Responsibilities of a 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

**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

**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

**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

Learn more about research integrity at ukrio.org