

GOALS OF POSTBAC RESEARCH AND TRAINING
Office of Intramural Training & Education
Intramural Research Program
National Institutes of Health

Developing a strong relationship with your mentor is key to a successful training experience at NIH. *'A Guide to Training and Mentoring in the Intramural Research Program at NIH,'* <http://www1.od.nih.gov/oir/sourcebook/ethic-conduct/mentor-guide.htm>, discusses the mentor-mentee relationship and emphasizes that communication is essential for this relationship. To foster this important aspect of training at NIH, we recommend that you meet with your mentor to discuss expectations for your postbac experience, establish a research plan, discuss educational and career goals, and set a schedule of regular meetings throughout the year. We hope this form, which allows you to consider your science, career, and professional development will help guide you and your mentor in setting goals and priorities for your postbac experience.

1. Briefly describe your research plan, including techniques to be learned, potential problems, and alternative approaches. Discuss any resources that will be needed, who will be responsible for training, and any additional factors that could impact the success of the proposed project.

2. Briefly describe your educational and career goals

3. Setting goals and priorities is important to achieving your research and educational goals and is a key to a successful postbac experience. In this regard, describe the specific expectations **for the first year** in the following areas:

Projected research accomplishments (e.g. establishment of model system, learn required techniques, completion of required safety trainings)

Scientific reading

Technical training (e.g. FAES or Biotrac courses)

Presentations (e.g. journal club, lab seminar, annual retreat)

Individual and/or group meetings with mentor (e.g. frequency)

Suggested scientific meeting(s) to attend (one and off campus)

Participation in Postbac Career Development workshops

4. Other expectations and goals, including work schedule, vacations, holidays, time off for Med/Grad school interviews, volunteering experiences etc)