



TACKLING OBSTACLES

This guide is designed to provide you with advice on overcoming common professional barriers. Below are a few suggested resources and discussion prompts. Use only the resources that will aid you in making progress on the goals you have set with your mentor.

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Dealing with stress

There are bound to be times in your academic and professional career when you are overwhelmed and stressed. Learning how to manage stress before it reaches a breaking point is imperative to your success in any profession. Take a look at Carrington College's [How to Handle the Stress of School and Work](#) for concrete tips on managing stressful or overwhelming situations.

Work-life balance

Balancing a family and your career can be difficult, and this burden often falls more on women than on men. Science has compiled a detailed list of related articles and personal stories in the piece called [Balancing career and family](#), which revolves around work-life balance and the paradigms from scientists across a variety of fields.

To postdoc or not?

Postdoctoral degrees are sometimes a necessity after graduate school, particularly for those intent on pursuing faculty positions. However, the decision to pursue a postdoc is not one that should be taken lightly. Check out the article [Postdoc or not?](#) in Nature for an overview of some of the pros and cons of pursuing a postdoctoral position.

Dealing with rejection

Even the most accomplished scientists have dealt with rejection in their careers, and you should view each rejection as an opportunity to further your professional and personal growth. Talk with your mentor about how to bounce back from rejection, and ask for tips on how to deal with the emotional aspects that often come with a major rejection.

Building resilience

In every professional sector, success is contingent upon your ability to build resilience and bounce back from the obstacles that you will undoubtedly face. Harvard Business Review has a helpful article with suggestions on how to [*build resilience in your professional and personal life*](#).

Working with difficult people

Ever landed a dream gig but just didn't get along with someone there or in your lab group? Don't let something outside of your control ruin a good thing. Forbes has compiled [*Five Steps for Dealing with Difficult People in the Workplace*](#).

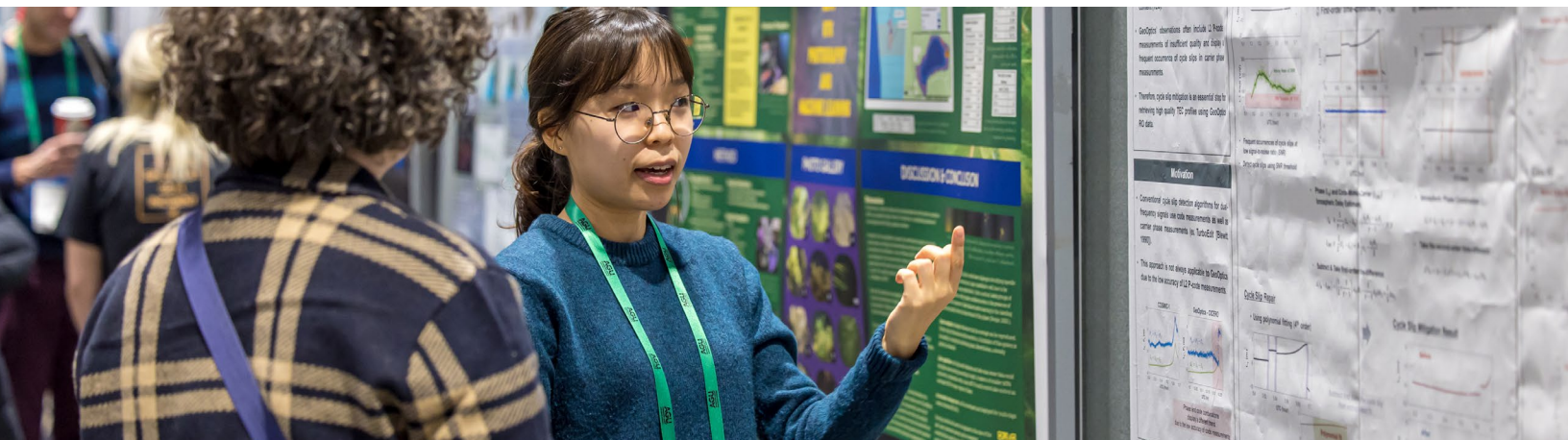


Coping with a toxic work environment

Ideally, we would all work in open, friendly, and supportive environments. However, this isn't always the case. When you find yourself in a lab or office with an inhospitable culture, how do you manage it if you are not willing to leave? [*This*](#) piece from Forbes provides suggestions for coping with a toxic work environment.

Shifting careers

Maybe you've noticed that your current career does not reflect your personal goals and values and have decided to shift career paths. Or perhaps you're just looking for something different. Check out AGU's [blog post](#) on shifting your career path in a changing climate for strategies to help you adapt your previous experience for a new position or sector.



Leveraging industry experience for academic opportunities

There is often much overlap in the technical and interpersonal skills required for academic and industry positions, and learning how to leverage your industry experience can be helpful if you are transitioning into an academic position, or vice versa. Check out [this article](#) from Science to help you successfully tailor your industry experience to the academy.

Landing a job that is not your dream job

You will likely need to accept a position during your career that is not your dream job, and that's OK. AGU has helpful tips on how to leverage a less-than-ideal position into that dream job in the post [Wherever you go, there you are](#).