Are you taking care of your job or career?

A job is something you do to earn money that may have an insignificant impact on your future work life.

A career is a series of connected employment opportunities that provides both experience and learning to help you succeed in your future work and personal life.

Depending on your situation, either a job or career may be right for you. Whatever path you choose, you’ve got options at UAB. Give your work life the focused attention, time and energy it deserves so you can make the most of it.

UAB Learning & Development offers many live workshops to help develop and manage your career at UAB. You also have free access to LinkedIn Learning that has thousands of professional development videos.

Be the captain of your career development! Work on your career today!

CALL TO ACTION

1. It is annual review cycle for UAB Campus employees. Think about and write out your career goals. Share your goals with your manager at your review meeting.
2. Attend at least one workshop or webinar per quarter to achieve your career goals. Get feedback from someone you admire – perhaps a mentor or coach.
3. Are you maximizing your potential? Is there a talent they see in you that you can develop?
4. Create your board of directors. You’ll be able to count on this group to boost you up or give you honest feedback and perspective. “I’m working on my career, and I value our relationship and your wisdom. From time-to-time, I’d like to use you as a sounding board – for feedback and direction. May I ask you for career advice from time to time?”

KEEP ON LEARNING

- Discover your strengths by reading StrengthsFinder 2.0. The book includes a code to take the StrengthsFinder Survey.
- Read the article To Find Meaning in Your Work, Change How You Think About it by John Coleman.
- Join us for Career Wise, September 26 | 8:30am