

### 3. Core Criteria

The following modules represent the core criteria of a successful postdoctoral appointment:

**REQUIRED:**

1. Scholarly Activities
2. Publication Plans and Activities
3. Presentation Opportunities
4. General Transferrable Professional Development
5. Career Specific Professional Development

**IF APPLICABLE:**

6. Instructional Training and Experiences
7. Clinical or Applied Experiences
8. Scholarly Independence Plan
9. Customized Career Competency

Each field below is expandable to meet your individual situation and your stage of training. Short-term goals, such as learning objectives and skill acquisition, may be established annually, whereas long-term goals might be established initially and revisited as needed.\*

The first five core criteria are universal for all postdoctoral positions and are required modules. However, each postdoctoral appointment is unique. Four additional fields with drop-down features are available for you to further design your postdoctoral experience to meet your personal career goal.

This plan also serves as a benchmark for you to conduct an annual self-assessment and will contribute to your postdoctoral mentor/supervisor's assessment of your progress.

\* Not limited to three goals – Add additional pages

<b>1. Scholarly Activities</b>		<b>Timeline</b>	<b>X**</b>
<b>Goal #1</b>	Become a T32-funded scholar.	Spring 2016	
<b>Steps/Training</b>	Develop research plan. Submit application along with research plan, letters of recommendation, and co-mentor letters. Determine what activities, in addition to research plan, are required for T32 grant.	Click here to enter text.	
<b>Outcomes</b>	This will make me a highly competitive post-doctoral candidate and help me prepare to apply for individual post-doctoral fellowships (F32).	Click here to enter text.	
<b>Goal #2</b>	Master new in vivo metabolic techniques	2016-2017	
<b>Steps/Training</b>	Practice live infusions of metabolic isotopes Observe glucose tolerance tests, insulin injections, tail bleeds. Apply this knowledge to hyperinsulinemic euglycemic clamp with isotopic tracers	Click here to enter text.	
<b>Outcomes</b>	This will greatly enhance my postdoctoral experience and provide me the training and scientific experience I desire.	Click here to enter text.	
<b>Goal #3</b>	Become a better writer, specifically scientific and grant writing.	2016-2018	
<b>Steps/Training</b>	I will attend a grant writing workshop this summer, and I will also practice my writing with abstracts submitted to various scientific meetings I will attend.	Click here to enter text.	
<b>Outcomes</b>	This will generally improve my writing and work in the future, because I will be expected to submit papers and grants for the rest of my career.	Click here to enter text.	

\*\* Mark as Steps/Goals are completed

<b>2. Publication Plans and Activities</b>			<b>Timeline</b>	<b>X**</b>
Goal #1	I wish to submit a paper on the liver-specific knockout of Park2, characterizing the physiology of metabolic inflexibility.		2016	
Steps/Training	I am currently going through training to perform glucose tolerance testing on these mice. This will be combined with hyperinsulinemic euglycemic clamp studies using isotopic tracers, which I will be learning in the near future.		Click here to enter text.	
Outcomes	Every publication of my post-doctoral career makes me a more competitive candidate in the future.		Click here to enter text.	
Goal #2	I would like to publish a paper on the same liver-specific knockout model of Park2 characterizing the molecular mechanisms of mitochondrial dysfunction.		2017	
Steps/Training	I am currently optimizing conditions for assays I have used in the past to determine the molecular mechanisms like respirometry and fatty acid oxidation measurements and learning new methods for determining reactive oxygen species.		Click here to enter text.	
Outcomes	Every publication of my post-doctoral career makes me a more competitive candidate in the future.		Click here to enter text.	
Goal #3	I will also be working on characterizing the physiological and molecular mechanisms of Atp1f1 knockout in a mouse model.		2018	
Steps/Training	I will be using methods previously utilized with the Park2 liver-specific knockouts to determine any metabolic perturbations with this set of mice.		Click here to enter text.	
Outcomes	Every publication of my post-doctoral career makes me a more competitive candidate in the future.		Click here to enter text.	

\*\* Mark as Steps/Goals are completed

<b>3. Presentation Opportunities</b>			<b>Timeline</b>	<b>X**</b>
Goal #1	I will attend and present at the American Diabetes Association's Scientific Session, the world's largest meeting on diabetes.		Summer 2017	
Steps/Training	I will have to further develop the Park2 liver-specific knock out project by characterizing physiology and molecular consequences, and design a poster explaining this.		Click here to enter text.	
Outcomes	I will receive access to more than 2,500 research presentations over the course of 5 days and take part in provocative and engaging exchanges with leading diabetes experts.		Click here to enter text.	
Goal #2	I will present and attend the Keystone Symposium on Diabetes to examine recent advances in understanding of obesity-induced adipose inflammation; control of adipose tissue, appetite, and energy metabolism; molecular mechanisms of metabolic signaling and approaches to drug development and the treatment of obesity and diabetes		January 2017	
Steps/Training	I will most probably present the physiology and cellular mechanisms of Park2 loss in the liver.		Click here to enter text.	
Outcomes	My attendance will boost my career through connecting and networking with peers and top scientists in the field and by presenting a poster I can interact with		Click here to enter text.	

