



OITE SERVICES

FOR POSTBACS AT THE NIH

CAREER AND PROFESSIONAL DEVELOPMENT PROGRAMMING

SCIENCE CAREER SKILLS

BASIC SCIENCE WRITING

This four-week course is for any NIH trainee interested in improving his/her writing skills. It focuses on topics such as grammar and sentence structure, punctuation, writing coherent sentences and paragraphs, organizing ideas, and reworking for clarity and brevity.

TALKING SCIENCE: DESIGNING AND DELIVERING SUCCESSFUL ORAL PRESENTATIONS [WORKSHOP]

Support Activities

- Opportunities to obtain feedback on short presentations
- **The Postbac Seminar Series**, a monthly chance for two postbacs to talk about their work before an audience of their peers

CREATING AND PRESENTING DYNAMIC POSTERS [WORKSHOP]

HOW TO READ A SCIENTIFIC PAPER [WORKSHOP]

GETTING TO GRADUATE SCHOOL

This multi-session series covers topics such as preparing for the GRE; choosing and applying to a graduate school; writing personal statements; interviewing; funding a graduate education (information on NSF and NIH fellowships); and completing the FAFSA form.

GETTING TO PROFESSIONAL SCHOOL

This series will focus on completing an AMCAS application; preparing for the MCAT; applying to and interviewing for medical/dental school; and writing personal statements for professional school, plus a FAFSA workshop.

CAREER EXPLORATION BROWN BAGS

These informal sessions are opportunities to hear practitioners in areas such as pharmacy, genetic counseling, dentistry, business, public health, psychology, public policy, and nursing talk about their careers and how they prepared for them.

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SPECIAL EVENTS

SPRING RESEARCH FESTIVAL/POSTBAC POSTER DAY

This annual event provides NIH postbacs the opportunity to present their work to the NIH community.

GRADUATE & PROFESSIONAL SCHOOL FAIR

Graduate and professional schools from across the country send representatives to the NIH to recruit our postbacs and summer interns into their biomedical programs.

ORIENTATION

Postbacs who are new to the NIH can learn about NIH resources, start planning a successful NIH experience, and meet their peers.

CAREER SERVICES CENTER

STAFF

Certified career counselors, a pre-professional advisor, and a professional development coach

SERVICES

- Advice on graduate and professional school
- Mock interviews
- CV, resume, and personal statement review
- Help exploring career options
- Exploration of skills, values, and interests as they relate to careers
- Guidance in informational interviewing and networking
- Job search assistance
- Help with interpersonal skills such as assertiveness and getting along in the lab