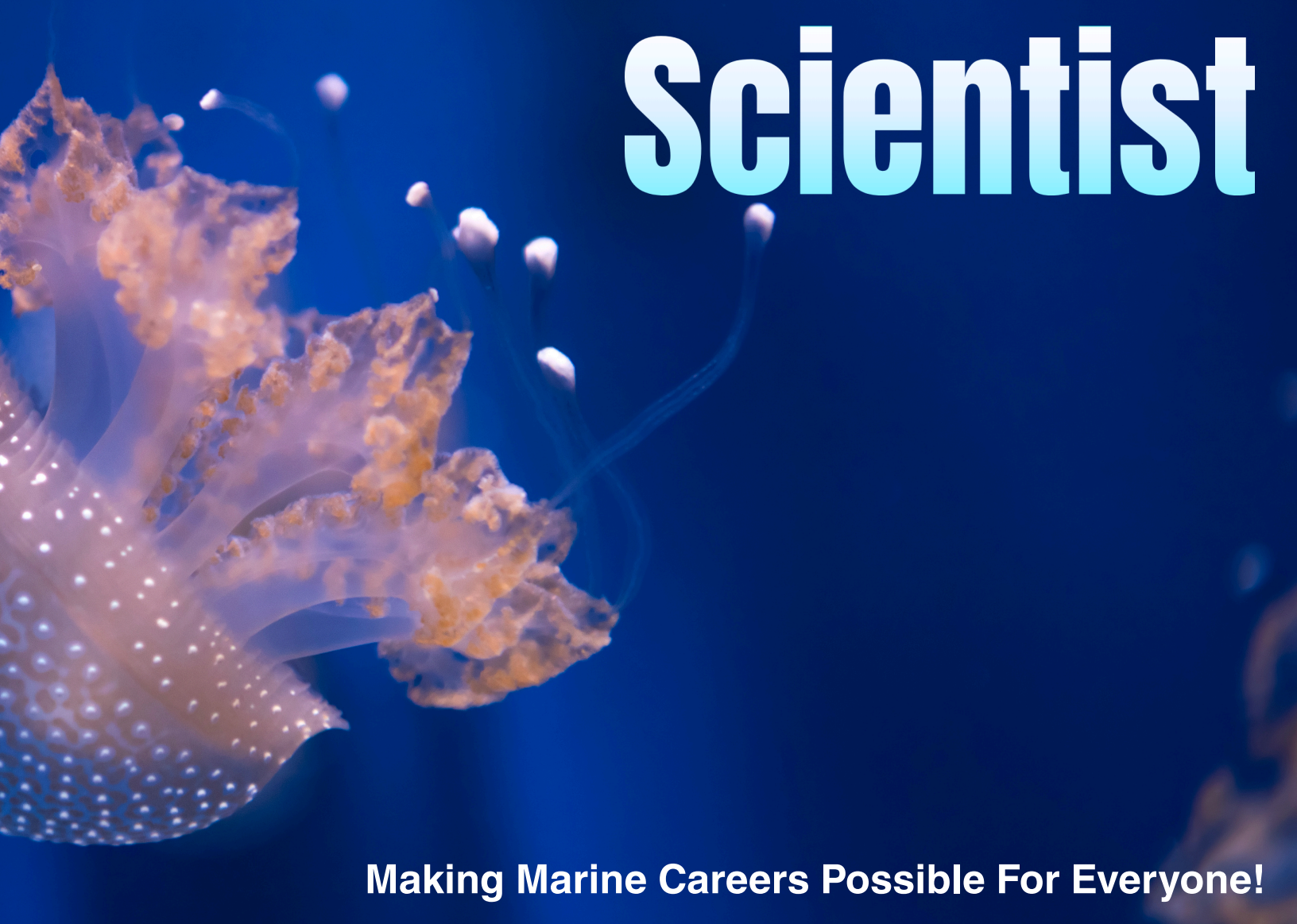


Zen4Blue

presents

Coffee with Scientist



Making Marine Careers Possible For Everyone!



www.zen4blue.org/resources



“Your Story Matters: How to Build a Resume with Self-Worth & Purpose”

Learn how your life experiences — even retail, food service, and caregiving jobs — can show you're ready for a career in marine and ocean science.



Who This is For:

- Ages **18–35 and beyond** if **transitioning careers**
- Passionate about the ocean or marine science
- Curious about marine science careers but unsure where to start
- May not be in school and/or not planning to go to college or university
- Want to learn how to tell their story with confidence





Workshop Goals:

- Reframe your current skills in a way that matters to science and conservation work
- Identify transferable skills from non-science jobs
- Boost self-worth and own your story, even if it's unconventional
- Learn what marine science jobs exist for all education levels
- Get resume & communication tips from real scientists

Activity:



What I Do Now

- List your current/previous jobs (retail, delivery, restaurant, childcare, etc.)
- Reflect: What do I do well in this job? What do others compliment me on?

