

## Finding the Right Postdoctoral Position

## Why do you want to do a postdoc?

### Define your long-term goals

#### ❖ Academic position

Research-intensive institution  
Teaching institution

#### ❖ Industry position

Large, established company  
Small or start-up

#### ❖ Governmental agencies

Research laboratories  
Administrative

#### ❖ Combining science with other skills

Writing and editing  
Sales  
Bioinformatics

## How do I know what my long terms goals are?

Take advantage of opportunities - KI  
Attend seminars on career development  
Talk to people in diverse fields  
Try on their positions - virtually

## Matching to postdoc experience to your goals

Academic position at a research institution -  
Need to do a postdoc (3 years)

Teaching institution -  
May not need to do a postdoc

Governmental agency - check out EID or CDC  
fellowships; intramural postdocs

KEY: Ask for advice from those in the field

## Narrowing the field

*Geographical considerations*  
Where do you want (need) to live?

*Scientific considerations*  
What do you want to study?  
Who do you want to train with?

## What to consider in choosing a postdoc

Recommendations by your mentor  
Recommendations by other faculty, postdocs  
Institutional postdoc training grants  
([grants.nih.gov/training/outcomes.htm](http://grants.nih.gov/training/outcomes.htm))

## What to do before you apply

Learn all you can about prospective mentor(s)  
publications, funding, training

Check out the university's web site -  
postdoctoral affairs office

Look for fellowship opportunities

## Making contact

Letter and brief CV  
Send reprints or pdf files of publications  
Ask your mentor to write  
No need to seek advertised positions only

## The Interview

Make a good impression  
Prepare your presentation  
Practice, practice, practice!  
Show your interest in the mentor and the lab

## The Interview

Ask questions

- What will your research project be
- Will you be able to take a project with you
- How will your work be funded
- How long is funding assured
- What is the salary/benefit package\*\*

## The Interview

Ask more questions

- Will there be an opportunity to teach, write grants and papers, go to meetings
- How many others work with the mentor
- Where are the previous postdocs

## The Interview

Questions to ask others in the lab

- What and where have they published
- Are current students and postdocs satisfied

## Warning signs

People in the lab are depressed or unhappy

People in the lab are not open and honest

Too much overlap between projects

Listen to your instincts!

## Advice about moving on

Don't be in a big hurry to leave

Finish experiments - submit manuscripts!

Your thesis matters ... but manuscripts count more!

## Summary

Define your goals

Match the postdoc experience with these goals

Identify potential mentors

Research PIs and institutions

Make your CV stand out!

Make contact with potential mentors

Interview is bidirectional

## Funding

Fellowships

Individual NIH fellowships

Private Foundations

Training grants

## Web resources

<http://www.ascb.org/files/0503wicb.pdf>

[http://www.phds.org/postdoc/  
choosing-a-postdoctoral-position/popular\\_here](http://www.phds.org/postdoc/choosing-a-postdoctoral-position/popular_here)

<http://www.nationalpostdoc.org/>