VANDERBILT UNIVERSITY
OFFICE OF CAREER DEVELOPMENT
Biomedical Research, Education and Training
340 Light Hall
www.medschool.vanderbilt.edu/aspire
The ASPIRE Program

The Vanderbilt ASPIRE program is designed to meet the training needs of the 21st century scientist by preparing and empowering biomedical sciences PhD students and postdoctoral scholars to make well-informed career decisions. ASPIRE provides resources and support to broaden trainees’ experiences and help them transition efficiently to research and research-related careers in both academic and non-academic venues. The ASPIRE Program offers a variety of activities, including workshops and mini-courses so that trainees have the opportunity to explore different career paths, build professional relationships, and expand their skill sets.

Discover where your PhD in biomedical sciences can take you!

ASPIRE Programming

- **Professional development workshops** in guided self-assessment and goal setting (ASPIRE to Plan), and developing professional relationships (ASPIRE to Connect).

- **Career exploration opportunities** such as monthly PhD Career Connections seminars, the Annual Career Symposium, and Beyond the Lab Alumni videos.

- **Enhanced training** with modules in business and entrepreneurship, communication and clinical research, and externships and internships.
ASPIRE is a three-phase initiative administered through the Office of Career Development within Vanderbilt’s Office of Biomedical Research, Education and Training (BRET) at Vanderbilt University School of Medicine. ASPIRE provides educational programs in career planning and management to trainees at all stages of their development.

**IMPACT Phase**
Required of first-year PhD students in the basic biomedical sciences. **IMPACT** sessions expose trainees to various topics on professionalism in the sciences to give them the necessary tools to transition into graduate school and their scientific careers.

**EXPLORE Phase**
Targets Postdoctoral Fellows and PhD students in years 2-3 of training and. **EXPLORE** sessions focus on jump starting career management through self-assessment, career exploration, and networking.

**ENHANCE Phase**
Intended for post-qualifying PhD students and postdoctoral fellows. **ENHANCE** sessions include didactic modules in business and entrepreneurship, scientific communication and clinical research, as well as opportunities for hands-on-experience through externships and internships.
Get Involved!

There are many ways to become involved with the ASPIRE Program. To get started and to access the most up-to-date information, please visit us at the ASPIRE Program website: medschool.vanderbilt.edu/aspire

PhD Students and Postdoctoral Fellows:
- Subscribe to the Career Development e-newsletter
- Check out monthly Ph.D. Career Connections seminars
- Participate in **ASPIRE to Plan** and **ASPIRE to Connect** as prerequisites to other ASPIRE programming
- Attend the Annual Career Symposium

Faculty:
- Visit the “For Faculty” tab on the ASPIRE website for information on stage-appropriate activities for your trainees

Alumni and External Partners:
- Visit the “Partner Resources” tab on the ASPIRE website for details on our Externship and Internship programs
- Volunteer to give a presentation about your career path or the work your company performs
- Share your expertise by teaching an ASPIRE Module
- Contact us with ideas for other ways to become involved.

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