

SOURCES FOR OPTIMIZING THE POST-DOCTORAL EXPERIENCE:

Individual Career Development Plan:

[MyIDP](http://myidp.sciencecareers.org/), a free online tool from ScienceCareers.org, leads students through the IDP process from self-assessment to setting goals and implementing the plan.:

<http://myidp.sciencecareers.org/>

Sample forms for your plan:

Scripps:

<http://www.uic.edu/orgs/wisest/initiatives2/sessions/session1/ICDP%20Scripps%20model.pdf>

FASEB:

<http://www.faseb.org/portals/0/pdfs/opa/SampleAnnualReview.pdf>

Searching for post-doctoral opportunities:

- Institute for Broadening Participation (to support diversity in STEM) an NSF-funded organization, has a postdoc portal:

http://www.pathwaystoscience.org/Postdocs_portal.asp

- ScienceCareers, a AAAS (American Association for the Advancement of Science) web site:

<http://jobs.sciencecareers.org/jobs/>

Click on job type “postdoc” or “postdoc fellowship” (includes some international)

- The journal Nature

<http://www.nature.com/naturejobs/science/jobs>

Click on job type “postdoctoral”

- **US Federal laboratories** and affiliated institutions:

The National Research Council (NRC) Research Associateship Program provides opportunities at sponsoring federal laboratories and affiliated institutions (NIST, NRL, ARRA, CBD, AFRL, AMRDEC, ARL, ARO, EPA, NETL, FDA, NIH, NOAA, NMRC, MMP, more) (submission deadline is Nov. 1):

<http://sites.nationalacademies.org/pga/rap/>

- Research jobs and post-doc openings **in Europe:**

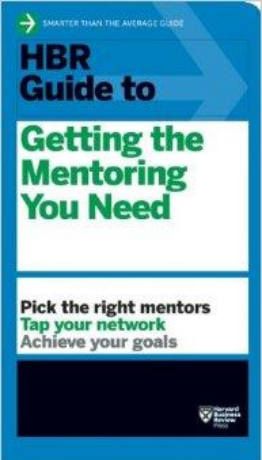

<http://www.eurosciencejobs.com/>

<http://www.findapostdoc.com/search/>

- The UCLA Graduate and Postdoctoral Extramural Support (GRAPES) Database provides listings for extramural funding opportunities for prospective and current graduate students (working on a master's thesis or doctoral dissertation) and **post doctoral scholars**. GRAPES has information for over 500 private and publicly funding opportunities such as fellowships and internships. The database can be queried using either the simple keyword or advanced search options.
<http://www.gdnet.ucla.edu/grpinst.htm>

Getting the mentoring you need:

Books:

	<p>(Particularly for the private sector) Harvard Business Review Guide to Getting the Mentoring you Need (2011, HBR) 109 pp</p>
	<p>(Particularly for STEM) Donna J. Dean, Getting the Most out of Your Mentoring Relationships. A Handbook for Women in STEM (2009, Springer ISBN 978-0-387-92409-0)</p>

Do I need a mentor? Virginia Commonwealth University Medical College:
http://www.medschool.vcu.edu/facultyaffairs/career_dev/facultymentoringguide/suggmentee.html

Giving and Getting Career Advice: A Guide for Junior and Senior Faculty, 16-page handbook, ADVANCE Program at the University of Michigan:
<http://www.umich.edu/~advproj/career%20advising.pdf>

How to Get the Mentoring You Want: A Guide for Graduate Students (2013) 44pp:
<http://www.rackham.umich.edu/downloads/publications/mentoring.pdf>

Find yourself the mentoring you need (MIT, 2009):
http://web.mit.edu/ombud/self-help/find_yourself_a_mentor.pdf

Being mentored: How to get the mentoring you need Jailza Pauly, PhD March 6, 2013
(UC Berkeley workshop ppt)
http://vcro-vm-i003-dev23.berkeley.edu/sites/vspa_space/files/shared/doc/Workshop1_Public%20Slides.pdf

Imperial College London mentoring pages:
<http://www3.imperial.ac.uk/staffdevelopment/lcd/mentoring>

Research study on the question: Does Mentoring Matter?
“Can Mentoring Help Female Assistant Professors? Interim Results from a Randomized Trial” ,Francine D. Blau, Janet M. Currie, Rachel T. A. Croson, and Donna K. Ginther,
American Economic Review: Papers & Proceedings 100 (May 2010): 348–352
<http://pubs.aeaweb.org/doi/pdfplus/10.1257/aer.100.2.348>

A Practical guide to Getting Mentored:
www.asktheheadhunter.com/hamentor.htm

Wall Street Journal July 21, 2013, “Mentors Help Young Professionals Get Ahead”, By Daniel Lippman
<http://online.wsj.com/article/SB10001424127887323297504578579630926110400.html>

Business networking:

How to Get More Out of the Time You Already Spend Networking
Ivan Misner, September 11, 2013
<http://www.entrepreneur.com/article/228151>

4 Body Language Cues You Need to Know When Networking
Ivan Misner, July 3, 2013
<http://www.entrepreneur.com/article/227257>

Networking Fundamentals to Boost Your Bottom Line
Ivan Misner, May 13, 2013
<http://www.entrepreneur.com/article/226635>

6 Ways Women Can Power Up Their Businesses With Networking
Geri Stengel, Apr 4, 2013
<http://www.forbes.com/sites/geristengel/2013/04/24/6-ways-women-can-power-up-their-businesses-with-networking/>

More on Optimizing the Post-Doc Experience:

Start with these elementary hand-outs & tips from the Institute for Broadening Participation (in STEM)::

http://www.ibparticipation.org/pdf/Postdoc_WhatWhyHow.pdf

http://www.ibparticipation.org/pdf/Postdoc_QuestionsForAdvisor.pdf

http://www.ibparticipation.org/pdf/Postdoc_TipsOnPlacements.pdf

http://www.ibparticipation.org/pdf/Postdoc_Negotiating_a_Postdoc.pdf

“Getting what you need out of your post-doc training”:

<http://www.ibparticipation.org/pdf/KrugSlides.pdf>