

Course 1: The Strategic Postdoc

Module 2: Applying for and Choosing the Right Postdoc

Session 4: Post interview

Activity 4.2: Making Hard Decisions

This exercise will help you reflect on the decision-making process that you have used in the past to make important career decisions. Reviewing this process will allow you to reflect on how you make complex decisions, and which factors carry the most weight in your process.

For the following questions, reflect on the process you used to choose your **research mentor**:

1. How did you collect information before making your decision? For example, did you talk to previous lab members or members of the department? Did you read the principal investigator's papers? Look at their funding record?
2. Did you base your decision on a gut instinct (e.g., your immediate understanding or feeling about the person or their lab)?
3. Who did you talk to before making your decision? Whose opinion or feedback made an impact on your decision making process?
4. How long did you take to make the final decision (e.g., a few days or a few weeks)?
5. Reflecting on your **responses from Questions 1-4**, how would you describe your decision making process? Try and imagine that you are describing it to someone you just met.
6. Did you consider your needs, preferences, and values in your decision-making process?
7. After thinking about how you make decisions is there anything you would like to update or change about your approach? Why?