8 Rhymes TO GUIDE YOU THROUGH TOUGH POSTDOC TIMES

Be practical & pragmatic!

Embrace realism and readily let your pessimism retire.
Although a tenure track position is what you desire,
another postdoc position could only make you wiser.
As long as you stay in research and draw a salary.
Don't lose hope and cherish time with your family.

01

Don't burn yourself out

02

Don't embody 'All work and no play'.
Don't let overworking lead to 'Bad health and no pay'.
Dedication is a must – put in your very best.
But ignore fatigue and you will be overly stressed.

Place a brick today, build a castle tomorrow

Dream big, but short-term goals are key.
Build your publications steadily, progressively.
Present at conferences and collaborate wildly,
Track and review your progress regularly.

03

Social media is your new campaigner

04

It's easier to make friends than to make amends.
Attend webinars to virtually learn and interact.
Promote publications and review papers to attract.
Start with online profiles, leave with personal contacts.

Seize the perfect time to apply

Don't let the "right time" slip you by!
If a new publication or achievement
has caused your social media presence to amplify,
be proactive because it's the ideal time to apply!

05

Your applications reflect your purpose

06

Don't be stingy with applications, but maintain specificity.
Specially tailor your cover letters, don't be in a hurry.
Apply yourself and create the strongest academic CV.

Interviews call for preparation

Keep your speech clear and presentation effective.
Attending interviews is always worthwhile, so don't be selective.
Perceive each failure as a learning experience.
Today's blunder is a lesson for future reference.

07

Be amenable to change

08

Don't restrict yourself to academia solely.
Don't be afraid to switch your trajectory.
Re-evaluate your demands closely...
perhaps, you'd be better in education or industry.

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