Session Description:

Navigating a successful career transition requires more than just amazing research! Don't reinvent the wheel. Learn what resources are already at your disposal to tailor career development activities for postdocs at your institution.

Facilitators:

Lori Conlan, PhD, Director, Office of Postdoctoral Services, NIH Office of Intramural Training and Education
James Gould, PhD, Director, HMS/HSDM Office for Postdoctoral Fellows

Relevant NPA Resources:

NPA Core Competencies: The National Postdoctoral Association (NPA) has established six core competencies to offer guidance to individual postdoctoral scholars who must seek out relevant training experiences, in collaboration with mentors, institutions, and other advisors who provide this training. A complete list and resources can be found at: [http://www.nationalpostdoc.org/publications-5/competencies](http://www.nationalpostdoc.org/publications-5/competencies).

The six core competencies are:
1. Discipline-specific conceptual knowledge
2. Research skill development
3. Communication skills
4. Professionalism
5. Leadership and management skills
6. Responsible conduct of research

Other Resources:

myIDP: An Individual Development Plan (IDP) is a resource for postdoctoral training, professional development and transition into a desired career path. An IDP helps to explore career possibilities, identify opportunities, and set goals to follow various career paths. myIDP is an online version of an IDP made available from [ScienceCareers.org](http://www.sciencemag.org) and AAAS. Access myIDP at: [http://myidp.sciencecareers.org/](http://myidp.sciencecareers.org/).

Related Workshops at the 2014 Annual Meeting:

Saturday: New Technologies to Find Jobs and Manage Your Career
Sunday: How to Plan Successful Postdoc Career Development Programming