

Finding a Postdoc Lab In the Sciences

In many scientific fields, an academic postdoctoral research position is the most common next step for graduating PhDs. For research-based academic careers, doing a postdoc is almost always essential and choosing the right lab can be a major determinant of success. Postdoc experience can also be helpful for teaching-based academic careers as well as research-based industry careers.

Identifying labs of interest: Know your professional goals!

Research topic: Are you passionate about this topic? Can you learn AND contribute knowledge?

Track record: Where are former postdocs from this lab? Do current postdocs seem satisfied?

Mentoring Style: Think about what you need to be successful- is this advisor a logical choice?

Institution: What resources does the university/department have? What is the school's reputation?

Funding: What is the current and likely future funding situation of the lab?

Group dynamics: Would I realistically work well with this PI and the current members of the lab?

Personal: Will I be happy living in this region? Will this lab support the work/life balance I desire?

Making connections and applying: 3 main ways

Professional Network

- Your PhD advisor
 - Direct email/call
 - Introduction
- Collaborators
- Conference connections

Cold-Outreach

- Publications
- Seminars/Talks
- Department websites
- Suggestions
 - Advisor
 - Colleagues

Application-Based

- Job postings
 - Journals
 - Societies
 - Universities
 - Job boards
- Fellowship programs

Cold-outreach tips

- Conferences are a great time to **establish connections** with labs of interest so you are a known when you apply. All lab members are good contacts: PI, postdocs and grad students.
- UChicagoGRAD recommends making initial contact with lab of interest **ONE YEAR** before your expected defense date.
- Email Subject should include "UChicago" (or your current PI if the recipient is likely to know their name): and "Postdoc Position." Use email body as cover letter and [attach CV](#) as pdf.
- Cover letters must be **tailored** to each individual lab. Do your research to **identify** specifically why you want to work there and **highlight** competencies you bring that help the lab.
- Follow-up if you do not hear back for two weeks with polite reminder as a reply to your original email and C.V. re-attached.

On-campus interviews

- Research presentation to lab or larger seminar group is often the most important part: **tailor** your talk to audience's interests
- Read **publications** beforehand and ask questions about the research that demonstrate your knowledge and interest.
- Get lab members to **open up** about their experience
- Send **Thank You** notes to everyone you meet within one day

Notes on funding

It is essential to know the funding health of the group. Obtaining your own funding as a postdoc is also important to success.

Know current funding sources

- Government grant info is available online
 - [NIH RePORTER](#)
 - [NSF Award Search](#)
- It is okay to ask about funding during your interview

Plan to obtain more funding

- Identify any institutional grants available for each lab
- Mention any interest in applying for specific grant funding in cover letter
- Look for external sources of postdoc funding to bring with you