

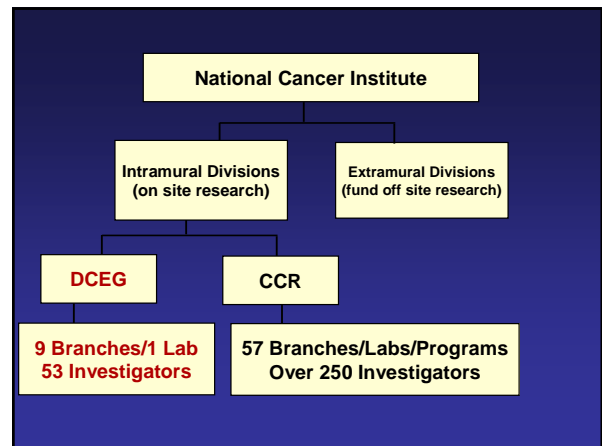
National Cancer Institute

Advice from a “Government Recruiter”

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www.dceg.cancer.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health



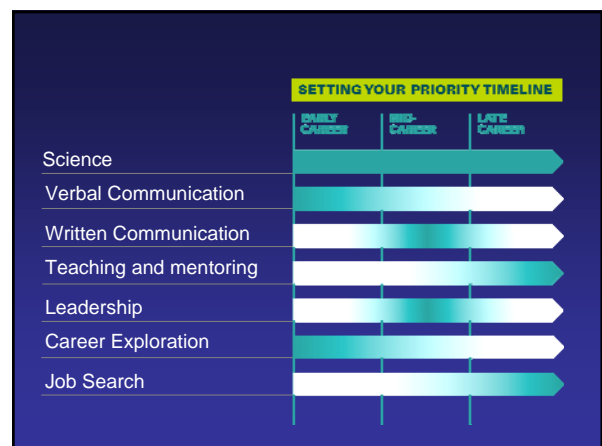
Your Training Steps to Success

- Maximize your productivity in your research
- Set expectations
- Develop good mentoring relationships; involve your mentors in planning your time at your institution
- Increase your visibility
- Hone your communication and interpersonal skills
- Take care of your whole self



Your Training Skills for Success

<ul style="list-style-type: none"> • Science Skills <ul style="list-style-type: none"> - Technical Competence - Problem Solving - Collaboration - Project Management 	<ul style="list-style-type: none"> ■ Professional Skills <ul style="list-style-type: none"> - Communication - Time Management - Stress Management - Self-assessment - Career Planning - Teaching and Mentoring - Leadership/Management
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Your Training Career Decision Nodes



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Advice and Guidance Things that have worked for me

- Communicate with your mentors (and listen to them!)
- Know yourself (your priorities, your values, what you love to do...)
- Develop your toolbox
- Develop good references
- Have character (do what you say you are going to do)
- Have fun!

Inquiries and Information

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