

TOP 5 TIPS

Tackling isolation: Community-building for postdocs



REMEMBER YOU'RE NOT ALONE

The postdoc community is big and diverse – did you know there are ~6,000 postdocs in the UK? So you're not alone in your journey, and it really helps to connect with others with similar (or different) experiences.

BE VOCAL BUT PATIENT

We tend to forget or get frustrated by how long it takes to make actual changes, but the postdoc community is diverse and good changes take time. Remember to not push your agenda on other people, as it's very important to be inclusive of all different experiences.



FIND OUT ABOUT LOCAL INITIATIVES

You can find out about local postdoc associations/events in your institution, and identify your postdoc representatives who will be able to signpost you to local events and initiatives.

DON'T BE AFRAID TO ASK

Because the postdoc community is so diverse, if something doesn't exist doesn't mean it can't – it is more likely that nobody has thought about it, or perhaps even didn't think it was something that will appeal to more people. Ask for what you need or feel is missing! A good way to start is by talking to your local representatives, but you can also start your own initiative! You can get advice or guidelines from other organisations, for example the UKRSA has guidelines to set up a local Research Staff Association and are always happy to help.



JOIN US ONLINE!

There are many UK & Republic of Ireland-wide postdoc communities you can join or get involved with. A good way to start is social media; follow on Twitter @UKRSAvitae, @UK_NPAW and @ukpdoclack (to name just a few), where you can keep up to date with initiatives, interact with colleagues, join mailing lists, Slack groups, and get involved!