Postdoctoral Fellowships in Health

Presented by: Anna E. Epperson Health Psychology Colloquium Spring 2016

The 3 Basic Types of Postdocs

- 1. Existing project, grant funded
- 2. Training program (also grant funded)
- 3. New project, apply for grant
- ➤ Institution funded, goal specific?

Step 1: Determine what area

- Public health, medical, or psychology
- General vs. specific
 - Examples: Emotion regulation, health risk behaviors, stress perceptions, etc.

Step 2: Find relevant institutions

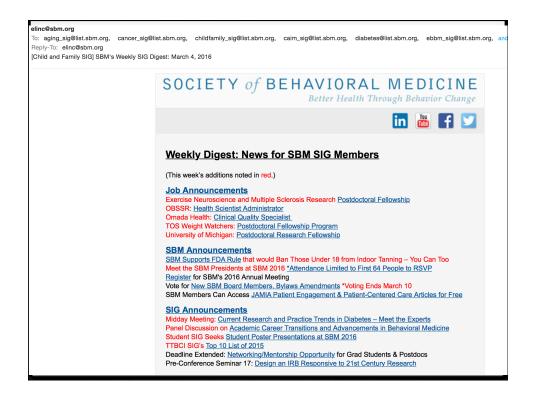
- Faculty with related research
- Centers/Institutes
- Government facilities
- Private industry

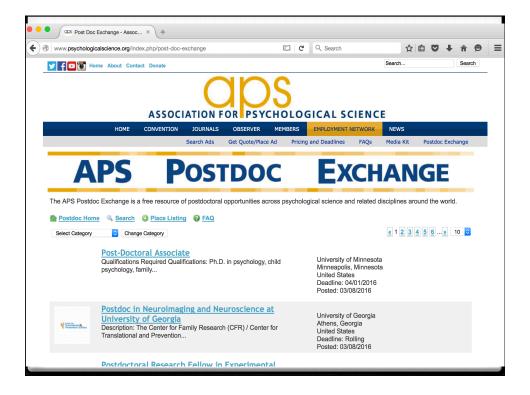
Step 3: Contact potential faculty

- Meeting at professional conferences
- Email
- Faculty advisor introductions(?)

Step 4: Find relevant positions

- 1. Professional organization listserves
- 2. Association for Psychological Science (APS) postdoc exchange site: http://www.psychological science.org/index.php/post-doc-exchange
- 3. Individual university websites
- 4. Word of mouth





Step 5: Compile necessary documents

- Cover letter
- Curriculum vitae (CV)
- Research statement
 - Previous work
 - Potential new projects and/or interests
- Statement of future professional goals/plans
- Writing examples

Step 6: Seek letters of recommendation

- Faculty advisor
- Faculty familiar with your research
- Minimum is often 2-3 references, but may be best to have several additional faculty depending on positions.

Step 7: Apply

- Online
- Via email

Step 8: Interview

- Initial email contact
- Telephone or Video call (i.e., Skype)
- In-person
 - Funding considerations

Step 9: Negotiations

Notifying other places

Step 10: Decisions

- Research project(s)
- Faculty mentor
- Future career considerations

Final things to consider

 $Preparation \ time \ \longrightarrow \ SUBSTANTIAL!$

Length of position

Personal factors