



Postdoctoral Appointees

Washington University in St. Louis is committed to excellence in research and education, and recognizes that postdoctoral researchers make a critical contribution to the University's overall research mission through the generation of new ideas, sharing of research knowledge, and the publication of research results.

POSTDOCS AT WASHINGTON UNIVERSITY

We have over 700 Postdoctoral Appointees conducting research across two campuses, seven schools, and in 100 departments and divisions. Postdocs join the university from all over the world, representing 67 countries.



BENEFITS

Postdoctoral appointees can enroll in WashU Health Plan options and select providers from world-class WashU physicians. Other benefits include:

- Free annual Metropass
- Dental and vision plans
- Life Insurance and AD&D insurance
- Tuition Assistance at UCollege
- HR Wellness Connection program including Mindfulness-Based Stress Reduction and Work-Life Solutions
- Caregiver / Parental Leave Policy

RESOURCES

Our postdocs are well-supported by a number of university services. These offices include:

- Career Center: workshops, 1:1 advising, job search teams
- Teaching Center: certificate programs, academic materials preparation, teaching evaluations and feedback, member of the CIRT Network.
- Ombuds Office: a confidential resource for navigating issues postdocs face
- Office of International Students and Scholars (OISS)
- UCollege ESL Program for improving English language communication skills.
- Skandalaris Center for Interdisciplinary Innovation and Entrepreneurship

CAMPUS GROUPS

Here are several campus groups that postdocs can join for leadership opportunities, skill-building and professional development:

- WashU Postdoc Society supporting postdocs since 2005
- The Balsa Group for consulting
- Connections to promote inclusion and celebrate diversity in biomed research
- Future Educators
- InPrint - A Scientific Editing Network
- ProsPER dedicated to promoting science policy, education, and research

RESEARCH SUPPORT

Postdoctoral Appointees can be supported by their primary faculty mentor or by external funding from federal agencies and organizations in your field of study. We also have several internal fellowship programs for postdocs, some of these are:

- Rita Levi-Montalcini Fellowship in Regenerative Medicine
- W.M. Keck Fellowship in Molecular Medicine
- Modeling Interdisciplinary Inquiry (Andrew J. Mellon Foundation)

The School of Medicine has NIH Training Grants for postdoctoral trainees. See **Funding** on our Resources webpage for details.

THE IMPORTANCE OF MENTORSHIP

You are about to enter into a new and challenging phase of training. Postdocs are in a more complex mentoring relationship with their faculty advisor(s) and take on more responsibility to train and teach others. The Office of Postdoctoral Affairs runs a training program in mentorship specifically for postdocs. This is an evidence-based mentorship training program for postdocs developed by the National Research Mentoring Network. It is offered several times per year with different sessions for biomedical, STEM, as well as humanities and social science postdocs. The program covers 19 key mentorship skills from both sides of a mentor-mentee relationship to build skills in “mentoring up” and develop your mentoring philosophy. Postdocs receive a certificate of completion, all participants have reported improvement in mentoring skills and are highly satisfied with the program.



THE GATEWAY CITY

St. Louis has a long, rich history and vibrant cultural attractions. These include the world class Missouri Botanical Garden, eclectic City Museum, and 1400 acre Forest Park which sits between the two campuses. Within Forest Park are the St. Louis Science Center, Missouri History Museum, the St. Louis Zoo, Boathouse, outdoor Muny Theatre, and the St. Louis Art Museum.



THE OFFICE OF POSTDOCTORAL AFFAIRS

Our office advocates for postdoctoral appointees and postdoctoral issues under the purview of the Office of the Vice Chancellor for Research. We create and provide professional and career development training opportunities for postdoctoral researchers in collaboration with the WashU Postdoc Society (WUPS) and the university community. We are a central resource for information regarding postdoctoral training and we assist in the development of a diverse community of postdoctoral appointees.

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