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

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.

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

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

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!