Lessons Learned

- Have a Strategic Plan
- Have a Plan B
- Be aware that tenure-track positions are hard to come by
- Don’t go into a postdoc just because you don’t know what else to do
- Have more than one mentor
- Be wary of a mentor who is absent, on sabbatical, or runs a large lab
- Don’t burn your bridges
- Communicate with your mentor
- Postdoc positions are a two-way street with you and your mentor
- Make use of your university’s postdoc office
- Apply for your own funding
- Look for a place that offers professional development
- Ensure you accomplish noticeable tasks during your postdoc, such as publishing papers and presenting at conferences

http://www.sciencemag.org/careers/features/2011/03/recovering-postdoc-mistakes