

Succeeding as a Postdoc



FINDING SUCCESS AS A POSTDOC

In this module, participants reflect on their identities and roles as postdocs. After considering how to enter a new community of practice, participants identify and prioritize the expectations for their position and align those with their mentor.



BUILDING AN ACTIONABLE CAREER PLAN

Participants explore career planning tools, then describe goals for their postdoc position and connect them to longer-term goals. After writing a career plan, participants identify strategies to put the career plan into action.



DEVELOPING RESILIENCE

Participants explore evidence-based approaches to managing stress and developing resilience. Participants develop, implement, and reflect on an action plan that will support progress on a goal to support their resilience.

WORKING EFFECTIVELY IN AN INTERCULTURAL ENVIRONMENT



Participants develop an awareness of their own identities through reflection. After exploring the literature, participants consider how their culture and identities interact with others.

POSTDOC ACADEMY LEARNING SESSIONS

In addition to participating in our two free online courses, postdocs can join a Postdoc Academy Local Session (PALS) at their institution or with postdocs from the same discipline. Learning communities support online learning by connecting content directly to the postdocs' local context and community, and also promote deeper learning of the material.

Building Skills for a Successful Career



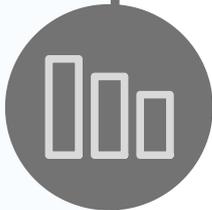
EXPLORING LEADERSHIP

Participants describe the key attributes and structures of evidence-based leadership frameworks and explore how leadership styles vary in professional, cultural, and career stage contexts. They apply a leadership approach to a current or future career role.



BUILDING AND SUPERVISING A TEAM

Participants describe characteristics of an effective team and reflect on strategies a supervisor can use to build and manage a team. Participants also identify ways to communicate with a team to promote positive relationships.



MANAGING PROJECTS

Participants learn the common language and terminology behind project management and administration. They then apply basic concepts of project management to their own example project.

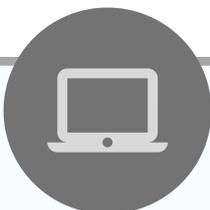
APPLYING TEACHING SKILLS BEYOND THE CLASSROOM

Participants describe a key set of effective teaching skills that are applicable in multiple workplace environments. They construct an approach to apply teaching skills to a career-related activity in one's own context.



PREPARING JOB APPLICATION MATERIALS

Participants learn how to deconstruct a job description and align their strengths and experiences with the job description. Participants learn to communicate your strengths to key stakeholders.



INTERVIEWING AND NEGOTIATING

Participants practice common interview questions and self-assess their responses. Participants plan how to approach job negotiation and reflect on how to use the skills they have built to be successful in your job.

