

Pod Activity #3

Guide for Senior Postdocs

Estimated Time: 1 hour

Venue: Virtual or In-Person

Completion: Between April 1-15, 2022

Guide to HOL meet and greet

Time: ~55 mins

Goal: Get to know HOL and learn more about professional and non-professional aspects of academic/science life.

Steps:

1. Introduce yourselves to HOL:

1. Share your name, pronouns (optionally), # years at Rockefeller and host lab.
2. Share your research in one to two sentences.

2. Encourage junior postdocs to ask questions

Note: We encourage a free-flowing discussion, so any question is welcome. Share the space and make sure that everyone has a chance to participate. These HOLs were chosen to participate in the program because they are interested in supporting mentorship initiatives!

3. If nobody starts the discussion, here are some questions you can start with to break the ice.

Note: All of these questions are starting points for discussion. You can pick and choose which ones you want to tackle. If the conversation wanders, that's perfectly okay!

Personal/Life questions:

1. What attracted you to a career in science?
2. What are some activities you enjoy outside of the lab?
3. How did you end up specializing in _____ research?
4. How do you balance personal life with the demands of running a lab?

PI-related questions:

5. Did you always want to stay in academia? How did you end up making the decision to start your own lab?
6. Why did you choose to come to Rockefeller (and/or NYC) to become a PI?
7. What aspects of being a PI were same/different from your expectations when you were a postdoc?
8. What are some of the challenges you've faced when running a lab?
9. What sort of support and mentorship do you have currently as a PI?

Postdoc career questions:

10. What qualities do you look for in a postdoc?
11. What would you consider to be a successful postdoctoral phase?
12. If you could give your past postdoc self just one piece of advice, what would it be?
13. As a postdoc, what is the best way to approach an HOL for a collaboration/letter of recommendation?

Wrap-Up

Time: ~5 minutes

Goals:

1. Thank HOL for their time.
2. Exchange contact information.
3. Schedule follow-up if desired.