

## How to Find Outstanding Positions in Bimolecular NMR Post-Doc Careers

Finding [postdoctoral fellow jobs](#) in this economic climate can be tricky. Many organizations are cutting back their funding, and competition is getting a lot stiffer. However, the good news for people thinking about this kind of job is that since postdoctoral fellowships are less expensive than other positions, there should still be a number of opportunities out there. Should you get a postdoctoral fellowship job, or go on to another position? Here is some basic information to help you decide and, should you decide to pursue it, to find the perfect biology postdoctoral jobs to help you advance.

[Postdoctoral fellow jobs](#) are temporary positions held by people who have finished or are finishing their doctoral studies. They can last anywhere from six months to five years, and traditionally they're research only. However, postdoctoral who want to focus on a career in teaching can now also find [postdoctoral jobs](#) that deal with their specialty.

Usually, your position will have a title such as "research assistant professor" or "research associate." In some places, like the UK, up to a quarter of people who get doctorates in natural sciences go on to do postdoctoral work. That's why more than 80 percent of the research-only staff in UK universities is on fixed-term contracts.

In the US, postdoctoral appointees could be pursuing translational projects, clinical projects, or basic projects, just as long as their major efforts are devoted toward their own area of scholarship. Most institutions have a basic need for postdoctoral positions, which means these jobs may stay open even in tough economic times, though some institutions will cut back on them.

Postdoctorals are expected to be able to publish their scholarship, and there are a few basic things that are essential to a good postdoctoral job experience. These include the development of professional skills that allow you to transition to greater career independence, supervision by at least one older scholar who actively promotes your professional development, and the creation of an individual development plan to balance your training and career goals with the research goals of your mentor.

You'll be expected to pursue other projects beyond your own research, but make sure all effort will be focused on what you need to accomplish. During your appointment, you should be able to expect publication. Remember that a postdoctoral job is temporary by nature. So, you shouldn't expect to spend more than five years total in a postdoctoral environment.

However, while in your position, you can expect to be compensated with a reasonable salary, health care benefits, and other additional benefits. If your host institution isn't willing to give you good compensation independent of your funding source, something is wrong.

So, what are the advantages of getting postdoctoral jobs? Under ideal circumstances, you'll get an opportunity to further your own research. You'll have flexible work hours, the ability to freely travel to conferences, and the opportunity to administer your own funding. Unlike in faculty positions, you'll get a lot more time to devote to your research, too.

You could get years of use out of your data and research from your postdoctoral period. Methodology and other basics established during this period can act as the basis of your future research and can be a great springboard for future directions. You'll also get the opportunity to learn research skills and technical skills that you weren't able to learn during your graduate school program.

In some research institutions, [postdoctoral jobs](#) are an important pre-requisite for being hired. Even in those institutions that don't require it, you'll get a better salary as new faculty with a postdoctoral position under your belt. If you're doing your postdoctoral period with a company, you'll probably also have a chance to become a permanent employee later. You may even change your research direction while in your position.

In some areas, postdoctorals are very popular hires because they're less costly than a Ph.D. student. People in postdoctoral jobs do more work than a student, because they don't have to go to class, and the school doesn't have to pay tuition. Postdoctoral appointments may be mandatory in some institutions if you're looking for a tenure track position, and these jobs can really help you make the connections and get the reputation you need for a better job later on.



## Postdoctoral Fellow Feature

To make sure you get the postdoctoral job you have been looking for, do your research first. Know everything you can about the position and the institution. After all, you'll want to know if you're getting the ideal post doctoral fellowship job, or one where you won't receive the compensation and treatment

you're entitled to. Knowing about your potential position will give you an edge when it comes to competing with others, too. Learn everything you can about prospective postdoctoral jobs, and your chances will be a lot better.

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