



Risk scientists share proven career survival tips

Searching for the next career opportunity, submitting multiple grant applications and papers, and then finding out the job went to someone else, the grant funding was pulled, or the paper wasn't accepted are just a few of the everyday disappointments in our industry.

So how do you bounce back? A recent career session was an opportunity for risk scientists to share tips for building resilience skills and approaches to staying motivated:

Manage your response and mindset: While you can't control the decisions of others, you can control how you handle yourself and what you do next, which can be critical to your professional advancement and personal well-being.

Decisions are not personal: Not landing a job after multiple interviews was noted as an opportunity to strengthen resilience skills. "As scientists, dealing with ambiguity can be discombobulating and lead to anxiety." Academic leaders suggested several factors may be out of your control. Instead of taking the rejection as an assessment of you as a person, contain the feedback and consider it as a commentary on what you just worked on. "Those are two very, different things. So, use the criticism and the feedback as a tool toward progress."

Find a process: While rejection may never get easier, showing yourself compassion and taking stock of achievements and events where you've been successful and overcame challenges will help build resilience. "So first, if I needed to cry, I cried, like for 30 minutes, and then the second thing I did was make a list for myself of all the good things that I have done, my accomplishments. And then, of course, I call my friends." Developing a response to process adverse events can help you quickly get back on track and bring a positive mindset to the following interview, opportunity, or conversation.

Be bold: An experienced academic leader noted being resilient can have long-term benefits, especially if you're committed to casting a wide net. "For those of you that are looking for academic jobs, be bold in what you aim for. If something is partially attractive to you, it may very well be that once the review committee gets your resume, it will spark an idea, and they may wind up finding another opportunity they didn't have."

Continual learning: With each batch of comments and feedback, ask yourself: What is there to be learned? What viewpoint have I been missing? If you're vying for a new job, even if they ultimately say no, ask yourself: What new knowledge could I walk away with? Building resilience

is an ongoing process, and if you commit to strengthening your mindset, shaping your strategy, and sharpening your outlook, you're on your way to great things.