Transferable Skills Match-Up

Match common job skills to marine science needs:

Job Skill

- Teamwork
- Customer service
- Problem-solving
- Working under pressure
- Communication

How It Applies to Marine Science

- Field research teams, lab collaboration
- Public education, aquarium work
- Data analysis, wildlife rescue troubleshooting
- Field expeditions, emergency response work
- Science outreach, report writing

Your Story = Your Strength

- Prompt: “I used to think I had to be _____, but now I know I can be a scientist because I...”
- Write a short, authentic bio (for future resumes or networking)



Marine Careers Pathways

List of roles with various education levels:

- High School/GED: Aquaculture technician, animal care assistant
- Associate Degree: Lab technician, environmental educator
- Bachelor's Degree (optional): Field researcher, conservation analyst
- No degree but experience: Eco-tourism guide, scuba survey diver

Mini Resume Tips

- Keep it honest, concise, and strengths-based
- Action words: Led, Supported, Communicated, Adapted, Solved
- Include volunteer work or life experience that shows reliability or leadership
- Authenticity > Perfection



Zen4Blue Believes:



“You don’t have to look like Jacques Cousteau to be a marine scientist. You just have to care, show up, and stay curious.”



Helpful Resources



- Free resume builder tools (e.g., Canva, Resume.com)
- Volunteer & internship databases (local aquariums, ocean science non-profits)
- Zen4Blue’s Marine Mindset Career Program or mentorship network sign-up



Final Notes:

- Don't underestimate your value — the ocean needs all kinds of minds
- Ask the scientist about their path — chances are, it wasn't traditional either

Transferable Skills Match-Up: From Jobs You Have to Jobs That Matter



Job Skill

How It Applies to Marine Science

Sample Careers (No or Some College)

Teamwork

Collaborating in labs, on boats, or in conservation teams

- Field Technician
- Aquarium Animal Care Assistant
- Dive Survey Crew

Customer Service

Engaging the public, answering questions, explaining science

- Aquarium Guide or Docent
- Marine Science Educator
- Eco-tourism Guide



Job Skill

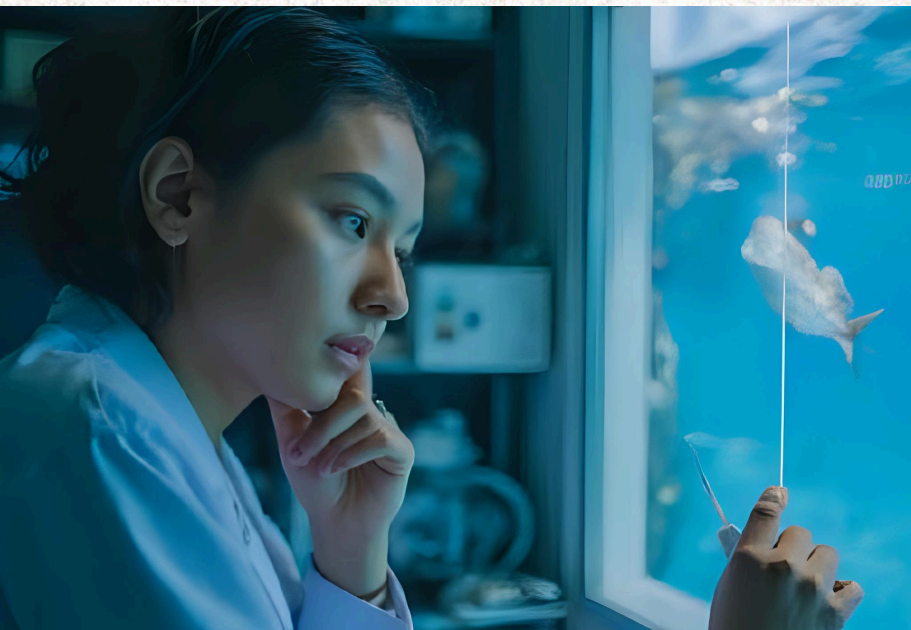
How It Applies to Marine Science

Sample Careers (No or Some College)

Problem-Solving

Working Under Pressure

- Marine Mammal Rescue Assistant
- Water Quality Technician
- Ocean Cleanup Crew



Communication

Writing reports, giving tours, sharing science with communities

- Community Outreach Coordinator
- Science Communicator
- Social Media for a Marine NGO



Job Skill

How It Applies to Marine Science

Sample Careers (No or Some College)

Attention to Detail

Data collection, species ID, lab protocols

- Plankton Sampler
- Environmental DNA (eDNA) Tech
- Marine Debris Analyst

Tech Savvy

Using GPS, drones, data logging systems

- ROV (Remote-Operated Vehicle) Assistant
- GIS Mapping Support
- Underwater Camera Tech





Job Skill	How It Applies to Marine Science	Sample Careers (No or Some College)
Physical Endurance	Using GPS, drones, data logging systems	<ul style="list-style-type: none"> • ROV (Remote-Operated Vehicle) Assistant • GIS Mapping Support • Underwater Camera Tech
Leadership	Lifting gear, long days on boats or beaches	<ul style="list-style-type: none"> • Volunteer Coordinator • Program Assistant at a Conservation NGO

Learn - Grow - Write

Join the Zen4Blue Career Mindset Retreat - www.zen4blue.org/retreat