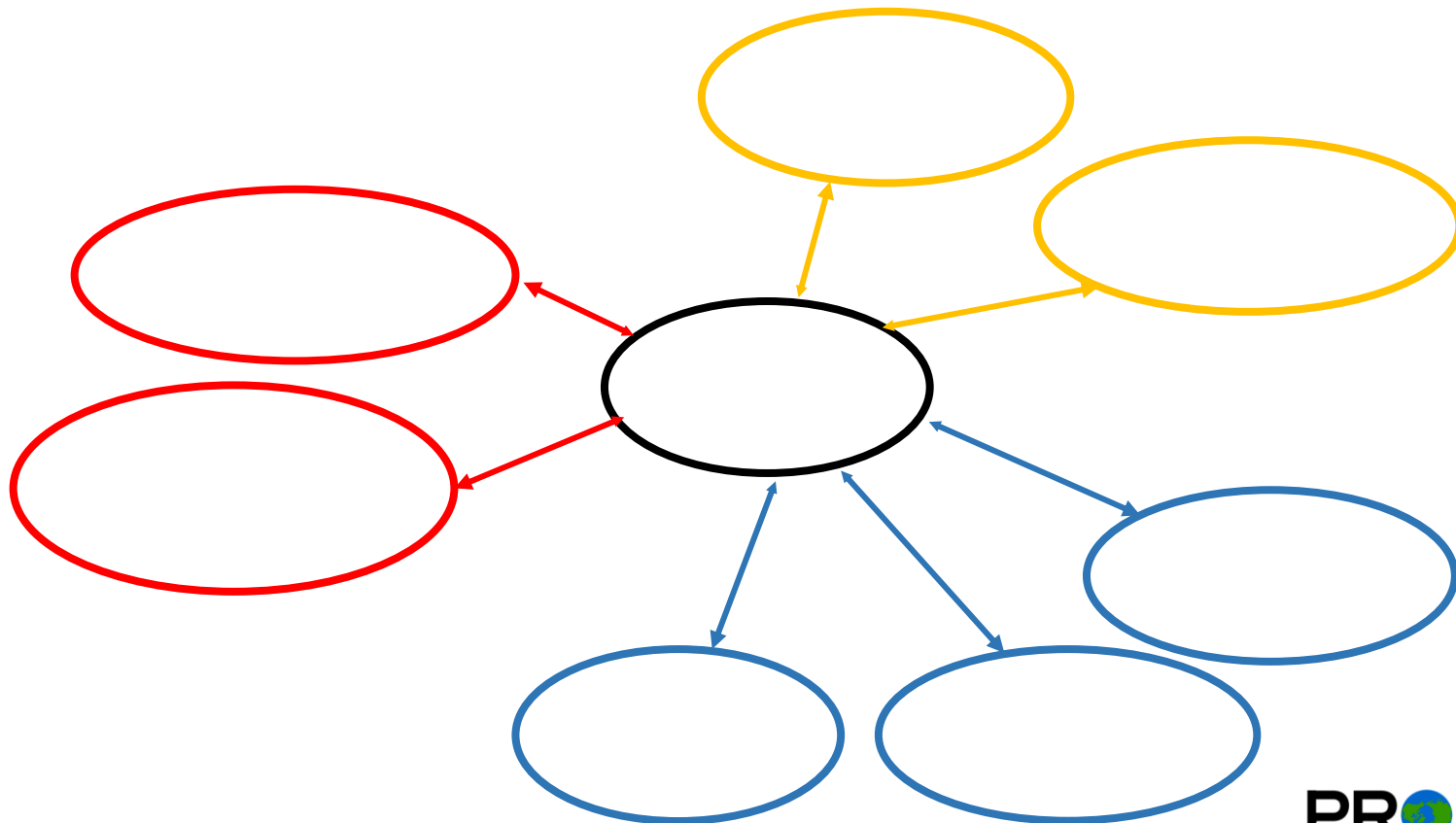
