Lessons Learned

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To do:
All the things
Looking for a Postdoc

- What is your programmatic line of research?
- What skills do you need to be successful?
- Do your research interests complement your mentor’s interests?
- How will you be funded?
  - T32 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

Enter the job market
Making the Most of It

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

0 Identify the skills that you’d like to acquire and make a plan to acquire them
0 Choose postdoc projects carefully
  0 ALWAYS think about your programmatic line of research
  0 Identify projects using your mentor’s existing data set
  0 Start planning your independent project immediately
  0 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

- 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?
  - F32 vs. K99/R00 vs. R03
  - Speak to former postdocs
  - Speak to your program officer
Grant Development

- 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

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

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