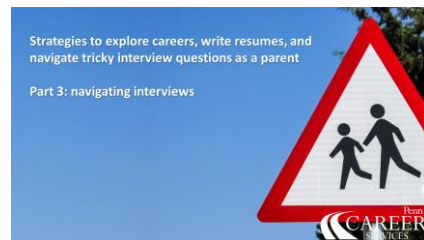


# Resource Sheet: Strategies to explore careers, write resumes, and navigate tricky interview questions as a parent



## Part 1: exploring careers

<https://youtu.be/bZ7dDoXaWWE>

- Handshake: <https://upenn.joinhandshake.com>
- Career Services website: <https://careerservices.upenn.edu>
- myIDP: <http://myidp.sciencecareers.org>
- ChemIDP: <https://chemidp.acs.org>
- ImaginePhD: [www.imaginephd.com](http://www.imaginephd.com)
- General: <https://careerservices.upenn.edu/self-assessments>
- Career exploration road map: [www.insidehighered.com/advice/2018/07/30/tool-help-grad-students-strategically-plan-their-careers-opinion](http://www.insidehighered.com/advice/2018/07/30/tool-help-grad-students-strategically-plan-their-careers-opinion)
- Vault: <https://careerservices.upenn.edu/resources/vault/>
- QuakerNet: <https://quakernet.alumni.upenn.edu>
- LinkedIn Alumni Tool: [www.linkedin.com/school/university-of-pennsylvania/people/](http://www.linkedin.com/school/university-of-pennsylvania/people/)
- Informational interviewing: <https://careerservices.upenn.edu/resources/informational-interviewing-for-graduate-students-postdocs/>
- Canvas course on networking: <https://canvas.upenn.edu/courses/1403347>

## Part 2: effective resumes

<https://youtu.be/vHOP7nnbFLO>

- Targeted Resume: <https://careerservices.upenn.edu/resources/targeted-resume/>
- Vault resume guide: <https://careerservices.upenn.edu/resources/the-vault-guide-to-resumes-and-job-hunting-skills-second-edition/>
- Guide to faculty job applications: <https://careerservices.upenn.edu/resources/guide-to-faculty-job-applications/>
- Canvas course on resumes: <https://canvas.upenn.edu/courses/1403347>
- Career Services resume webpage: <https://careerservices.upenn.edu/channels/prepare-application-materials/>

## Part 3: Navigating interviews

<https://youtu.be/E8CnU7bfvyk>

- Carpe careers blog: [www.insidehighered.com/advice/2015/02/23/essay-pregnancy-issues-academic-job-searches](http://www.insidehighered.com/advice/2015/02/23/essay-pregnancy-issues-academic-job-searches)
- InterviewStream: <https://careerservices.upenn.edu/resources/interviewstream/>
- Canvas course on interviewing: <https://canvas.upenn.edu/courses/1403347>