

# How to Navigate Career Interruptions and Choices

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Ask yourself, “What makes me happy?”  
Have broad career goals.

1

Always keep making progress, however small it may be.

2

Reevaluate your choices often.

3

Know the “currency” of your career choices  
(e.g., the currency of research is publishing).

4

Meet often with mentors and sponsors for navigation guidance.

5

Take steps to combat impostor syndrome.

6

Memorize a two to three minute description of yourself. You are your best advocate.

7

Keep your network informed.

8