Jennifer Polk
Career and Life Coach for PhDs
FromPhDtoLife.com
BeyondProf.com
SelfEmployedPhD.com
“What can I do after my degree?”

Step 1: Values
Step 2: Priorities
Step 3: How You Spend Your Time
Step 4: Strengths
Step 5: Energizing Stories

Later: Skills Assessment, Research & Networking
Your own lifestyle needs and wants matter! It’s easy to skip this step and go straight to job searching.
“What are your top values?”
“What are your top priorities?”
“What do you do that other don’t?”
(In the context of graduate school AND your hobbies)

Jennifer Polk
@FromPhDtoLife

Before you start doing more, reflect on what you already do. The choices you've made give you crucial info about your strengths & values
Character Strengths

Think of these as potential skill areas
Please choose one option in response to each statement. All of the questions reflect statements that many people would find desirable, but we want you to answer only in terms of whether the statement describes what you are like. Please be honest and accurate! We cannot rank your strengths until you answer all of the 120 questions.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Very Much Like Me</th>
<th>Like Me</th>
<th>Neutral</th>
<th>Unlike Me</th>
<th>Very Much Unlike Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being able to come up with new and different ideas is one of my strong points</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have taken frequent stands in the face of strong opposition.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I never quit a task before it is done.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I always keep my promises.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have no trouble eating healthy foods.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I always look on the bright side.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am a spiritual person.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I know how to handle myself in different social situations.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

VIASurvey.org
Appreciation of Beauty and Excellence
Bravery
Creativity
Curiosity
Fairness
Forgiveness
Gratitude
Honesty

Hope
Humility
Humor
Judgment
Kindness
Leadership
Love
Love of Learning
Perspective

Perseverance
Prudence
Self-Regulation
Social Intelligence
Spirituality
Teamwork
Zest

viasurvey.org
“What are you doing when you’re feeling most energized?”
“Tell me about a time when you felt most energized?”
Let’s get abstract...

What do your stories say about how you prefer to engage with the world around you?
Feel free to get creative!

One of my client’s “roots and branches” exercise
Keep your “gremlins” at bay

When you take risks they come out to play
FOURTH ANNUAL
BEYOND THE PROFESSORIATE
Online Career Conference For PhDs

MAY 6  11 AM - 5 PM ET
Career Day
You’ll hear from PhDs who have made the transition to non-faculty careers

MAY 13  11 AM - 6:15 PM ET
Professional Development Day
Keynote presentations from career education experts who will demystify the post-academic job search

beyondprof2017.eventbrite.com
11 hours of exclusive, live content | 21-day video replay