

# Finding the Perfect Postdoctoral Position:

Tips from the UC San Diego Office of Postdoctoral and Research Scholar Affairs



When evaluating potential positions, consider the match of each opportunity to your goals and needs in these **6 key areas**:

## The Institution:

Where would like to work?

- University
- Industry
- Academic Research Institute
- Hospital

What **type of research**?

- Basic
- Clinical
- Translational
- Applied

## Research Programs:

In the **lab**:

- What specific projects would you work on? How do these fit into the lab focus?
- Does the research program fit with your interests and passions?
- Does the work build on your previous knowledge and experience? Will you be learning anything new?
- Will these projects help you to achieve your long term career goals?

At the **institution**:

- What type of research is being conducted?
- What is the quality of the work of the investigators?
- What is the research network like?
- Are there opportunities for collaboration?

## Research Facilities:

What type of **equipment** will you have access to:

- In your lab?
- Within the institution?
- At other locations?

Regarding **shared research resources**:

- Where are they located?
- How are they maintained and funded?
- What services are available?
- Are they overbooked or hard to get access to?
- What are the costs to use the facilities?
- Is training available?

## Institutional Support:

### **Salary**

How is salary supported?