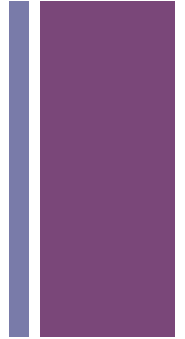


Secrets to a Successful Postdoctoral Fellowship

Spring 2012
Melanie V. Sinche, NCC



Postdoc Oath

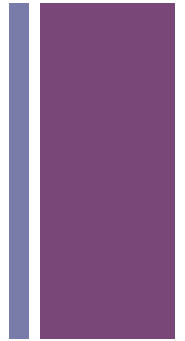


“I acknowledge that I have
primary responsibility
for the development of my
CAREER.”

- Compact between Postdoctoral Appointees and Their Mentors
AAMC Group on Graduate, Research, Education, and Training
and its Postdoctorate Committee

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Plan

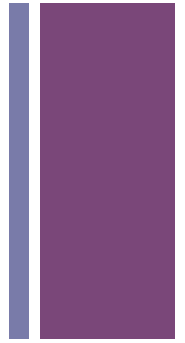


Take charge of your
career by planning
early and often.

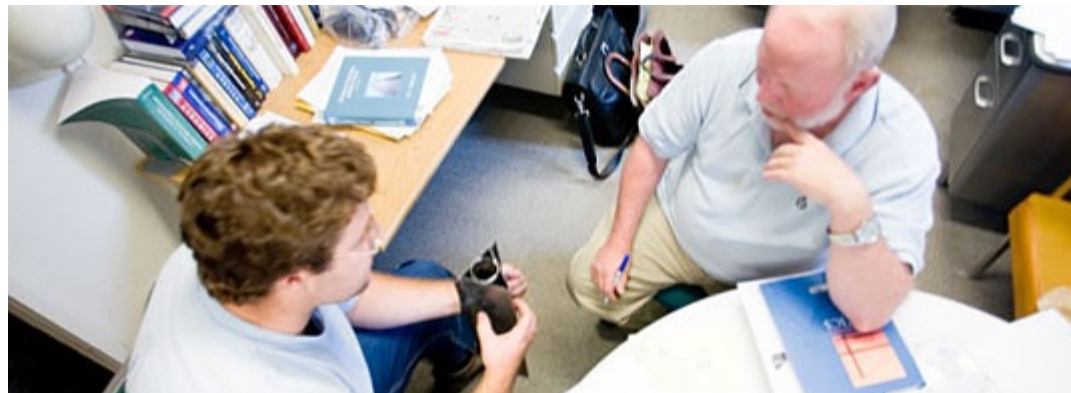
Science

Career

+ Communicate



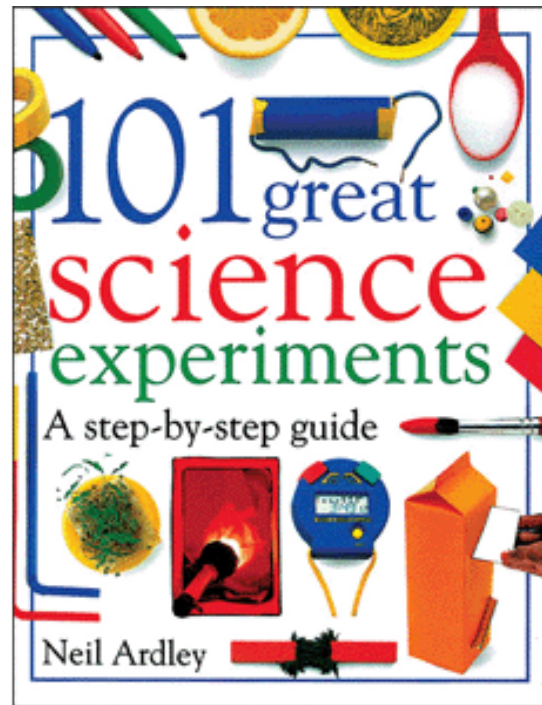
Meet regularly.



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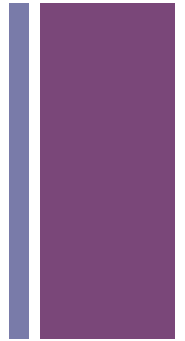
Be productive

Look for early successes,
side projects.





Find and use resources



Investigate university/
institute support offices,
professional associations

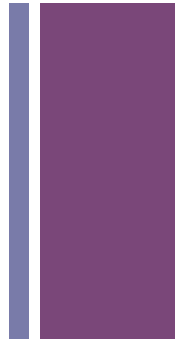


+ Build skills

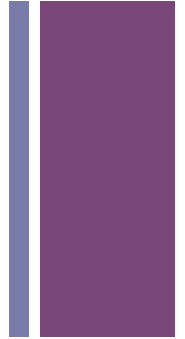
Strengthen your scientific
AND
your professional skills.



+ Find multiple mentors



+ Network...

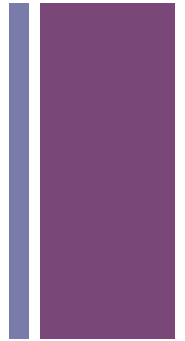


Network, network...and
then, network some more.





Know when to say when

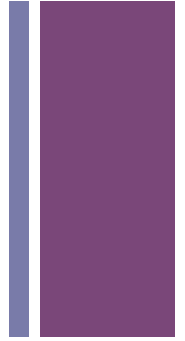


Make smart decisions about
your postdoc tenure.

