

Planning your Postdoc

Updated 9/25/20

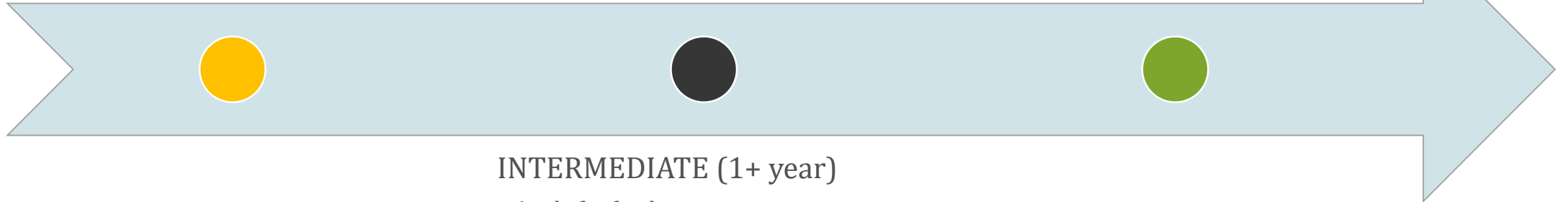
Postdoc Timeline

EARLY (first 6 months)

- Find out about resources
- Establish your project
- Investigate fellowship opportunities
- Develop an Individual Development Plan

FINAL (last year)

- Wrap up projects and publications
- Prepare application materials
- Work on interviewing



INTERMEDIATE (1+ year)

- Apply for funding opportunities
- Actively explore career paths
- Build leadership skills
- Gain teaching and mentoring experience
- Improve writing and project management skills

Professional Development Resources

Mentors,
Collaborators, Lab

Professional Societies

Departments/Centers

National Postdoctoral
Association

Office of Postdoctoral
Affairs (OPA)

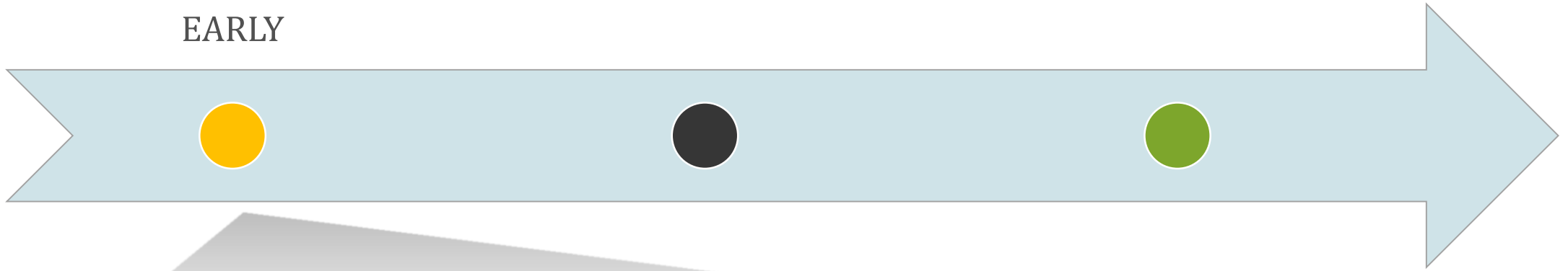
Career Development
Center

Resources from the OPA

The planning calendar from OPA includes recurring professional development activities. Most of these activities are interactive and require a time commitment for multiple dates. Additional activities and one-time seminars are offered throughout the year.

If you have questions about whether or not to take a professional development workshop or want to know more about the events, contact Dr. Evelin Young through [email](#) or [zoom meeting](#).

