THE ASPIRE PROGRAM
FOR POSTDOCTORAL FELLOWS
BRET Office of Career Development
VANDERBILT UNIVERSITY SCHOOL OF MEDICINE
340 LIGHT HALL
www.medschool.vanderbilt.edu/aspire
Discover where your **PhD** in the biomedical sciences can take you!

The ASPIRE Program, offered through the BRET Office of Career Development at Vanderbilt University, is intended to prepare and empower biomedical sciences trainees 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 nonacademic venues.

Postdoctoral fellows are invited to take advantage of a variety of educational programs in career planning and management:

- Workshops, mini-courses and seminars will be offered throughout the academic year to give postdocs at all stages of their training the opportunity to explore different career paths, build professional relationships, and expand their skill sets.

To find out more about career services and programs offered through the ASPIRE Program and the BRET Office of Career Development:

Visit our website at:

www.medschool.vanderbilt.edu/aspire
The career decision-making process is a lifelong and continuous cycle. The ASPIRE program helps postdocs navigate this cycle via several avenues:

**ASPIRE EXPLORE Phase**: Postdocs assess their work values and interests, discover career options, and develop networking skills that will aid in career exploration.

1. **PhD Career Connections** seminar series  
2. **Annual Career Symposium**  
3. **Beyond the Lab** video series  
4. **ASPIRE to Plan**: self-assessment and strategies for career management  
5. **ASPIRE to Connect**: strategies for networking  
6. **ASPIRE Externships**: shadow a professional at work for 1-3 days

**ASPIRE ENHANCE Phase**: Provides postdocs the opportunity to diversify their research training experience, gain additional skills, and develop insight into how their skills translate to other settings.

1. **ASPIRE Modules**: short courses in business & entrepreneurship, science communication, and clinical research  
2. **ASPIRE Internships**: hands-on learning opportunities in a professional work environment
POSTDOCTORAL
ASPIRE café
FOR CAREER PLANNING

Every 2\textsuperscript{nd} and 4\textsuperscript{th} Thursday
9:00-10:00am
350 Light Hall

Opportunities await you! Come learn more about how you can get involved in the Vanderbilt ASPIRE Program offered through the BRET Office of Career Development at one of our bi-monthly Postdoctoral ASPIRE Café for Career Planning sessions and find out about upcoming professional development activities available to you!

Visit our website at
www.medschool.vanderbilt/aspire

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