

MIT Postdoctoral Training Checklist (for postdocs)

How are you progressing in your postdoctoral training program? Below is a list of topics that you may consider exploring. You would not need to get training in all of these, but this list will help you keep track of the skills you do build during your training period, and alert you to some you may consider adding.

Year of training: _____ **Date:** _____

1. Research

- a. New techniques
- b. Experimental design
- c. Choosing research questions

Comments: _____

2. Supervisory skills

- a. UROP
- b. Technician

Comments: _____

3. Writing

- a. Research paper
- b. Review article
- c. Grant

Comments: _____

4. Presentation skills

- a. Group meeting
- b. Journal club
- c. Local meetings
- d. National/international meetings
- e. Teaching opportunity

Comments: _____

5. Critical assessment skills

- a. Ability to comment on other research projects in your group?
- b. Research article reviews
- c. Grant reviews

Comments: _____

6. Networking

- a. Finding a second/third mentor
- b. Do you know peers in your field?
- c. Do you know leaders in your field?

Comments: _____

7. Career possibilities (not a skill, but something to consider as you move along)

- a. Academic tracks
- b. Industry
- c. Options in teaching
- d. Other feasible pathways

Comments: _____