

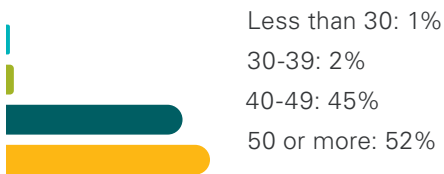
## Postdoc survey revealed training satisfaction

The Office of Postdoctoral Education recently conducted an extensive survey of current postdocs. The survey, which addressed key points in the postdoctoral training and well-being, revealed how well the scholars are doing and the challenges they face. This is important because the data can be used to help mentors make adjustments to better meet the needs of their postdocs.

“Our goal is to help our scholars move toward an independent career of their choice in a timely fashion,” said Iqbal Ahmad, PhD, Associate Dean of Postdoctoral Education & Research. *“Overall, the survey results were enlightening, showing mentors and leaders the strengths in UNMC postdoctoral training and the areas that still need improvement.”*

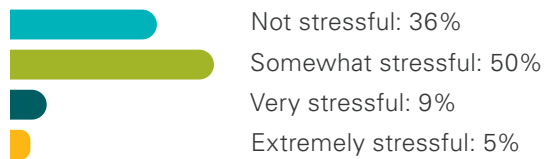
### Work-Life Balance & Well-Being

#### Hours spent in the lab each week



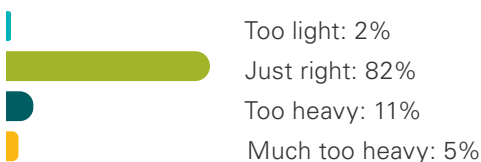
**8 of 10** work less than 6 hours on the weekend

#### How stressful is your job?



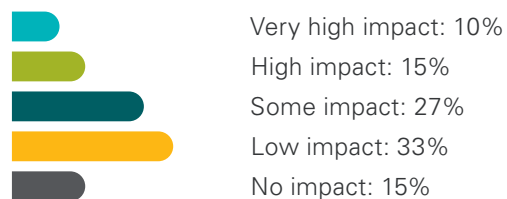
Postdocs had more stress regarding scholarly productivity than research projects. They were almost **never stressed about their working relationship** with their mentor or colleagues.

#### How reasonable is your workload?



**84%** believe the workload is reasonable.

#### How much have stress and mental health challenges negatively impacted your productivity?



**Over half** of postdocs have had stress and mental health challenges impact their productivity.

## Top 3 resources and coping mechanisms postdocs have used

- 1 Family and friends
- 2 Physical activity / sports
- 3 Practicing self-care (engaging in hobbies)



**Mentoring** also was noted as one of the most important factors in increasing productivity and decreasing conflicts. Only 5% of postdocs sought professional assistance for mental health concerns.

## Career

### Top 3 reasons postdocs chose UNMC

- 1 Opportunity to work with specific UNMC faculty member
- 2 Opportunity to work on specific research projects at UNMC
- 3 UNMC's reputation for excellence

### Top 3 career goals after completing UNMC postdoc training

- 1 Academic - *research*
- 2 Academic - *teaching*
- 3 Industry



3 of 4 postdocs are confident they will **reach their career goals**.



70% agree or somewhat agree that UNMC has adequately **prepared them for their career goals**.

### How satisfied are you with your postdoctoral training at UNMC?

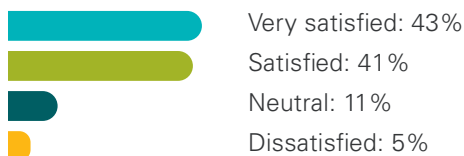


3 of 4 would recommend or strongly **recommend UNMC** for postdoc training.

Understanding responsible conduct in research was the skill postdocs enhanced the most while at UNMC, followed closely by expertise in their field and writing for publication. This validates the importance of training in responsible conduct and professional development skills.

## Mentoring

### How satisfied are you with the quality of the mentoring?



3 of 4 agree **mentors are supportive** or very supportive of their career goal.



83% of postdocs did research on their prospective mentor before accepting their position. These informed decisions contribute greatly to overall postdoc satisfaction.

**84%** are satisfied or very satisfied with the quality of mentoring they've received.