To do:
All the things

# Lessons Learned

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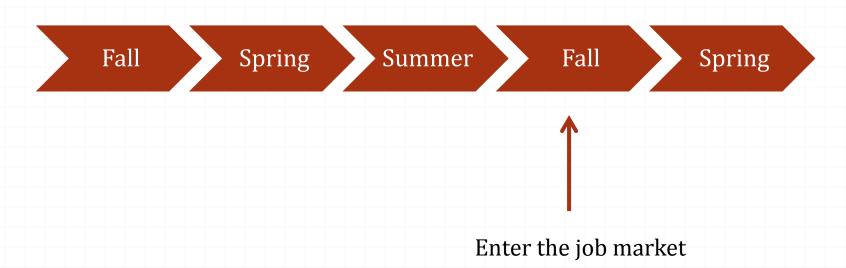
### Looking for a Postdoc

- What is your programmatic line of research?
- What skills do you need to be successful?
- O Do your research interests complement your mentor's interests?
- O How will you be funded?
  - OT32 vs. F32 vs. mentor funding
- What type of department will you be in?
- Will you have a cohort of other postdocs?

## Insights from the Job Market

- Everything takes longer than you think it will
  - Budget your time accordingly
- Meet with search committee members at ASHA
  - What is the department really looking for?
- Practice "selling" yourself
- Demystify the dreaded academic interview

# Making the Most of It



# Making the Most of It

- Develop a plan as soon as possible
  - Research Development
  - Professional Development
  - Grant Development

#### Research Development

- Identify the skills that you'd like to acquire and make a plan to acquire them
- Choose postdoc projects carefully
  - <u>ALWAYS</u> think about your programmatic line of research
  - Identify projects using your mentor's existing data set
  - Start planning your independent project immediately
  - Think about how each project will set you up for future projects

## Professional Development

- Transition out of "student" mode
- Learn about mentoring graduate students
  - What kind of mentor do you want to be?
- Attend as many job talks as possible
- Observe different teaching styles
- Network
  - If you are presented with an opportunity to meet someone new, take it!

#### Grant Development

- O START EARLY!
  - Projected deadline August 2014
  - Started the process in September 2013
- Develop your general grant concept
  - Outline your specific aims
- Which grant mechanism is most appropriate?
  - o F32 vs. K99/R00 vs. R03
  - Speak to former postdocs
  - Speak to your program officer

#### Grant Development

- O How will you convince the grant reviewers that you are qualified to complete the proposed project?
  - Publications
  - Research experience
  - Consultants/Mentors
- Do you need pilot data?
  - Create a reasonable time line
  - Factor in time to get IRB approval

#### Grant Development

- Get feedback early and often
  - Ask colleagues outside your area
  - Give them plenty of time
- Meet with a university grants specialist
  - Learn about the submission system
  - How early do they need the grant?
- Be flexible
- Plan for the waiting period

## Final Thoughts

- Be open to the possibilities
- O Get a life!
- Don't be so hard on yourself
- Make the most of it