WHAT IS A POST-DOC

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WHAT IS A POST DOC?

Post Doctoral Scholar

Typically a RESEARCH position form 1-4 yrs that immediately follows the doctoral degree

Many institutions will not allow an individual to stay in the position for more than 5 years.
WHAT DOES A POST DOC DO?

In the best case scenario, the post doc is complementing the research of a faculty mentor.

In many cases, the research completed as a post doc will set the stage for what the individual will do in their career.
DOES MY FIELD REQUIRE A POST-DOC?

**STEM fields:** YES, biomedical. Eng is discipline specific.
**Social Sciences:** Not typical
**Humanities:** Not typical, but can be highly valued
**Education:** Not Typical
**Arts:** Not Typical
QUESTIONS?
CHOOSING A POSITION

AAAS
Discipline specific pubs
Society meetings

HAND TO HAND!
CHOOSING A POSITION

DO YOUR RESEARCH!

FIND OUT EVERYTHING!

DO A +/- ANALYSIS
CHOOSING A POSITION

How do I chose a Post-Doc?

SELF ASSESSMENT I

1) What do I want to accomplish in my career? *(Faculty Position)*
2) What additional skills do I wish to acquire? *(Specific!)*
3) What discipline truly inspires me? *(Work, work, work!)*
4) How much am I willing to work? *(Competitive!)*
5) Is there a particular faculty member that I want to work with?
   *(It is wise to have a selection of faculty)*
CHOOSING A POSITION

How do I chose a post-doc?

SELF ASSESSMENT II

6) Do I have geographical limitations? *(Spouse, cost?)*
7) What are the job prospects in the discipline? *(Find out!)*
8) What is the grant funding and publication history?
   *(Do a NCBI and NIH/NSF search)*
9) Am I prepared as well as possible for what lies ahead?
10) Am I willing to make a 2-4 yr commitment?
NEGOTIATING

NIH GUIDELINES

~$35,000 starting

Health care

benefits
OFFICE OF POST DOCTORAL AFFAIRS

www.grad.usf.edu/postdoc
FINAL THOUGHTS

QUESTIONS?