



# PHD CAREER LADDER PROGRAM

## STONY BROOK UNIVERSITY

### What is the PhD Career Ladder Program?

The **Stony Brook University PhD Career Ladder Program (PCLP)** is a peer-led career mentoring program for grad students and postdocs pursuing careers inside and outside academia.

PCLP helps participants set aside a few hours each week to develop a framework for their job search.

Biweekly meetings guide participants “up the ladder” of career exploration, from self-assessment to career research and informational interviewing, to skill building and resume crafting.

**Who?** PCLP is open to **all Stony Brook graduate students and postdocs**. It is best suited to those preparing to transition to the next phase of their career. For grad students, that may be in your third or fourth year. For postdocs, that’s any time!

**When?** PCLP runs every Summer, Fall and Spring terms and meets **every two weeks for a total of 7 meetings**.

**How?** PCLP normally takes just a few hours per meeting that you can dedicate to your career development. By taking the PCLP steps, you **give yourself an extra edge on the job market!**

#### The 7 steps of the PCLP curriculum

- 1. Self-Assessment:** Identify interests, skills, and values, and use them to focus on careers that fit with your assessment.
- 2. Career Match Research:** Investigate careers compatible with your self-assessment to promote the greatest satisfaction.
- 3. Informational Interviews:** Gain first-hand knowledge about a career of interest by interviewing real people with that job.
- 4. Skills Identification & Building:** Identify core skills required in a career of interest, use transferable skills from graduate training, and enhance technical skills.
- 5. CV & Resume Crafting:** Update your CV and customize a resume for a target job, aided by peer review and feedback from industry experts.
- 6. Networking:** Learn strategies to engage new networks, to control your online presence, and to create your personal branding.
- 7. Career Goals Planning:** Develop a plan with concrete next steps to continue your career development.

**Learn more at our info sessions held at the start of every semester. To join a group, contact us!**



Stony Brook University  
Graduate School

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