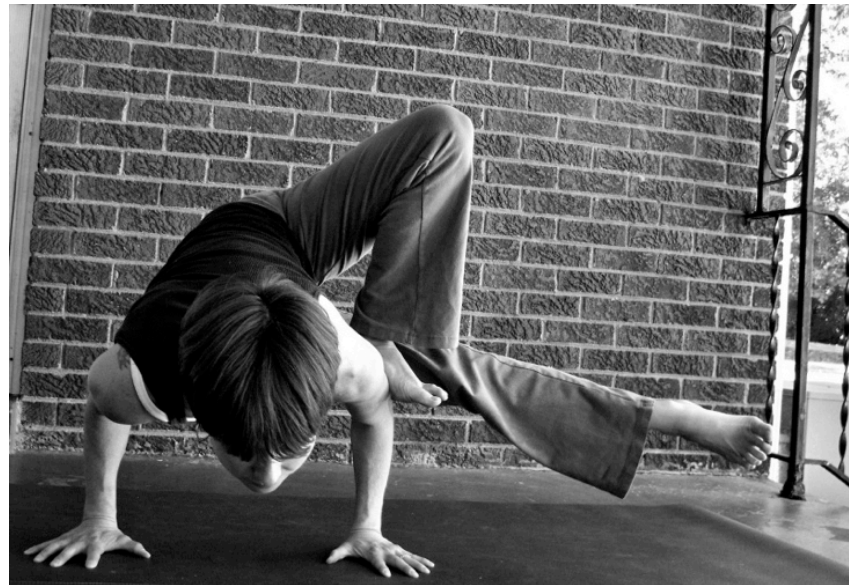




Take care of yourself

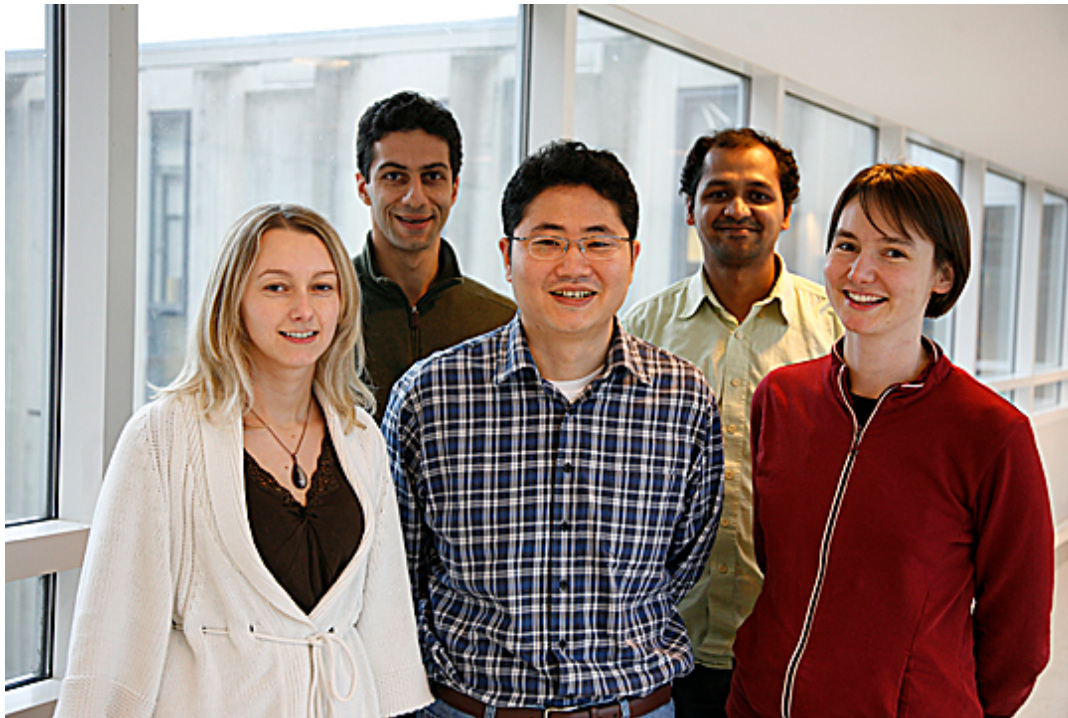
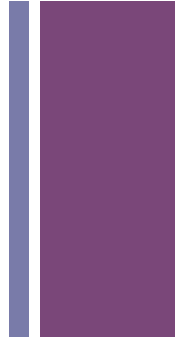


Be aware of the balance in
your life.





Have FUN!





Resources

Templates for planning meetings:

<http://www.postdoc.harvard.edu/faculty/effective-mentoring/>

Postdoc Survey, Sigma Xi (2005): <http://postdoc.sigmaxi.org/>

FASEB's Individual Development Plan:

<http://www.faseb.org/Policy-and-Government-Affairs/Science-Policy-Issues/Training-and-Career-Opportunities-for-Scientists/Individual-Development-Plan.aspx>

AAI's Do's and Don'ts for Authors:

<http://www.aai.org/About/Publications/Additional/index.html>

National Postdoctoral Association (NPA): <http://www.nationalpostdoc.org/>

ScienceCareers Article Database: <http://sciencecareers.sciencemag.org/>

MentorNet: <http://mentornet.net/>

LinkedIn: <http://www.linkedin.com/?trk=hb-0-h-logo>

NIH OITE Careers Blog ("Breaking Up Is Hard To Do"):

<http://oitecareersblog.wordpress.com/2010/08/26/breaking-up-is-hard-to-do/>

