

Identity Grid Instructions for Module 1: Finding Success as a Postdoc

The purpose of this activity is for you to start reflecting on how you think about and define yourself, so that it becomes easier to support how you see yourself as you transition into new spaces with new constraints and new opportunities.

In the grid below, a range of categories of identity as defined in the psychology literature are listed. These include social identities, which can be defined as those that describe a person's self-identified belonging to various groups and are generally defined by some physical, social and/or interest characteristics. There are role and professional identities, for example, a range of task-related roles that you identify with. There are also relational identities, for example, parent, child, uncle, friend, and peer. Finally, there are ideological identities that typically include areas of politics and religion.

1. In the first column, list 4 or 5 identities that are most important to you.
2. Choose which category and sub-category these identities are a part of.

Categories	Sub-categories
Personal	Gender, race, ethnicity, sexual orientation, class Mental Attitude Hobbies/interest Other
Social	Affiliations Memberships Causes Other
Professional	Job titles/roles Expertise Interests Other
Familial and other relational	Roles in family Responsibilities Other
Other	Other

3. Reflect on if this identity is important in your postdoc position?
4. If yes, where does this identity show up?