	anyone interested in my work and foment academic collaborations.		
Goal #3	I will present at the Translational Research in Mitochondria, Aging, and Disease (TriMAD) Symposium that occurs in the region every fall.	Fall 2016	
Steps/Training	Given that this presentation will be sooner than the others, I may plan to present either less information or data from a more developed story – that of the whole body Park2 KO mouse.	Click here to enter text.	
Outcomes	Because this is a more regional arena, I could meet potential collaborators and exhibit my work in a small and more relaxing setting. Also, because this is a mitochondrial meeting rather than a diabetes meeting, they will host to some of the top investigators doing research involving mitochondrial genetics and genomics.	Click here to enter text.	
Goal #4	Because I have been awarded a training grant from the T32 in Endocrinology, Diabetes, and Metabolism, I will be involved in presenting for the Research Conference, Research in Progress meetings, and Journal Club, as will be determined by the Program Director.	2016-2017	
Steps/Training	There are few people on this training grant, so I only need to volunteer at a previous meeting in order to be given this opportunity.		
Outcomes	Because this is a very local setting with known colleagues, this will allow me to present in a relaxed environment and get valuable feedback to go on to present at bigger settings.		

\*\* Mark as Steps/Goals are completed

4. General Transferrable Professional Development (e.g. networking, communication, leadership skills)			Timeline	X**
Goal #1	Complete Responsible Conduct of Research training		2016-2017	
Steps/Training	I will check and attend 8 hours of credit work through the Clinical and Translational Science Institute (CTSI) workshops throughout the year. [ <a href="http://www.ctsi.pitt.edu/RCR/workshops.shtml">http://www.ctsi.pitt.edu/RCR/workshops.shtml</a> ]		Click here to enter text.	
Outcomes	This will help me to perform responsible authorship and become a responsible member of society by contemplating ethical issues of biomedical research.		Click here to enter text.	
Goal #2	I will attend University of Pittsburgh Post-doctoral Association meetings, social events, and seminars.		2016-2017	
Steps/Training	This is an on-going process that will involve checking the website ( <a href="http://www.uppda.pitt.edu/">http://www.uppda.pitt.edu/</a> ) and my email for various activities and then going to them.		Click here to enter text.	
Outcomes	I will meet other post docs from all over the university at the same stage of their career as me but that I may not otherwise meet. They can help me make personal as well as professional connections and improve my communication skills by the various seminars.		Click here to enter text.	
Goal #3	I will attend various workshops on career development topics, such as successful poster presentations, navigating and utilizing biomedical databases, animal handling, and other relevant topics.		2016-2017	
Steps/Training	This involves checking my email and responding to any invitations sent for seminars and various other activities, and checking the health sciences website		Click here to enter text.	

	for different opportunities. [ <a href="http://www.health.pitt.edu/events/calendar">http://www.health.pitt.edu/events/calendar</a> ]		
Outcomes	Attending these specific activities and events will give me the knowledge to network and give me tips on communicating my work effectively.	Click here to enter text.	

\*\* Mark as Steps/Goals are completed

<b>5. Career Specific Professional Development (Customized to your future career goals or career exploration)</b>			
		<b>Timeline</b>	<b>X**</b>
Goal #1	The Center for Metabolic and Mitochondrial Medicine (C3M) will hold three research symposiums featuring groundbreaking researchers in that field, beginning with Jared Rutter, who studies cellular metabolic homeostasis.	Fall 2016	
Steps/Training	This will be an on-going process where I will check the updated calendar for presentations and my email for the invitations to each of these seminars.	Click here to enter text.	
Outcomes	By attending these 2-day symposiums, I will gain knowledge in my field as well as network with local leaders as well as experts in the field of mitochondria and metabolism.	Click here to enter text.	
Goal #2	I will check the Center for Instructional Development & Distance Education (CIDDE) website for workshops being conducted by CIDDE to strengthen my interest in teaching in a classroom setting. [ <a href="http://www.cidde.pitt.edu/">http://www.cidde.pitt.edu/</a> ]	2016-2017	
Steps/Training	This will be an on-going process of checking the website for any interesting workshops being conducted by the CIDDE.	Click here to enter text.	
Outcomes	This will help me to understand the instructional and educational challenges that formal educators face, and help facilitate solutions to these challenges.	Click here to enter text.	
Goal #3	I will attend Department of Endocrinology and Metabolism events and activities.	2016	
Steps/Training	This involves checking my email and responding to any invitations sent for seminars and various other activities.	Click here to enter text.	
Outcomes	Attending departmentally specific activities and events will help me network with people who share a common interest in my research and help me to communicate better with those that I share a workspace.	Click here to enter text.	

\*\* Mark as Steps/Goals are completed

SIGNATURES

\_\_\_\_\_  
*Postdoctoral Associate or Scholar*

\_\_\_\_\_  
Date

\_\_\_\_\_  
*Faculty Mentor/Supervisor*

\_\_\_\_\_  
Date