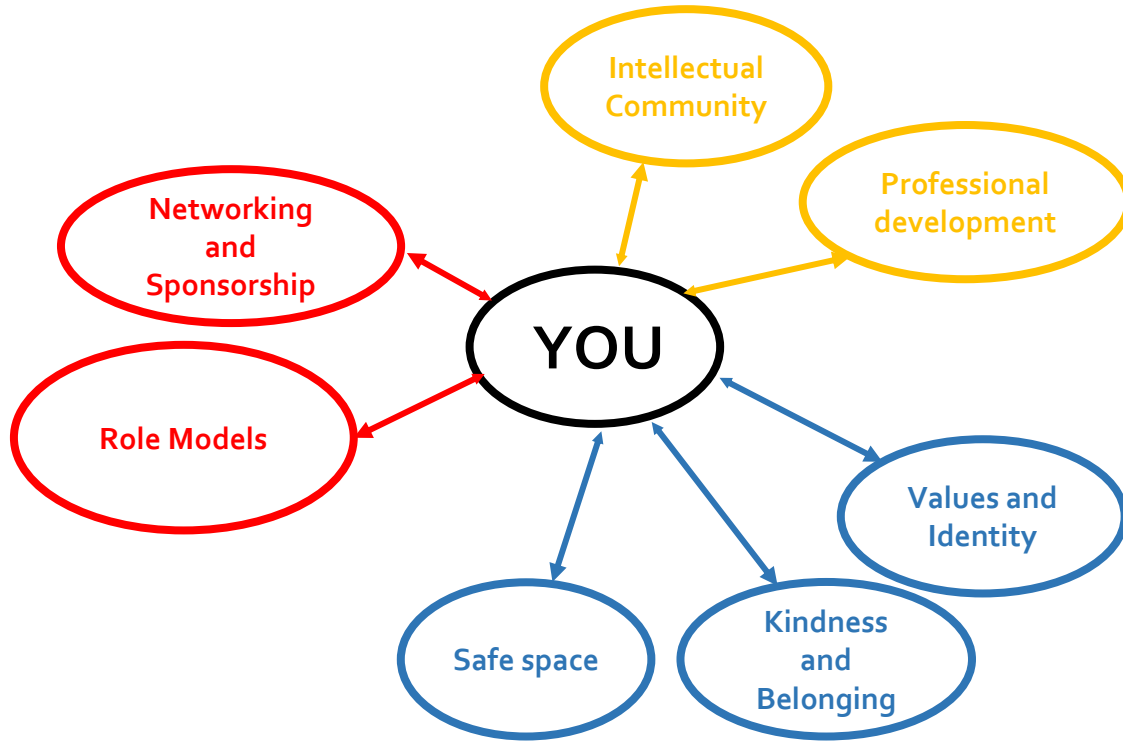


