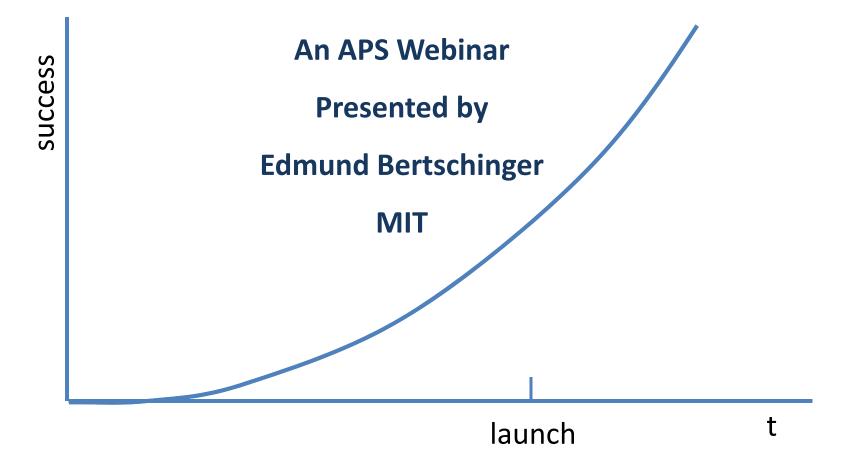
# **Launching Your Postdoc**



# Two years or more before PhD

Publish several research articles, with more than one senior scientist

Gain experience with grant/fellowships

Apply for NSF Graduate Research Fellowship, etc Assist your supervisor with grant applications

Attend conferences/present your work/meet potential employers

# One year before PhD

Assemble list of potential postdocs and non-academic jobs (visit careers office)

Make a speaking/visiting tour of potential postdoc hosts (ask your research advisor to fund)

Start your CV, publications list, research statement

Find the relevant rumor mill pages, blogs, etc. in your subfield

# Types of postdocs

#### Prize Fellowships – arrange nomination

Berkeley Miller, MIT Pappalardo, Harvard Society of Fellows, NASA (Hubble, Einstein, Sagan), Princeton, etc. – highly competitive!

#### **Grouped institutional fellowships**

One-stop shopping at many universities

**National Labs** 

Research Associate with faculty on grant

All are good – find the right match!

## Application deadlines and numbers

#### Respect them!

Prize fellowships: Beware September nomination deadlines

Grant-funded positions can be advertised any time!

How many to apply for? 20 is common, >50 too many

### **CV** elements

http://www.ocs.fas.harvard.edu/students/gsas/cv-guide.htm

- Contact information
- Education
- Positions/experience (including teaching, service)
- Honors, grants
- Relevant skills (languages, software, ...)

## **Research Statement**

Respect limits; if unstated, keep to 4 pages max.

2 pages previous research

1-2 pages proposed future research

11pt font or larger, 1" margins or larger

## **Letters of Recommendation**

#### **Typical:**

PhD supervisor

Second faculty member at same university

Faculty/senior researcher at other institution

Contact potential referees at least 2 months before earliest deadline. Give them drafts of your CV and research statement.

Keep them informed about progress, and be sure to thank them!

# **Prepare for interviews**

Practice your elevator speech, your 10-minute summary, your 45-minute talk

Show interest and enthusiasm

Phone/skype interviews becoming more common

## What to look for

Fit to research group

Independence to pursue your own ideas (ask!)

Department culture, work/life balance

Salary: > \$50K is typical outside life sciences

Research funds for your use (travel, computing, ...)

Benefits: medical/dental/vision/life insurance, moving expenses (to, not from), child care options

Good mentoring, annual review, career development opportunities

## Other issues

Visa process: after offer is made, contact employer HR department to request J-1 or H-1B

Housing: Does the employer help find?

Taxes: Postdoctoral fellows are non-employees, must pay estimated taxes quarterly

Dual career couples: flexibility helps

With >1 offer, negotiate! Extra year, more research support, salary

These matters vary widely with country

## Tips

Send referees reminders: 2 weeks, 1 week, 3 days, 1 day

Treat every talk like a job talk – rehearse well!

Talk with recently hired postdocs

Try not to let the application process take all your energy – you need to finish your thesis!

### Resources

http://www.nationalpostdoc.org/graduate-students

http://sciencecareers.sciencemag.org/

http://www.physicstoday.org/jobs