

Currently : 3rd year Postdoc, Washington University, St Louis,
MO

Department of Medicine, Center for Human Nutrition

Thesis Work: New York University School of Medicine
Department of Pathology

Undergraduate: Spelman College, Atlanta, GA, Chemistry

Hometown: Detroit, MI

4X Marathoner (and counting)



What does a postdoc “do”?

- Postdoc Trainee: engaged in a **temporary** period of mentored research and/or scholarly training for the purpose of acquiring the professional skills needed to pursue a **career path** of his or her choosing
- Publishing manuscripts demonstrates productivity
- Establish independence through acquiring own funding
- At many institutions you can be a postdoc for 5 years maximum

Challenges Postdocs Face

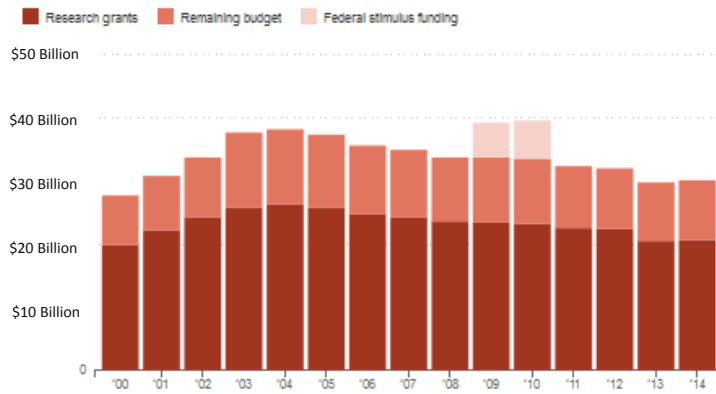
- Not considered full employee of University
 - Postdocs are paid with “soft money”
 - Not paying into the Social Security system
 - Not given maternity leave
 - No taxes withheld → must file 1/4 taxes
- Publication record weighs heavily when applying for grants
 - Manuscript acceptance process time consuming
 - Takes time away from the bench

Additional Considerations

- The mentored phase can extend for years
- Postdoc experience is subject to mentor “quality”
- Limited full-time faculty opportunities
- The majority of US postdocs are foreign passport holders
 - Face limited mobility
 - Costly permanent resident application process
- The NPA was formed in 2003 to improve the US postdoc experience



NIH Budget By Fiscal Year



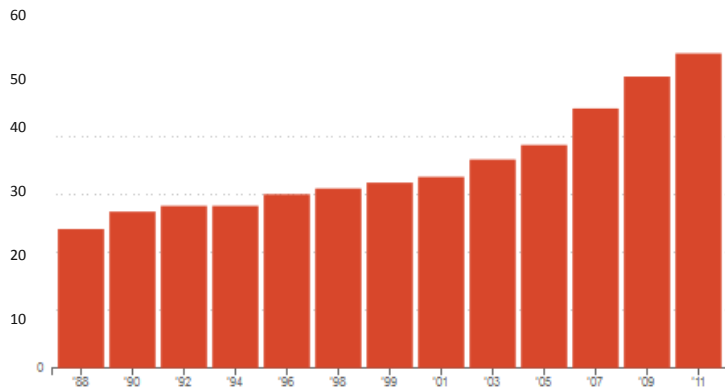
Notes: Figures for 2014 are preliminary. Figures for 2000-2013 have been adjusted for inflation using the Biomedical Research and Development Price Index. Federal stimulus funds in 2009-2010 came from the American Recovery and Reinvestment Act of 2009.

Source: NPR analysis of NIH data; NIH (PDF: 2000-2013, 2014); recovery.nih.gov
Credit: Robert Benincasa, Richard Harris and Alyson Hurt/NPR

Available Research Space At Colleges and Universities

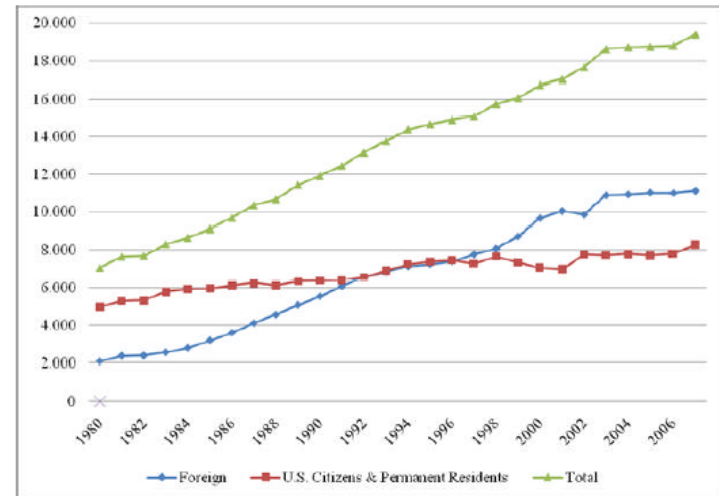
Available Research Space For Biomedical Sciences At Colleges And Universities (1998-2011)

In millions of square feet

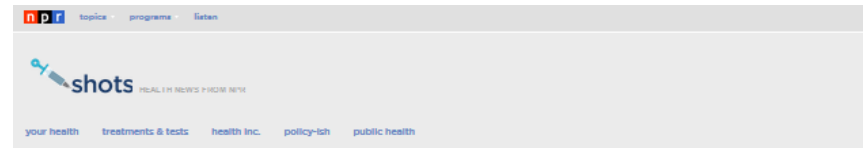


Source: National Science Foundation: Science and Engineering Indicators 2014
Credit: Alyson Hurt/NPR

Postdoctorates in Biosciences



SOURCES: National Science Foundation, Division of Science Resources Statistics, WebCASPAR database, <http://webcaspar.nsf.gov>, and National Science Foundation 2009, table 37.