Professional Ecosystem Support Mapping Activity



Getting your work done requires:



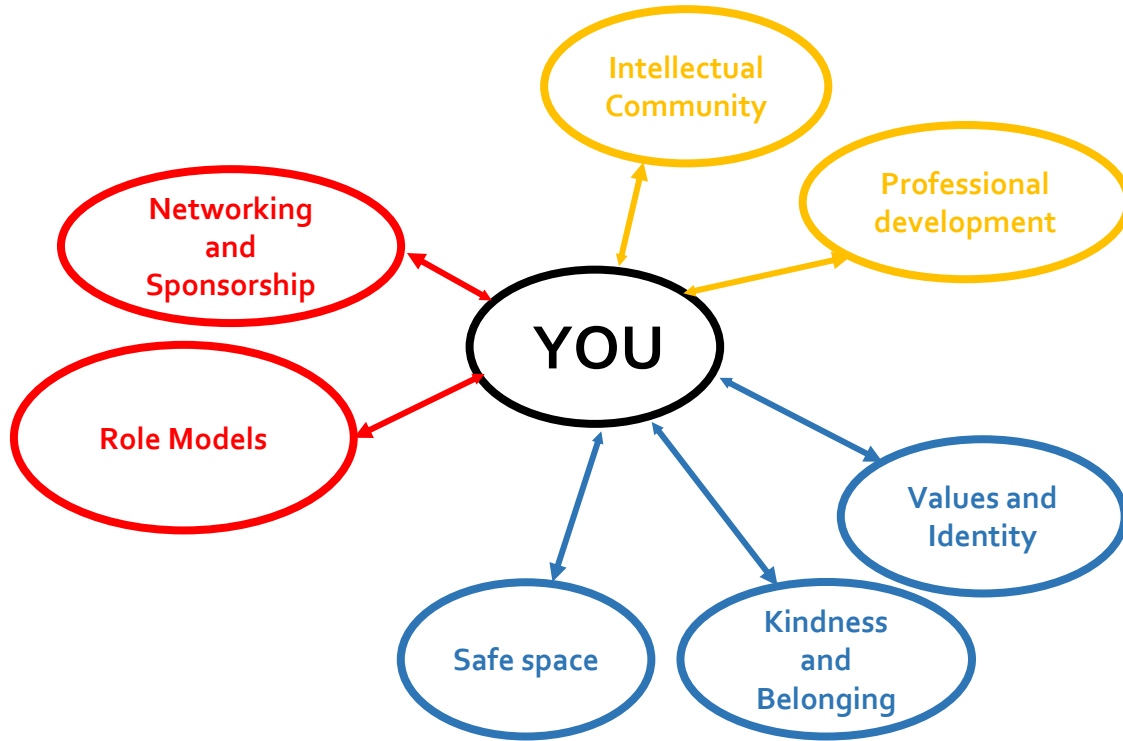
Intellectual community

- study and work together
- buddy for attending academic related activities on campus
- advice on classes and internships
- feedback on writing

Professional development

- time-management
- conflict resolution
- public speaking training
- scientific skills
- confidence building
- substantive feedback

Career Advancement requires:



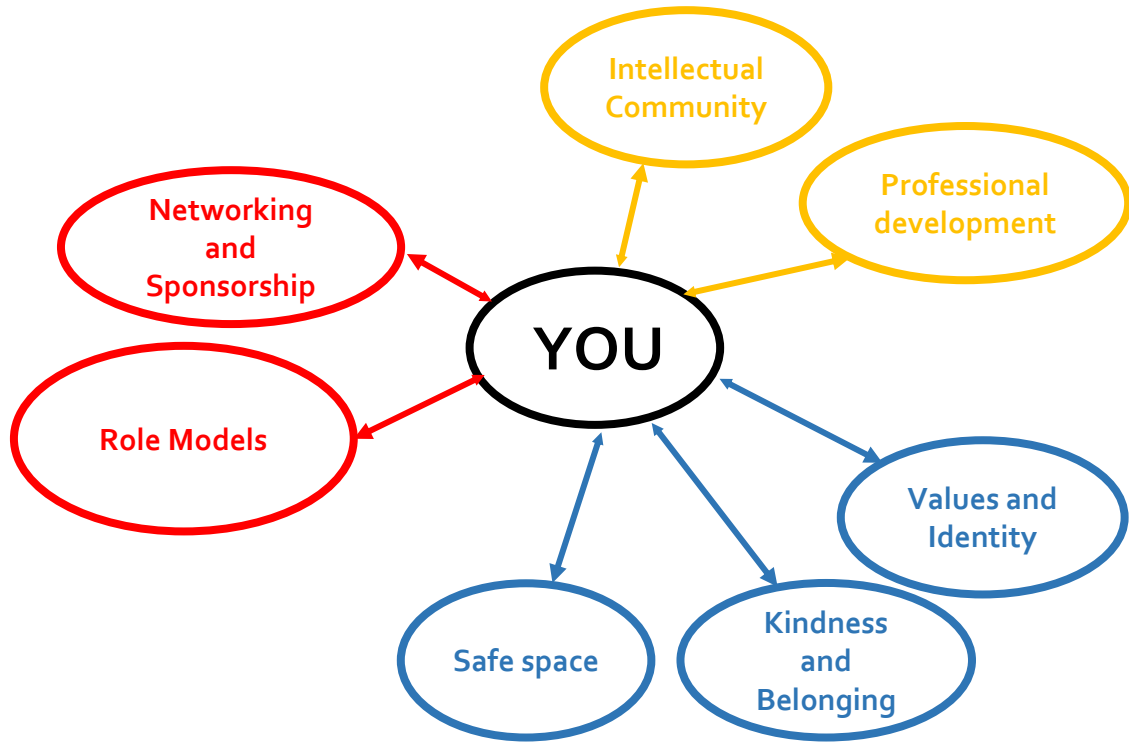
Networking and Sponsorship

- letters of recommendation
- mention your name for opportunities
- mediate for you
- alerting you to opportunities
 - scholarships
 - internships, jobs
 - awards

