

Online Career Resources

The Online Career Resources can assist you 24/7 with your career development needs.

The Career Center provides a variety of online tools to help our current students and alumni achieve success. These resources can be found on [Handshake](#); a few are listed below.

Please review all our online services below.

Please [login to Handshake](#) and visit the Resources page to obtain access to events, online appts and career resources.



Download the Online TRITON CAREER GUIDE

Part workbook, part how-to manual, the [Triton Career Guide](#) is packed with useful information to help you identify your strengths, build your online social network, and leverage your experiences to present your best self for whatever is next.

[Download Now](#)

On our website here is additional information: <https://career.ucsd.edu/plan/assessment/index.html>



Gallup proves that people succeed when they focus on what they do best. When they identify their talents and develop them into strengths, people are more productive, perform better, and are more engaged. CliftonStrengthsFinder assessment is the first step in helping people identify their talents. CliftonStrengthsFinder results give people a way to discuss and develop their unique combination of skills,

talents, and knowledge -- also known as strengths. Learn your top five strengths today. [Purchase your online access code](#) to take the assessment, and contact one of the Certified Strengths Coaches on Handshake for an individual career coaching appointment to discuss your results. Share your report with a career coach through online career coaching.

Gallup's Builder Profile 10 Understanding and using your top builder talents can help you successfully start growing something of economic value. Take this assessment to receive a customized report that will recommend ways to apply your talents most effectively. This assessment is recommended for business leaders. If you would like to schedule a consultation to go over your report please make an online appointment on [Handshake](#).

[What Can I Do With This Major?](#) Whether you're exploring majors or searching for information about your chosen field, [this website will help](#). Learn typical career areas and types of employers that hire in these fields, as well as strategies to make you a more marketable candidate. Please [login to Handshake](#) and visit the Resources page to obtain access.

Myers-Briggs Type Indicator The Myers-Briggs Type Indicator® assessment, or MBTI, is one of the most popular assessments on the market. It is a powerful assessment instrument for revealing one's personality type, identifying criteria for career satisfaction, and providing possible career options. Free online assessment: <https://www.16personalities.com/>

GoinGlobal - Fast-track your job and internship searches at home and abroad! Today's successful job seeker needs every advantage to fast-track their search, make the right impression, and land the job they want. Whether pursuing an opportunity across town or around the world, GoinGlobal is that advantage. Please [login to Handshake](#) and visit the Resources page to obtain access.

Big Interview: <https://career.ucsd.edu/files/Interview-tips.pdf>- When preparing for a job interview, it's not enough to just read advice — you need to put that advice into practice! Login today and get hands-on

practice with mock interviews tailored to your specific industry, job, and experience level. Please [login to Handshake](#) and visit the Resources page to obtain access.

grAdvantag At UC San Diego we aim to prepare graduate students and postdoctoral scholars for a range of careers, from industry to academia. grAdvantage was developed with input from industry leaders in the San Diego Community and provides a suite of resources to help participants develop essential leadership, teamwork and communication skills to become successful leaders in their field.

ImaginePhD ImaginePhD is a free online career exploration and planning tool for PhD students and postdoctoral scholars in the humanities and social sciences. This tool allows users to assess their career-related skills, interests, and values; explore careers paths appropriate to their disciplines; create self-defined goals; and map out next steps for career and professional development success.

MyIDP (Individual Development Plan) MyIDP is a unique, web-based career-planning tool tailored to meet the needs of PhD students and postdoctoral scholars in the sciences. Please [login to Handshake](#) and visit the Resources page to obtain access.



Vault Online Career Library hosts Vault's best-selling collection of more than 60 career guides and employer profiles, including well-known titles such as the Vault Guide to the Top 100 Law Firms, Vault Guide to Finance Interviews, and Vault Guide to the Top 50 Consulting Firms. Covering a wide range of industries, including accounting, advertising, fashion, media, investment management, venture capital, and much more. Please [login to Handshake](#) and visit the Resources page to obtain access.

The [Occupational Outlook Handbook](#) is a nationally recognized source of career information, designed to provide valuable assistance to individuals making decisions about their future work lives. Revised every two years, the *Handbook* describes what workers do on the job, working conditions, the training and education needed, earnings, and expected job prospects in a wide range of occupations.

[Build your future with O*NET OnLine](#): Welcome to your tool for career exploration and job analysis!

O*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more!

Career Resources for Triton Alumni:

<https://www.alumni.ucsd.edu/s/1170/rd18/clubs-landing.aspx?sid=1170&gid=1&pgid=8444>

Fast Company Videos - <https://www.fastcompany.com/videos>

The Muse Career Advice - <https://www.themuse.com/advice>

Career Choice & Change: <https://ucsd.libguides.com/careers>

My Next Move: <https://www.mynextmove.org/>

The Career Channel: <https://www.uctv.tv/careers/videos/>

[OITE Guide to Resumes and CV's](#)

This is a guide targeted at Graduate Students and Post-Docs (though it has tools that are useful to undergrads) in biomedical fields (though most advice applies universally). Even if one does not directly refer students to this resource, it can help inform one's own advising of students. It is created/maintained by the National Institute of Health's Office of Intramural Training and Education.

Additional Resources

- [Coronavirus updates](https://coronavirus.ucsd.edu/resources-for/students/) - <https://coronavirus.ucsd.edu/resources-for/students/>
- Virtual CAPS Counseling - <https://wellness.ucsd.edu/CAPS/Pages/default.aspx>
- iFlourish Technology Offerings at CAPS: <https://wellness.ucsd.edu/CAPS/resources/Pages/iflourish.aspx>
- [The Center For Mindfulness, The Sanford Institute for Empathy and Compassion, and Compassion Institute](#): free online sessions.
- Triton Food Pantry - <https://basicneeds.ucsd.edu/food-security/pantry/index.html>
- Financial Aid - <https://fas.ucsd.edu/>
- UC San Diego Housing - <https://hdh.ucsd.edu/housing/currentresidents/pages/>
- Student Health Care - <https://wellness.ucsd.edu/studenthealth/Pages/default.aspx>