NIA-GSA Postdoctoral Webinar: Emerging Scholars and Professionals Organization (ESPO)

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Justice Training Narrative

Graduate
Justice Training Narrative: Postdoc 1

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Justice Training Narrative: Postdoc 1

Advanced Age

Interventions

Physiological Dysfunction

Risk of Clinical Disease & Disability
Justice Training Narrative

Graduate

Postdoc #1
Justice Training Narrative: Postdoc 2

Steve Kritchevsky

Carol Shively

Tom Register
Justice Training Narrative: Postdoc 2

Advanced Age

Interventions

Physiological Dysfunction

Multi-morbidity & Disability
Justice Training Narrative

Graduate

Postdoc #1

Postdoc #2 &
Path to Independence
Independent Investigator

Biology of Aging
Translational &
Comparative Approaches
Intervention

Non-linear trajectory of development

Graduate
Piggy-back

Postdoctoral Training
Walking with Supervision
Postdoc 101: what & who

• Need doctoral degree
  – Ph.D.
  – M.D., D.V.M, etc

• Mentored position
  – Need an primary advisor and/or mentoring team

• Full-time research
  – or clinical /teaching with research fellowship

• 1-5 years in duration
  – i.e. Not Permanent!
  – a pathway to independence in research, teaching, or other career of choice
Finding Postdoc Opportunities

Networking
Finding Postdoc Opportunities

Networking

Talk to your advisor!
Finding Postdoc Opportunities

Networking

Go to Society Meetings!
Finding Postdoc Opportunities

Networking

Don’t Just Attend: Get Involved!

Emerging Scholar and Professional Organization
Finding Postdoc Opportunities

Use the Web
Finding Postdoc Opportunities

Use the Web

Science: http://nextwave.sciencemag.org
Nature: http://naturejobs.com
The Chronicle of Higher Education:
http://www.chronicle.com
Finding Postdoc Opportunities

Use the Web

Funding Sources

National Science Foundation (NSF)
National Institutes of Health (NIH)
Finding Postdoc Opportunities

Use the Web

Social Media & Professional Websites

Researchgate
LinkedIn
www.postdocjobs.com
www7.nationalacademies.org/postdoc/
Finding Postdoc Opportunities

• Factors to consider when choosing who/where to train:
  – Mentor/mentoring team
  – History of successful mentoring
  – Department / institutional reputation & prestige
  – Funding status
  – Extending current focus or changing to new area?
  – Manuscript writing/authorship process
  – Research career development? Journal clubs? Professional skill development opportunities?
Postdoc Advice, Tips & Duct Tape*

*Chewing gum, aviators and killer-rocket bomb optional, but outstanding mentoring, and field specific skill set advised. Just add the intangibles: vision, dedication, enthusiasm and creativity. Oh, and get ready for things to go terribly wrong, because they will. And you need to be there... with duct tape.
Advice, tips & duct tape: My colleagues’ opinions

On deciding who/where to train:

“Consider your mentor’s phase of career. For example, a mentor who is more established may have more resources available, but may not have time for one-on-one training that you would get from a mentor earlier in their career.”
On time/project management:

“Determine if you are expected to manage certain research projects, etc. Make sure you can advance your own research agenda while producing results for these projects and grants: it is possible to be given so many responsibilities in the lab that you don’t have time to work on your own future research plan.”
Advice, tips & duct tape: My colleagues’ opinions

On seeking funding:

“Start an NIH K-award process early with a mentor that has a good track record of K-mentees behind them.”

“Tailor your grant application to the NIH institute that your mentor is has strong record in, not necessarily your specific subject matter.”
Advice, tips & duct tape: My colleagues’ opinions

On becoming independent:

“Follow interesting fortuitous opportunities and scientific findings that come out of left field. You need to become separate from your advisors and sometimes its these small projects that turn out to be really interesting and a new direction.”

“Don’t leave your postdoctoral position without creating your own independent research plan.”
Just for Fun

AT A SECRET FACULTY MEETING...
OK, WE HAVE A LARGE NUMBER OF PEOPLE WITH NO JOB AND NOTHING ELSE TO DO.

WE CAN'T CALL THEM "RESEARCHERS." THAT SOUNDS TOO MUCH LIKE A REAL JOB.

WE NEED A NAME THAT SAYS "WE DON'T KNOW WHAT ELSE TO CALL YOU." A NAME THAT SAYS "I HAVE A PH.D... AND NOT MUCH ELSE."

...AND THAT'S HOW THEY PROBABLY INVENTED THE NAME "POSTDOCTORAL SCHOLAR".