**POST-DOCTORAL FELLOWSHIPS**

According to the National Postdoctoral Association, “A postdoctoral scholar ("post-doc") is an individual holding a doctoral degree who is engaged in 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 his or her choosing.” While holding the post-doc position, you have the opportunity to focus on your research without having the added responsibilities of teaching or participating in university committees and governance. As you develop additional research and technical skills, you advance your own research, publish your findings, and begin to establish your own academic credentials.

The question of whether or not to pursue a Post-Doctoral Fellowship is based on your academic discipline, your career goals, and your life goals. Speak to mentors, professors, colleagues, current and former post-doc fellows, and investigate potential opportunities. Pursuing a post-doc can be a strong first career step after your degree. Many academic and non-academic employers (consulting, industry, government, non-profits,) value the publications and skills that you gain with a post-doctoral fellowship.

**DECIDING/SELECTING**

**WHEN DECIDING ON WHETHER TO DO A POST-DOC, ASK:**
- What do you ultimately want to do in your career?
- Is the post-doc a requirement?
- What type of post-doc will best prepare you for your career?
- What personal or life circumstances need to be considered?

**Pros**
- Further your own research
- Can devote 100% time to research
- Flexibility to attend conferences
- Manage own research funds
- Flexible work schedule
- Acquire additional research and technical skills
- Required for many faculty positions (higher starting pay)

**Cons**
- No job description/structure
- Lasts 1-5 years
- Low pay/postpone earnings
- Unreasonable demands/admin tasks
- Relocating
- No guarantee of academic position

**WHEN SELECTING THE POSITION AS A POST-DOC, ASK THE FOLLOWING:**
- Amount of freedom to pursue your research?
- Time available to develop papers for your dissertation.
- Is time frame reasonable to complete and publish research?
- Confirm roles and responsibilities of the position.
- Confirm you have no other responsibilities (teaching, etc.).
- Are you encouraged/required to attend seminars?
- How involved is the Principle Investigator?
- Will you be part of a research team?
- Will you be conducting analysis for your PI?
- Are you expected to only work on your dissertation in evening and weekends?
- Is your PI open to the idea of an alternative career?

**DISCOVER OPPORTUNITIES**

- Mentors/Professors
- Conferences
- Newsletters
- Websites
- Listserv
- Professional Association/Publications
WHERE TO SEARCH FOR POST-DOC OPPORTUNITIES

FIND A POST DOC
www.findapostdoc.com

HIGHER EDUCATION JOBS
higheredjobs.com

PHDs.ORG
www.phds.org

NATIONAL POSTDOC ASSOCIATION
www.nationalpostdoc.org

SCIENCECAREERS.ORG
sciencecareers.sciencemag.org

POSTDOCJOBS.COM
www.postdocjobs.com

THE CHRONICLE OF HIGHER EDUCATION’S CAREER NETWORK
chronicle.com/jobs