

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

The purpose of this activity is to help you reflect on the transitions you are going through, so you become aware, plan, align, and take actions that improve your outcomes and satisfaction.

The table lists a series of generic roles that graduate students and postdocs have in their professional environment, and for each that applies to you, provide an example of an activity representing that role for when you were a graduate student, and for now, when you are a postdoc. In future weeks, we will expand this reflection on the differences between past experience and future expectations with more in-depth career planning.

Potential Roles:

- Mentor
- Mentee
- Independent researcher
- Collaborative researcher
- Research leader
- Decision maker
- Manuscript author
- Grant or proposal writer/reviewer
- Journal club participant/leader
- Meeting organizer
- Project manager
- Institutional committee work
- Other