

Using Career Progress Guidelines

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Need for Postdoctoral Mentoring

- Strongly encouraged department chairs to implement regular, structured mentoring
- Allow postdoc to assess scientific and professional progress
- Plan for the future
- Voice concerns

Suggested format from PD affairs committee

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Work with PI to organize a meeting

1. Research Progress over the past year.
2. Research growth and development over the upcoming year.
3. Career development and planning.

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Recent Research Progress

- Overview of accomplishments
 - Publications, patents, honors, teaching, presentations, grants
- Research Progress (clinical activities)
- Unanticipated challenges
- Discuss assistance to overcome challenges
- Discuss mentoring of students and/or teaching

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Research Growth and Development: Plans for next year

- Goals for research project in coming year
- Anticipated publications--titles and timeline
- Anticipated meeting or workshop attendance
- Anticipated fellowships or grant application submissions
- Professional training required? coursework
- Actions your mentor can take to facilitate growth

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Career Development

- State current career goals
- Discuss factors driving career goals
 - Research interests, teaching interests, business, government, writing? Geography and family, etc
- Additional training/skills to achieve goals
- Projected timeline for finishing projects
- Projected timeline for job search
- How can your advisor help?



Beyond the mentoring meeting

- Discuss regularly with your advisor
- Seek out other faculty mentors at Stanford (collaborators, colleagues in Department, etc)
- Practice your speaking and presentation skills as frequently as possible
- Explore the outside world--industry, etc.
- Use the career development office (Michael Alvarez)
- Don't be scared--you're the best!