



#YoungDemographers

Career talk: how to survive and enjoy life as a postdoc

Ryo Mogi

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@ 14th Young Demographer Conference & EAPS PhD network

Myself

- Tokyo → Rome → Barcelona → Oxford → Odense
 - 2016-2017: EDSD @ Rome
 - 2016-2020: PhD @ Barcelona
 - 2020-2021: Postdoc @ Barcelona
 - 2021-2022: Postdoc @ Oxford
 - 2022- : Postdoc @ Odense
- 1st childbirth in 2021
- Nationality: Japan -> Visa issue!
- Fertility, Family formation, Partnership formation, Health/Well-being

Content

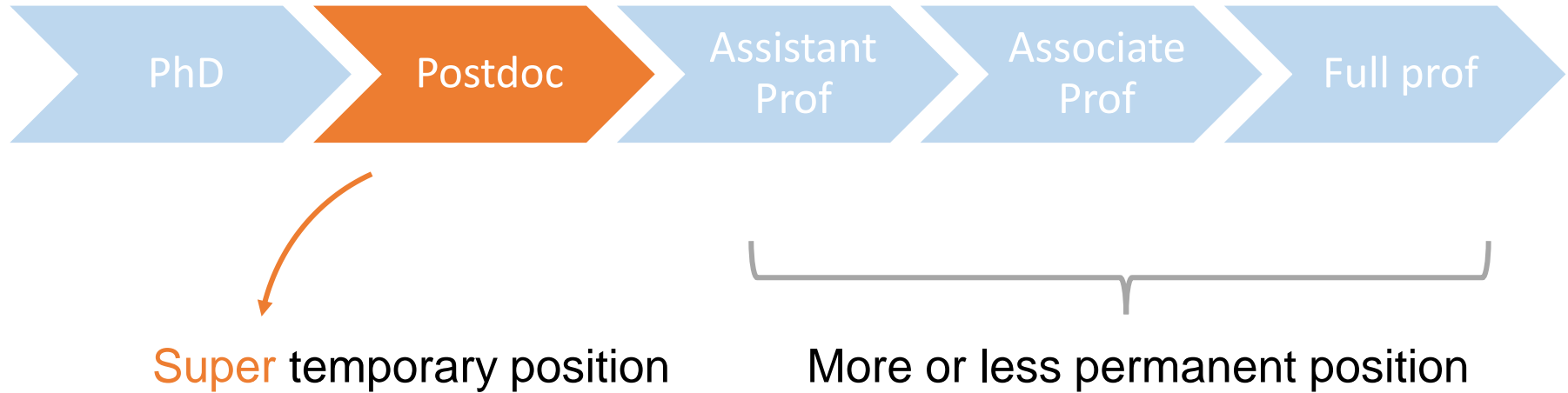
30~35 mins talk

1. Brief info on postdoc positions
2. Very brief info on tenure track positions
3. Some advices based on my mistakes
4. Other small advices and useful links

45 mins Q&A

(1) Brief info on postdoc positions

What is postdoc?



- Postdoc is recommended to do abroad or at the different institute, because most of fellowships/research grants put value on your international experience. Some of them require it.
- It gets longer and longer (5-10 years?).

3 types of postdoc positions

1. Fellowship postdoc

You get your own fellowship

2. Position postdoc

You will be hired by an institute as a postdoc

3. Project postdoc

You will be hired by a PI of their granted project



More freedom
Less mentoring

Less freedom
More mentoring

(2) Brief info on tenure track positions

What is a tenure track (TT) position?

It is a position to get a permanent position!

After some years in this position, you will have an evaluation. If you can convince the committee, then you will get a permanent position.



- Tenure track
- Non-tenure track

How to jump to TT position from postdoc

1. Apply and get a TT position

Assistant Professor, Department of Sociology

Apply

 Charlottesville, VA

 Full time

 Posted 30+ Days Ago

 R0041291

The Department of Sociology at the University of Virginia invites applications for a tenure-track Assistant Professor position **specializing in gender**. We seek a theoretically engaged scholar whose research and teaching **focus on gender, sexuality, and related topics**. Comparative, global and/or transnational scholarship is also welcome. We particularly value candidates who would contribute to diversifying our faculty.

2. Get a big grant (e.g. ERC starting grant)

(3) Advices based on my mistakes

(1) Think about your ideal career plan

OOPS!



My postdoc trajectory:

Barcelona (1y) → Oxford (1y) → Odense

- My family and I wanted to move less.
- My wife had a permanent job at Barcelona and she got an offer from the UK/Spanish company on the last month of Oxford.
- We love a sunny country 😊

Set a goal with your family

- Where do you want to live?
- How long do you want to live away from your desired destination?
- The path to arrive your desired destination?
- Parenting?
- Partner's career? Language? Education of children?

(2) Apply as many as possible! But...

OOPS!



I applied to as many positions as possible

Barcelona

Oxford

- 8 postdoc positions (got 3 from different countries)
- 3 fellowships (got 1 from Germany)
- 1 TT position in the US

Bet more on your desired place

- And apply some for your plan-b
- Don't spread your bets across countries
- But still apply as many as possible including TT positions

(3) Postdoc calls don't come at the same time

OOPS!



Ex) Oxford

- 1 year position: deadline Oct 2020 (I got)
- 3 years position: deadline Dec 2020

Contact your desired place first

- Express your motivation
- Ask if they will open new positions
- Position & project postdoc calls are often not fixed
- Aim for fellowship postdoc, then use position & project one as backup

(4) The real meaning of 1 year contract

OOPS!



1 year postdoc

Look for new position

- Settling to the place
- Knowing the group
- Finish ongoing proj

- Research for the place

Don't take 1 year contract

- If you have to move abroad
- Except if you have a plan afterwards
- Prepare your research environment for your fun postdoc life

Some other advices (ask me later if you need)

- Start/plan earlier
- Ask opinions/supports from your colleagues
- There is no best institute/place nor best supervisor
- Check other researchers' CV
- Focus on your research vs. strategic mind
- Negotiate well after having a job offer
- Do a few interview practices using real interviews
- Don't compete
- Check TT calls and think/plan what you need to develop more

Summary

1. Set a goal/desired life course with your family
2. Apply as many positions as possible based on your goal
3. Contact your desired place to know potential positions
4. Get a longer contract! (This gives you a safe and fun research environment.)
5. Help each other, ask support 😊

Contact me or other colleagues for any questions/support

rymo@sdu.dk @rmogimogi

Useful links

- A list of fellowships for early career researchers

<https://ryomogi.github.io/blog/2022/postdocfellowships/>

- Job listings

PAA career centre:

<https://populationassociation.careerwebsite.com/jobs/view/>

IUSSP career: <https://iussp.org/en/career-and-study-opportunities>

Population Europe: <https://population-europe.eu/study-career>

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