



UCD Research & Innovation

UCD Research Building
University College Dublin,
Belfield, Dublin 4, Ireland

+353 1 7164031
vprii@ucd.ie

Thaighde & Nuálaíocht UCD

Thaighde UCD
An Coláiste Ollscoile, Baile Átha Cliath,
Belfield, Baile Átha Cliath 4, Éire

www.ucd.ie/researchandinnovation

Welcome

As a postdoc you are advised to book your place on the [postdoc-specific orientation](#) as soon as possible. It is a day-long event, supported by PIs and other professional staff around the University that focuses specifically on how Postdocs can make the most of their experience in UCD to develop their careers.

To help you take charge of your career from the beginning of your contract, you can immediately access your personal Postdoc Career Development Profile through [Infohub](#). This system helps you and your PI keep track of your contract start and end date, your technical and professional training, your [RMS](#) publications and other achievements and your career development meetings. This system is set up to facilitate a focused conversation about your career with your PI at least three times over the course of your contract.

Within the first three months of your contract, you should also aim to book a one-to-one meeting with the [Research Careers coaching service](#) so that you can get a start on your individual career strategy/plan, as well as to support you in preparing for both academic and non-academic job applications and interviews and learn more about industry opportunities for Postdocs.

As a Postdoc in UCD you are entitled to at least three days development per year to support you in your current role and in your future career development. Keep a check on the [live events calendar](#) to identify what courses, panel discussions and training events may be of relevance to your personal career plan. At the end of your contract, there is a facility for you to download a certificate from the University that outlines the professional development activities you have taken part in. Keep in mind, however, that development also includes your on-the-job training, your attendance at conferences and other professional activities you may be involved in.

In three months time you will receive a reminder to update your [RMS](#) profile, attend the orientation and book your career development meetings if you haven't already done so.

Along with your PI, your key contacts are Naoimh O'Connor, UCD Career Development Centre – Naoimh.oconnor@ucd.ie, Eamonn McHugh, HR Learning & Development – eamonn.mchugh@ucd.ie and Justin Synnott, UCD Research and Innovation – justin.synnott@ucd.ie.

Our research community had devised these supports and services for you. I hope that you will take advantage of these opportunities for personal and career development and wish you every success.

Prof Orla Feely, Vice-President, Research, Innovation and Impact