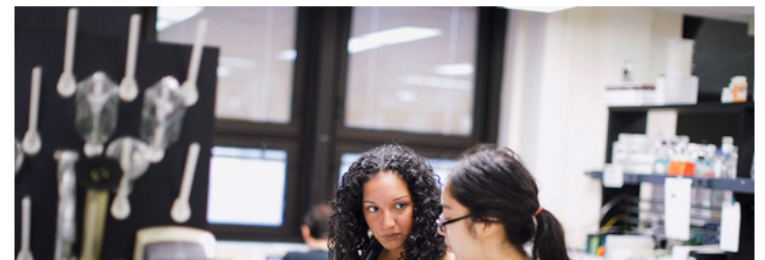
Too Few University Jobs For America's Young Scientists

by RICHARD HARRIS

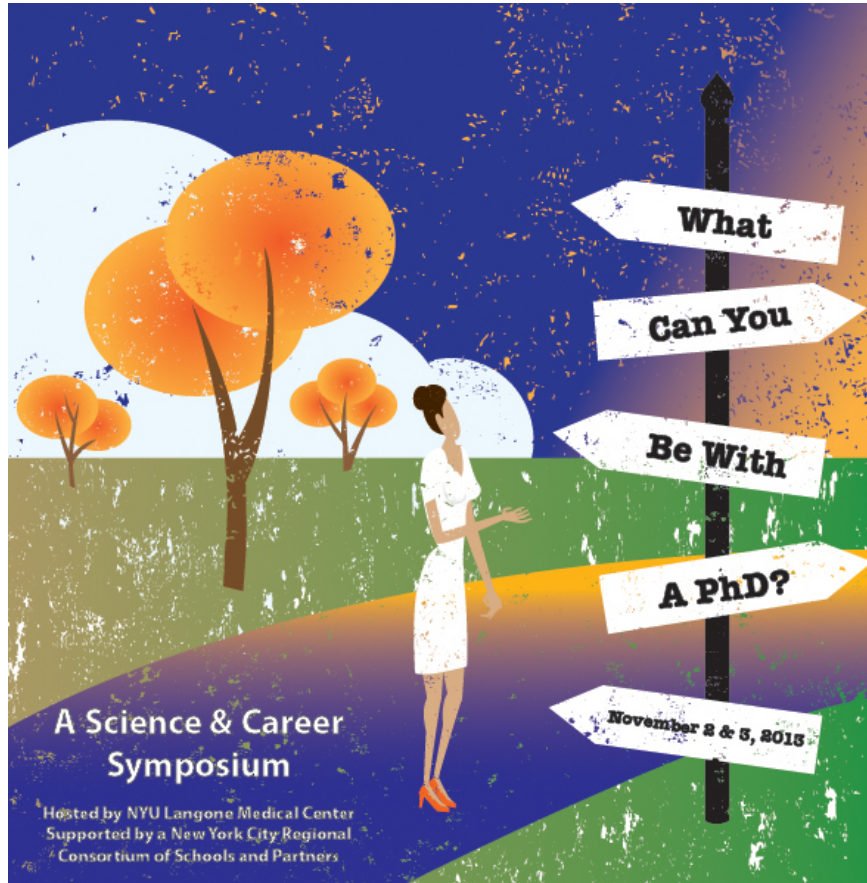
September 16, 2014 2:25 AM ET

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Morning Edition
7 min 47 sec

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Taking Control



Rebecca Koenig
Reporter at The Chronicle of Higher Education

Young Science Scholars Try Out Consulting As a Professional Plan B



September 16, 2014

Image: Members of the Biotechnology and Life Sciences Advising Group at a planning retreat. (Courtesy of BALSAs)

Scientists trust numbers. And the employment numbers for graduate students seeking academic jobs in many fields aren't encouraging. So life-sciences doctoral students at Washington University in St. Louis started a nonprofit consulting firm aimed at providing industry experience to graduate students looking for a professional Plan B.



THE BALSAs GROUP
MORE THAN CONSULTING



There is life after academia

With high numbers of postdocs emerging from universities, prospective PhD students must be prepared for the fact that they will probably not end up with a career in research.

03 September 2014

Life outside the lab: The ones who got away

Sometimes, the brightest stars in science decide to leave. *Nature* finds out where they go.

Ewen Callaway

03 September 2014



NIH announces awards to strengthen the biomedical research workforce

BEST awards encourage innovative approaches to address workforce challenges



The National Institutes of Health is making available approximately \$3.7 million for awards to enhance training opportunities for graduate students and postdoctoral scholars to prepare them for careers in the biomedical research workforce that could take them outside of conventional academic research.

The first set of NIH Director's Broadening Experience in Scientific Training (BEST) awards are supported through the NIH Common Fund's [Strengthening the Biomedical Research Workforce](#) program.

NIH Common Fund

Contact

Edmond Byrnes
301-451-6869

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Broadening Experiences in Scientific Training (BEST) Awards

University of Chicago

University of North Carolina Chapel Hill

University of Rochester

University of California-Irvine

Boston University Medical Campus

Michigan State University

Rutgers

Cornell University

Vanderbilt University

University of Massachusetts Medical School (Worcester)

Wayne State University

Emory University

University of California Davis

NYU School of Medicine

Virginia Polytechnic Institute

University of Colorado Denver

Opportunities for Engagement

- Advocacy for career planning and development
 - Non Academic Careers Sections
 - Encouraging Individual Development Plans
- Encouraging
 - Mentorship plans for principal investigators