



Course 1: The Strategic Postdoc

Module 1: Positioning Yourself for the Postdoc

Session 2: Start at the End

Activity 2.1: Seeking Balance: Identifying Goals

1. Think about your long-term career goals. What career are you interested in (e.g., research-intensive faculty position, research, and teaching positions, something else)?

Answers will vary.

2. Describe two ways in which knowing your career goals would help you develop a postdoctoral training plan that would help you get there.
 - **Knowing your career goals helps you better plan training opportunities by thinking about the skills, techniques, or experiences needed to be successful.**
 - **Knowing your career goals allows you to create a network of mentors that would guide you through the process.**
3. Why is it important to evaluate your personal needs, preferences, and values to help you identify your training goals before you start searching for an ideal postdoctoral position? Briefly explain.

Knowing your NPVs will help you think critically about your training goals and career goals and better position you to find a postdoc in which you can do your best work.