Lessons Learned as a Postdoc

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Background

• Clinical experience
  – Hematology/Oncology/BMT
  – Community health/public health
  – Vaccine research
  – Dementia research & memory disorders clinic

• 2009: PhD, University of Missouri
  – (JAHF Predoc, 2007-2009)
Postdoctoral Fellowship

• Katholieke Universiteit Leuven, Belgium
• Project-based funding for 2+ years
• Contacted about faculty position at MU 4 months into postdoc
• Wrote proposal for BAGNC (now NHCGNE) postdoc during first postdoc
• Started new faculty position with funding
Lessons Learned

• **WRITE**
  – Find or create opportunities for first-authored pubs
  – First-authored, data-based papers preferred
  – Pursue funding
• Integrate into the team
• Be open to opportunities
• Write grants as well as articles
• Celebrate achievements & milestones
Mentors & Being Mentored

• Feedback is a gift
• Mentoring relationships don’t end when you move on
• Multiple mentors are important
  – Within your school/department
  – In other parts of your university/institution
  – Outside your university/institution
Things to Consider

• Do objectives match?
• What do you need? Will this training opportunity provide that for you?
• Are the available mentors the right fit?
• Some postdoctoral grants can function as career awards (postdoc on tenure track)