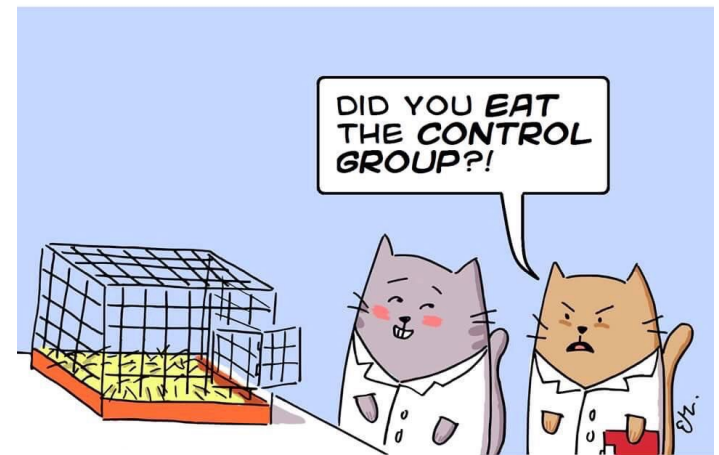


# Tips for finding/applying to post-docs



**WHY CATS MAKE BAD SCIENTISTS**



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# What is a post-doc?

Postdocs are defined by the [National Postdoctoral Association](#) as “a temporary period of mentored research and/or scholarly training for the purpose of acquiring the professional skills needed to pursue a career path of your choosing.”



# Should you apply for a post-doc? What are the pros and cons of doing a post-doc?

- Industry, government, and academic post-docs
- Business/sales → maybe N/A
- Discuss with your advisor/committee members
- Cons – lower paying
- Pros – learn new skills, foot in the door for government positions (job security & can pay well; helps when there are hiring freezes)

# Finding a post-doc & important considerations

- Social media (LinkedIn, Twitter)
- Take business cards to conferences → can add QR code to research and CV
- Network at conferences
- Start thinking about post-docs early
- Talk to advisor & committee members
- Follow the \$\$\$\$\$\$ (look up grants for potential labs)
- Look at positions that previous grad students/post docs have taken
- What type of institution do you want to apply to (R1 vs PUI)

# Applying to a post-doc

- Cover letter & CV, other requirements (staying organized)
  - Optimize organization of your CV depending on where you are applying (ex → previous experience in industry)
- Do your research on the lab of interested
- Find your own funding source (F32 → postdoctoral funding, check eligibility)
- Different processes for applying (academia (can be less formal) vs industry vs government)
- Apply for as many positions
- Be clear about your graduation timeline
- Highlight skills in your cover letter/CV

# Interviewing for a post-doc

- Know the lab's research/be prepared to talk about it
- Presentation (quality, time limits, can be formal/informal, etc)
- Practice presentation with your lab & get feedback
- Have mock interviews
- Have questions ready to ask grad students/post docs/PI
- Defense/graduation timeline
- Propose potential project (independent research proposal)
- Ask expectations (teaching requirements, mentoring)