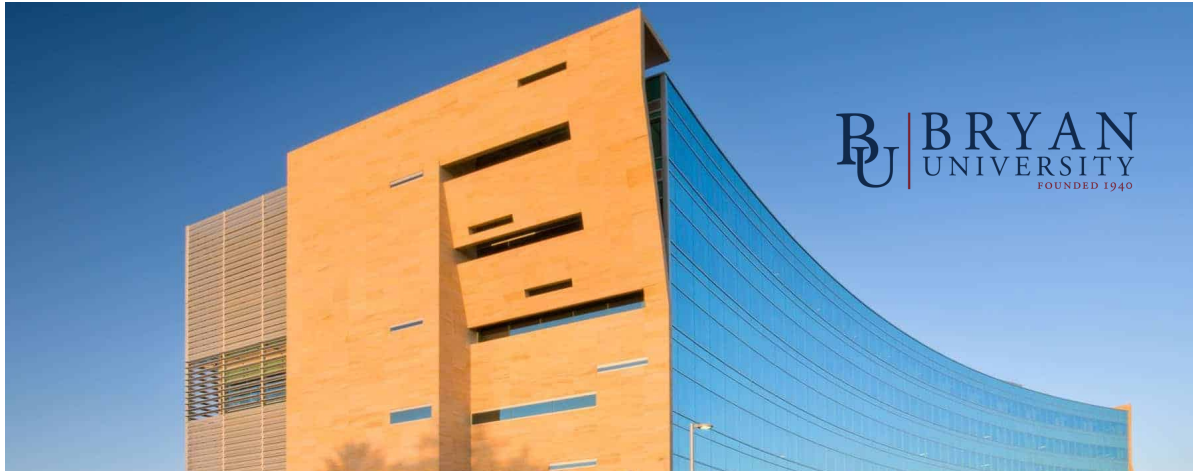


The Searchlight

July 2026



Career Woman Chronicles

Dr. Makisha Cheeks

Success Without Sacrifice: Building a Career and a Life You Love

For many women entering the workforce, success can sometimes feel like it comes with a price. There is often pressure to work longer hours, delay personal goals, or sacrifice time with family and friends to advance a career. While hard work is important, true success should never require giving up what matters most.

Success looks different for every woman. For some, it means earning a promotion or leading a team. For others, it means finding meaningful work, achieving financial stability, or maintaining the flexibility to care for loved ones while building a rewarding career. There is no single definition of success—only the one you create for yourself.

As you begin your professional journey, remember to:

- Set healthy boundaries to protect your time and well-being
- Invest in your growth through learning, feedback, and mentorship
- Prioritize balance so your career supports your life
- Celebrate every accomplishment, no matter how small
- Let your values and goals guide your career decisions

Women today have more opportunities than ever to make a meaningful impact in the workplace. The most fulfilling careers are built on purpose, resilience, and intentional choices—not constant sacrifice.

As you step into the workforce, remember this: You do not have to choose between success and happiness. You can build a meaningful career while creating a life that reflects your values, passions, and dreams. That is the true meaning of success without sacrifice.

Upcoming Events

CS Live: Establishing
Your References

Wednesday, July 22
at 3:00 p.m. MST

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Alumni Corner

Michael Scalice

How to Position Yourself for a Possible Promotion at Work

Advancing in your career requires more than simply doing your job well. While strong performance is essential, employees who earn promotions often distinguish themselves by demonstrating leadership, initiative, and a commitment to organizational success. Positioning yourself for advancement means preparing for the next level before an opportunity becomes available.

One of the most effective ways to position yourself for a promotion is to consistently exceed expectations in your current role. Take ownership of projects, volunteer for new responsibilities, and look for opportunities to solve problems. Managers notice employees who contribute beyond their assigned duties and who can be relied upon to deliver quality work. Building a reputation as a dependable and proactive team member can significantly strengthen your candidacy for advancement.

It is also important to develop the skills and competencies required for the next position. Seek professional development opportunities such as workshops, certifications, training programs, or mentorship relationships. At the same time, build positive relationships throughout your organization by collaborating effectively, communicating professionally, and contributing to team success. Continuous learning and strong workplace connections help increase your visibility and demonstrate your readiness for greater responsibility.

Finally, don't assume your career goals are obvious to your supervisor. Request occasional conversations about your professional development, express your interest in advancing, and seek feedback on areas for growth. By combining strong performance, ongoing skill development, meaningful workplace relationships, and clear communication about your career aspirations, you can position yourself as a strong candidate for promotion and long-term career success.

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