CAREER ESSENTIALS
PHDS & POSTDOCS

CAREERS SERVICE

What choices have you made? What have you been drawn to in the past and what have you learned from this?

It's worth spending some time thinking what has driven your career decisions to date. You can write down reflections or some people draw their past decisions as a 'map of choices' which can be a nice way to illustrate it.

Why did you decide to do study your first degree?

Why did you decide to a PhD? Was it what you expected?

- If you knew what you do now, would you do anything differently?

Why did you decide to a postdoc? What it what you expected?

- If you knew what you do now, would you do anything differently?

What have been the most enjoyable parts of your education/working life so far? Why?

What has influenced you career choice so far, for example intellectual curiosity, making a difference, fulfilling your potential, meeting people's expectations, money, status…

What has been the role of chance versus forward planning in your decision making?

What motivations do you most want to shape your career choices in the future and why?

Adapted from 'How to Find Fulfilling Work' by Roman Krznaric