

Succeeding as a Postdoc

FINDING SUCCESS AS A POSTDOC

Postdocs start the course by reflecting on their identities and roles. After considering how to enter a new community of practice, postdocs identify and prioritize the expectations for their position and align those with their mentor.



BUILDING AN ACTIONABLE CAREER PLAN

What steps should you take to fulfill your career aspirations? Postdocs explore career planning tools and describe goals for their postdoc position, connecting them to longer-term goals. After writing a career plan, they identify strategies to put their career plan into action.



DEVELOPING RESILIENCE

Postdocs explore evidence-based approaches to managing stress and developing resilience. They create, implement, and reflect on an action plan that will support progress towards a goal to build their resilience.



WORKING EFFECTIVELY IN AN INTERCULTURAL ENVIRONMENT

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



POSTDOC ACADEMY LEARNING SESSIONS

In addition to participating in our 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 reflection of the material.

