

MSU BEST 2.0

MSU BEST 2.0 is a program to support biomedical trainees—Ph.D. students and post docs—in developing the skills and experiences to find, and succeed in, careers of their choosing. This program goes at your pace, and allows you to develop the path that serves YOUR interests.

Step 1: Apply to MSU BEST 2.0

This program is open to all biomedical trainees at MSU, and requires a few short-answer personal essay questions and a letter of support from your mentor.

- Apply at www.best.msu.edu

Step 2: BEST Career Development

These workshops, seminars, and talks give you exposure to different kinds of careers, and help you develop the skills you'd need to get the experience you want! Consider moving through these experiences as the BEST way to prepare you for identifying and pursuing the career you want!

Becoming my Personal BEST

- Self-Assessment (MBTI, Resilience, StrengthsFinder, etc.)
- Teamwork Workshop
- Communications Workshop
- Wellness Workshop

Finding my BEST Career

- At least 3 career talks from BEST Guests
- myIDP

Putting my BEST Out There

- CV/Resume Workshop
- Networking Workshop

Step 3: My BEST Efforts

This is where it all comes together! Working with your mentor, you will identify a BEST externship, a professional experience where you can “try out” a career with all of your new skills: a new environment, with a new network of professionals.

- Complete a BEST externship



MSU BEST 2.0 FAQ

Why is this BEST 2.0? Isn't it the same as the original MSU BEST program?

This is very similar to the MSU BEST program that was originally funded by the NIH starting in 2014, but there have been some changes. The first is that MSU BEST 2.0 is funded by MSU, and draws on additional MSU resources than the original MSU BEST program. Another difference is that MSU BEST 2.0 is not a cohort-program—participants in the original BEST program were admitted to a cohort during the beginning of fall semester, which meant that they participated in all the same events (workshops, seminars, etc.), together, for a year. In MSU BEST 2.0, you are admitted when you are ready to apply, and check off the various requirements at your own pace.

What kind of workshops are part of MSU BEST 2.0?

All kinds! You can see, on the other side of this sheet, the various boxes you have to check: you will be required to participate in a workshop and complete a self-assessment, but there will be different self-assessments offered at different times. You can have the flexibility to participate when it makes sense for you.

Who offers the workshops?

Many of the opportunities that will help you fulfill the requirements of MSU BEST 2.0 are offered through the BEST program, Graduate Life & Wellness, Office of Ph.D. Career Services, and other programs from the Graduate School. But your college and your department will also bring in speakers and host workshops, and many of those opportunities will satisfy the BEST requirements. If you aren't clear, you can always check with the BEST program staff.

Why do I need to apply? Couldn't I just take the workshops on my own?

You absolutely can do your own thing. Being accepted to MSU BEST 2.0 also gives you access to BEST staff support, permits you to participate in the BEST externship program, and other opportunities. And when you are admitted and complete BEST requirements, you can put your program participation on your resume/CV. When you're all done, you will also get a neat certificate.

How long does BEST 2.0 take to complete?

You decide how long it will take, but most people finish the requirements in about 2 years. You can complete the required workshops within a 12-month span or spread it out over a longer period of time if that fits your situation. The BEST externship requirement is done after you've completed the workshops and seminars.

How do apply?

Go to www.best.msu.edu and find the application. It's all online, and you just have to give us some information and upload a copy of your CV and a letter of support from your mentor. Once you're accepted, you'll be given access to the BEST tracking system, and access the other staff resources that will help you be YOUR BEST.