The First Six Months - New ISU Postdoctoral Scholars

✓ Attend Orientation
  Watch for an E-Invite! Gain key information about specific resources, policies, and also meet deans, staff, ISU PDA representatives, and new colleagues.

✓ Take the Entry Survey
  Please complete the Postdoctoral Scholar Entry Survey. This information is extremely helpful in providing relevant services for the Postdoctoral Scholar Community and also to learn about discipline areas and experiences. Thank you!

✓ Join the ISU Postdoc Association (PDA)
  The PDA provides a professional setting with guest speakers at general meetings that take place at 12:00 Noon, great peer connections, discussions, and social gatherings.
  
PDA Website
  Facebook – ISUPDA (Iowa State University Post-Doc Association)
  LinkedIn - ISUPDA (Iowa State University Postdoctoral Association)

✓ Succeed Now with 80:10:10 – The New Work Week Expectation for Postdocs
  A new framework supported by the Graduate College: 80% Maximize Output – Do the best work possible, 10% Professional Engagement – Focus on Professional and Intellectual Development, and 10% Communicate and Connect – Network with Colleagues and Experts. Graduate College Professional Development Page and Calendar

✓ Bookmark these ISU Web Pages
  Postdoc Homepage
  Writing Support – Center for Communication Excellence
  Graduate College Professional Development Page and Calendar
  Graduate College Handbook – Chapter 10: Postdoctoral Scholars
  Environmental Health and Safety

✓ Start your Individual Development Plan (IDP)
  Attend the Cyclone Strategy Workshop Series to develop a career plan strategy.

✓ Preparing for Future Faculty - Program Spring Application Deadline
  This program supplements departmental graduate preparation by offering additional teaching, mentoring, and learning possibilities.

✓ Visit the Postdoc and Career Service Office @ 1156 Pearson Hall
  Meet-n-Greet with the staff plus pick up a free coffee cup or shirt.

✓ Cultural/Global Differences – Promote Inclusiveness
  If you are not familiar with a particular colleague’s, PI’s or student’s culture, it is of great importance to demonstrate willingness to communicate with and to understand. Diversity and Inclusion – Principles of Community