Role models

- School-life balance
- Work ethics
- Productivity
- Career Choices
- Skill Set

Well-being requires:



Values and Identity

- cultural
- spiritual
- other professional values

Kindness and Belonging

- convey friendliness
- build community

Safe Space

- trustworthy
- let you vent without judgment
- blow off steam, express your frustration
- help you problem-solve
- help you regain composure

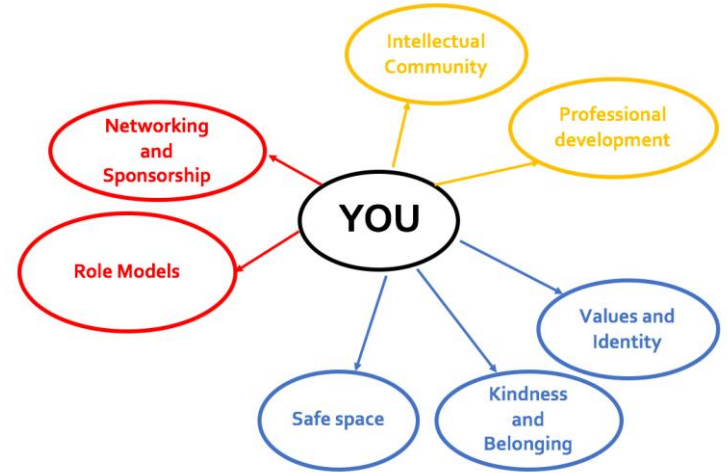
How do I find people for all of these areas?

Intellectual community

- Classmates
- Neighbors
- Friends at other universities
- Offer to be this type of support for someone else and they will often reciprocate!

Professional development

- workshops
- professional organizations
- online resources
- university emails



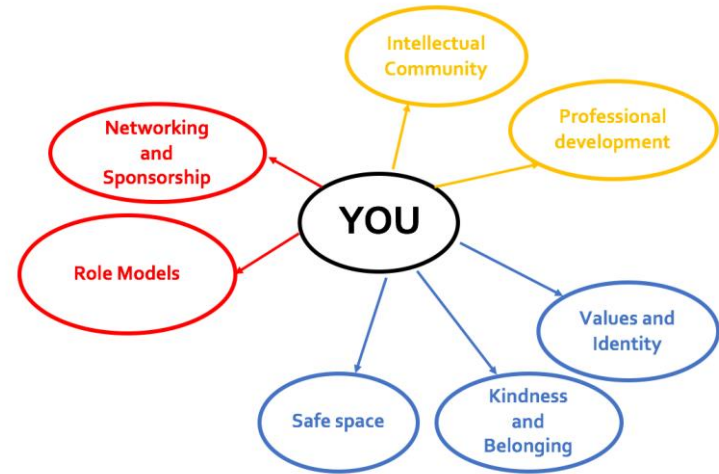
How do I find people for all of these areas?

Networking and Sponsorship

- Who has seen you at your best?
- Who has seen you overcome a challenge?
- Who depends on you?
- email announcements
- campus career center
- befriend people who always seem to be “in the know”
- forward information, be a “hub”
- mentor

Role models

- professors/working scientists
- grad students
- recent graduates
- classmates a year or two ahead of you
- people outside of school



How do I find people for all of these areas?

Values and Identity

- as important as career support
- family & friends
- trained professionals

Kindness and Belonging

- professor you relate well to
- student a year or two ahead of you
- teaching assistant

Safe Space

- be careful to trust too early
- consider people removed from the situation you need to vent about
- who can you always count on to be outraged on your behalf?
- who will keep things private?

