

TOP 5 TIPS

How to Thrive as a Postdoc – Tips for Postdocs by Postdocs

CONNECT WITH OTHER POSTDOCS



Conferences, workshops, seminars and research staff associations are all great places to meet fellow postdocs. While a good network can be helpful for securing future opportunities, postdocs can also provide friendship and important emotional support.



THE ART OF RESILIENCE

It can be tough, but try not to take rejections personally. Many postdocs face multiple rejections before successfully securing an academic post or transitioning beyond academia. Your postdoc network can be a great support for dealing with setbacks.

RESEARCH FIRST, ALWAYS!



As a postdoc, your research is what makes you unique. Make time for career planning and professional development, but remember to keep your research as your main priority.



TAKE OPPORTUNITIES TO TRAVEL

You may have the opportunity to travel (for archival research, visiting fellowships, or to attend conferences). Not only is this a great way to explore new places on a budget, but interacting with researchers in different countries brings a diversity of thinking – you may be inspired to approach research problems in ways that you had not previously considered.



GO WITH THE FLOW

Our research changes, and might not always go in the direction that we had anticipated. Rather than being disheartened or disappointed, embrace the change and the opportunity to explore new avenues of research that you might not have anticipated.