

BPRI Postdoctoral Goals and Planning Worksheet Guidelines

Section 1: Postdoctoral Career Goals

i) What is your current career path?

Example 1: "I am pursuing an academic research career with a focus on securing a tenure-track faculty position, though I am also exploring opportunities in industry research roles."

ii) Where do you envision yourself after completing your postdoctoral position?

Example 1: "I envision myself transitioning into a tenure-track faculty position at a research-intensive university."

iii) What are you doing to achieve this goal?

Example 1: I am focusing on building a strong publication record by targeting high-impact journals for my research; actively applying for independent research grants to establish my capability as a principal investigator; gaining teaching experience by guest lecturing and mentoring graduate students, develop a comprehensive teaching portfolio."

Section 2: Key Accomplishments (from the past year)

i) Highlight your key achievements from the previous year:

Example 1: "Secured funding through a prestigious postdoctoral fellowship, published two peer-reviewed articles as the first author, and presented at an international conference."

Section 3: Research Goals (that can be accomplished in the next year)

i) What are your lab/work research goals?

Example 1: "Optimize and implement a new methodology to enhance the precision of my data collection, aiming to generate results for a high-impact publication." **Example 2:** "Complete a comprehensive study on [research topic], including advanced experiments that will contribute to developing a novel hypothesis in my field of expertise."

ii) What papers are you currently writing or planning to write?

Example 1: "I am currently working on the Effect of X on Y in Z Context" – aimed for submission to Journal of Example Research by November 2024. **Example 2:** "Innovative Approaches to Tackling ABC in DEF Fields" – a review article planned for Reviews in GHI by January 2025.

iii) What meeting/symposia/workshops are you planning to attend?

Examples: I plan to attend the following events:

1. The Annual Conference on Example Research, March 2025, New York.
2. Workshop on Advanced Statistical Methods for PQR Studies, September 2025, online.

iv) For the meetings stated above, will you give a talk or poster? If yes, please list the talk or poster.

Example 1: For the Annual Conference on Example Research, I will present a poster titled "Recent Advances in Y Studies." **Example 2:** "At the International Symposium on Innovations in DEF, I am scheduled to give a talk on "New Frontiers in ABC Research."

v) What grant proposals will you be submitting?

Example 1: "An NIH R21 proposal titled "Novel Approaches to Enhancing Outcomes in S Research" with a submission deadline in February 2025. **Example 2:** "A NSF Early Career Development (CAREER)

proposal focused on "Integrating T and U for Improved V in Environmental Studies" targeted for the July 2025 deadline."

vi) What are your plans for engaging in interdisciplinary research?

Example 1: My interdisciplinary research plans include collaborating with the Department of S and the Institute of T to explore the intersection of environmental science and public health. **Example 1:** "We are developing a joint project that applies Q methodologies to R challenges, with the goal of initiating a pilot study by late 2025."

Section 4: BPRI Lab Swaps I and II

i) Will you participate in Lab Swap II? If yes, indicate your preferred BPRI host lab and potential teammates.

Section 5: Professional Personal Development Goals (that can be achieved in the next year)

i) What are your teaching Goals?

Examples: "Assist in teaching two laboratory courses and design a teaching module for one class, focusing on effectively communicating complex concepts." Additionally, I plan to attend two pedagogical training workshops to refine my teaching skills and methods."

ii) What are your leadership and professional development goals

Example 1: "In terms of **leadership**, I aim to chair a session at our annual departmental conference and serve as a mentor for incoming graduate students." **Example 1:** "For **professional development**, I am focusing on enhancing my grant writing skills by attending a series of workshops and collaborating on at least two major grant proposals with senior researchers in my field."

iii) Outreach Goals

Examples: "Participate in at least two science communication events, such as public talks or outreach programs, to make my research accessible to a broader audience." I plan to contribute articles to our university's newsletter about our research lab's work to increase public engagement with and understanding of our research."

Section 6: Self-Assessment (consider the overall process of communication between you and your mentors)

i) What are your current strengths?

Example1: "I have strong project management skills, which allow me to efficiently lead complex experiments and manage research timelines effectively."

ii) What are your current weaknesses?

Example1: "I would like to improve my grant-writing skills to increase my chances of securing independent funding."