

Postdoctoral Researcher

in improving research culture

Supervising Others

Train and guide junior team members with patience

Manage and communicate expectations

Set achievable goals

Use the experience to understand your capabilities as a future leader and an opportunity to improve



Integrity

Foster trust, honesty and respect

Critically review your research and guard against questionable research practices



High quality and reproducible research outputs are important for a successful career
- for publications, be aware of paper mills and predatory journals

Career Development

Expand your skills through training and education

Gain independence - do not wait for your supervisor to tell you what to do, be proactive in establishing collaborations, building your network, developing your own projects, and seeking funding

Supervisor/ Mentor Relation

Build rapport with your supervisor

Your supervisor may expect many things from you
- discuss and agree on mutually beneficial things rather than saying yes or no to everything

Wellbeing

Don't burden yourself with extra work if it negatively affects your performance and progress in your research project that you are funded to deliver
- learn to say no without feeling guilty

Seek psychosocial support if you are unhappy or going through a difficult situation
- speak to trusted colleagues, your supervisor and/ or your institutional support network

Separate personal and professional matters, and maintain a good work-life balance