

**Top Ten: Launching your Career**  
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1. Carefully select an experienced mentor.
2. Listen to recommendations of your mentor
3. Cultivate relationships with persons in the clinical setting who are in a position to assist you in establishing other clinical relationships.
4. Take every opportunity to assist your colleagues in the clinical setting such as providing in-service classes, assisting and encouraging them to return for advanced degrees, etc
5. Become active in a local or state organization related to your content area such as American Heart Association. This will help you make very valuable connections.
6. Write manuscripts with clinical colleagues that may or may not relate directly to your research to build working relationships and to assist them with promotions etc.
7. Once you have established good contacts with persons in the clinical setting, do NOT take them for granted but remember them with frequent kind gestures, small tokens of appreciation.
8. Provide frequent, for example weekly or monthly, feedback so they know how their actions are contributing to the research effort.
9. Involve clinical colleagues in presentations so they can learn and become more proficient with this skill.
10. Have some fun together and invite all members of the research team so they get to know each other and all feel valued.

**Section I: Launching Your Career as an Academic Scientist vs. a Clinical Researcher**

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**Launching Your Academic Career: Kang's Top 10 Points**

1. Learn as much as you can while in doctoral program (e.g., knowledge, hand-on experience, time management, organization, interpersonal relationship, resiliency)
2. Appreciate the process!
3. Establish close relationship with your mentors and peers: Think about quality and quantity of the network
4. Develop a clear sense about direction of your program of research: How passionate are you about your topic(s)? Is the topic innovative? Is the topic significant? How fundable is your topic?
5. Be productive and keep trying (e.g., publication, presentation, grant writing, and other scholarly activities)
6. Listen to other's comments and use the feedback to improve/enrich yourself!
7. Develop teaching and mentoring skills (e.g., teaching certificate program, teaching assistantship, curriculum development, and mentoring other students)
8. Select your academic position carefully!! Do your homework to understand the central mission of the institute; strengths and weaknesses of the institute and the faculty; a match between what the institute is looking for and what you are looking for at the institute; availability of resources for research (e.g., collaborators and laboratories); and institutional spirit.
9. Learn to present yourself most effectively: Once you equip yourself with high qualities, you also need to present yourself with quality. Learn to prepare a good CV and a strong presentation, and develop successful interview skills.
10. Be patient, always keep the positive attitude, and work hard. Don't forget your family and friends! Do not lose your perspective in life!