**Date:**

**Name:**

Your postdoctoral training is a period of growth towards your career in or outside academia. While there is no single prescribed path to postdoctoral success, maintaining a healthy relationship and clear, open communication with your mentor Prof. Jean Fan will be key to optimizing your training experience and ultimately achieving your own definition of success, whatever that may be.

The following set of questions will help facilitate an initial discussion with Prof. Jean Fan on your training goals and objectives, assess the immediate training needs, and begin plans towards achieving long-term career goals for candidate post-doctoral fellows.

**Part I: Self-Appraisal**

Describe your greatest **accomplishments** (papers, presentations) that you feel will contribute to a successful start of your postdoc appointment. What skills do you think you are bringing to the lab/research group/department (Communication, teamwork, techniques, management, leadership, etc.)? If you are changing ﬁelds, consider how your prior experience might be applied.

What new **areas of learning and growth** would you like to develop in the first year (e.g., learning a new technique, grant writing, developing presentation skills, etc.)? Be as speciﬁc as possible, including how you would like to accomplish them.

**Part II: Career Goals**

Describe your **long-term goals**, as you seen them today.

**Research Goals**: What speciﬁc area(s) of research do you wish to explore during your postdoctoral training? With which speciﬁc methods or approaches would like to gain familiarity or gain expertise?

**Professional Development Goals:** What professional skills would you like to acquire during your training? Examples might include: public speaking, grant writing, manuscript preparation, teamwork, personnel management, teaching, mentoring, etc.

**Career Goals**: What are your ﬁrst and second choices of long-term careers--i.e. what position do you hope to hold 10 years from now? Indicate relative enthusiasm for each choice. You might also want to reflect on the primary factors driving these goals (e.g., personal interest in speciﬁc research area, teaching, business, government, writing; geographic priorities; family commitments; ﬁnancial objectives; position in home country; immigrating to the US; etc.).

Plan a:

Plan b:

**Part III: Additional Information**

Is there any additional information Prof. Jean Fan should be aware of that may be relevant to your postdoctoral success?