CAREER DEVELOPMENT

Following your dreams starts with thinking about it, and making a plan. UAB has so much to offer. How do you take advantage of the opportunities to develop yourself and your future at UAB?

1. Review UAB’s vision, mission and values. How are you using these every day?
2. Consider taking a stretch assignment or special project — something that puts you out of your comfort zone.
3. Find a mentor or two who can give you advice about a skill, situation you are working through or to help hold you accountable for your big picture goals.
4. Are there muscles you haven’t flexed lately? Math? Science? Consider pursuing a degree or certificate program from UAB.
5. Volunteer to fill experience gaps you may have on the job. Check out BlazerPulse to see how UAB is getting involved with the community, and where you can pitch in.

THIS WEEK’S CHALLENGE:
How to nail your goal:
Above all, develop your network. Reach out to someone today who would be a valuable contact for you. Who may be able to connect you with other people or opportunities to develop yourself?

KEEP ON LEARNING
- Career Wise is a five-part program to help you navigate UAB, clarify your career goals and objectives and build a support system to help you succeed. Register now.
- LinkedIn Learning: Check out courses on managing your career —whether you’re early in your career, mid-career, or even managing your career as an introvert.