

# What's next? Career planning and career optimizing for Postdocs

## Objectives

The postdoctoral years are essential for academic career development. During this period, postdocs are often torn between conflicting priorities of intellectual independence, on the one hand, and meeting professional obligations towards their employers, on the other hand. Postdoctoral candidates are expected to develop an independent publication record, apply for external funding, create a distinct research profile, build a teaching portfolio, communicate their research, build a network, undertake research stays abroad, etc. etc. Which of these tasks are particularly important? What are the top priorities? Which time frame is appropriate and compatible with my personal private priorities? How important is the habilitation? The first part of the seminar will be dedicated to learning about and evaluating the various requirements for a long-term career in academia. Based on this, you will analyze your current situation. As part of this process, you will review your current academic profile. Following this reflection, you will develop and specify your next goals and the major steps towards qualifying for long-term academic career.

## Time Schedule

9:00 am

Welcome & overview

Academia forever? Paths for a long-term career in academia

- Facts & options
- Requirements & application processes

10:30 am

Coffee break

10:45 am

The academic profile I

- Research profile – Do you represent your discipline?
- Target/performance comparison

12:00 am

Lunch break

1:00 pm

The academic profile II

- Are you a successful scientist?
  - Publications, money, habilitation
  - Scientific communication, mobility
- Target/performance comparison

2:45 pm

Coffee break

3:00 pm

The academic profile III

- Are you a hard-working colleague? – Teaching, supervising, committees, scientific services
- Target/performance comparison

The academic profile IV

- Soft skills, hard facts – leadership, network, personality
- Target/performance comparison

4:00 pm

Context factors

- Which postdoc format suits my goals?

Exit strategies – recommendations

4:45 pm

Conclusions & evaluation

## **Trainer**

Dr. Dieta Kuchenbrandt is certified psychologist. She focuses on work psychology and social psychology. She also completed an apprenticeship in management consulting. She works as a trainer and consultant at "schainundkuchenbrandt", Bielefeld.

Time: **Friday, december 18, 2015 9:00 am to 5:00 pm**

Room: University Hospital Essen, Lehr-Lernzentrum, Virchowstraße  
163a, Room 0.007 (Kleingruppenraum 1, EG)

Language: English