EARLY



Postdoc Orientation

Postdoc Academy: Succeeding as a Postdoc Course

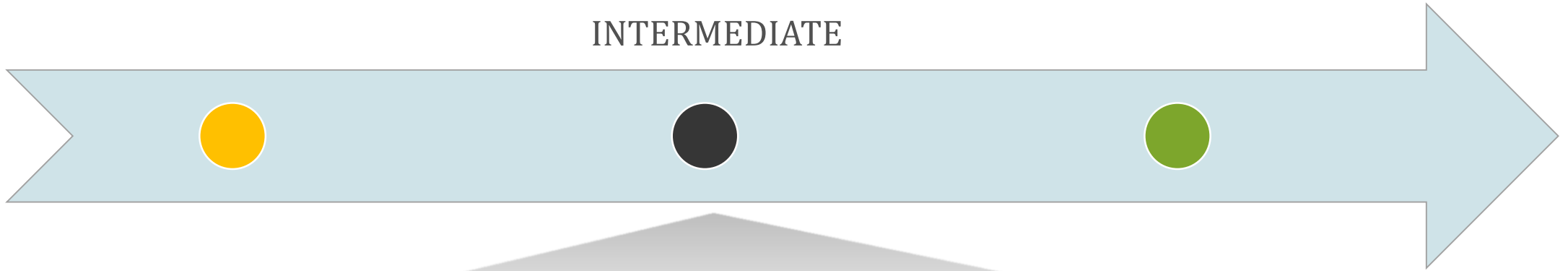
Developing your IDP Workshop

Individual Advising from CDC and OPA

Responsible Conduct of Research

Join the Postdoc Association

INTERMEDIATE



GSBS NIH Fellowships Workshop

Postdoc Academy: Preparing for Your Career

Career Exploration Mini-Course

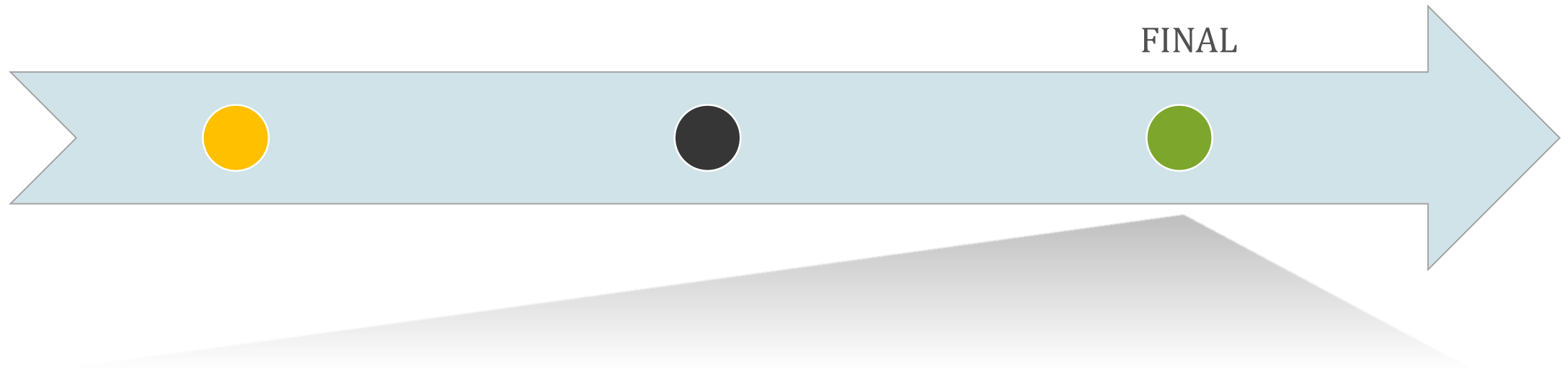
Career Exploration Accountability Groups

Writing Accountability Groups

NRMN Entering Mentoring and Mentoring Up Workshops

Annual Postdoctoral Career Symposium

Leadership – Executive boards of the Postdoc Association and the Annual Postdoctoral Career Symposium



Annual Postdoctoral Career Symposium

Writing Accountability Groups

Career Exploration Accountability Groups

Work with the Career Development Center – interviewing and negotiation

Planning Calendar

Use the planning calendar to sort by audience or date and view the time commitment and description of events. See the example section below. Go to the link to view the entire spreadsheet.

Date	Activity or Event	Target Audience	Time Commitment	Description	Speaker(s)/Facilitator(s)
Jan, Oct, June	Postdoc Academy Course: Succeeding As A Postdoc	Early	Meet 1x/week + online videos and course assignments. 3-4 hrs/wk for 6 weeks.	Comprehensive online and in-person program built on the National Postdoctoral Association core competencies. Themes: Finding Success as a Postdoc; Building an Actionable Career Plan; Working Effectively in an Intercultural Environment; Developing Resilience.	Local Sessions Facilitator - Evelin Young, PhD; Online Course on EdX - multiple speakers
May, Nov	Mentoring Up (NRMN) Workshop Series	Early, Intermediate	2 2-hr sessions	Postdocs will develop knowledge and skills to proactively manage challenges and reframe their mentoring relationships. Topics include Maintaining Effective Communication, Aligning Expectations, Addressing Equity and inclusion, Building Research Self-Efficacy, Achieving Independence, Seeking Professional Development.	Evelin Young, Ph.D.

<https://www.bcm.edu/education/graduate-school-of-biomedical-sciences/postdoctoral-affairs/current-postdocs>