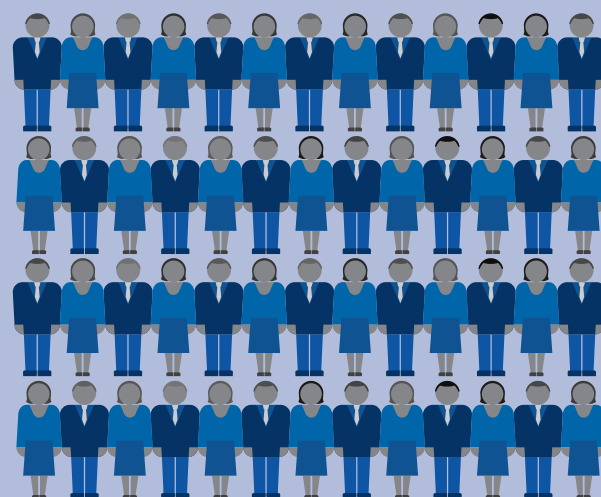


## NPA FACTS

The mission of the NPA is to improve the postdoctoral experience by supporting enhanced research training, and a culture of enhanced professional growth to benefit scholarship and innovation.

## Membership

NPA represents  
**80,000**  
postdocs through our  
**215** Sustaining  
Members, which include  
research universities,  
national laboratories,  
institutes and associations.



## Highlights of the NPA's Efforts

**Since 2000, the postdoctoral experience has gained new visibility on the national level, with the NPA playing a major role in elevating that awareness.**



Currently, the NPA advocates for increases in the National Institutes of Health (NIH) training stipends, the requirement of mentoring plans on NIH grants, more independent funding for postdocs, better benefits for postdoc fellows, increased data collection regarding postdocs, and more. The NPA is working to increase diversity in the scientific workforce. The NPA encourages postdocs to be proactive and to consider all of their career options, and the NPA encourages faculty and postdoc office administrators to provide appropriate mentoring and opportunities for professional and career development.

The NPA holds an Annual Conference, which provides the only national venue dedicated solely to the postdoctoral community. The NPA launched National Postdoc Appreciation Week on September 24, 2009, in order to increase awareness of postdocs and to recognize the contribution that they make to the U.S. research enterprise.

## Quick Facts about Postdoctoral Scholars

A postdoctoral scholar ("postdoc") is an individual who has received a doctoral degree (or equivalent) and is engaged in a temporary and defined period of mentored advanced training to enhance the professional skills and research independence needed to pursue his or her chosen career path.

The average postdoctoral scholar works 53 hours per week; thus, hourly postdoc wages are over \$7 less than average full time U.S. workers (regardless of education) and \$20,000 less annually than those who did not pursue doctoral training.

Of the **115** research universities classified as "highest research activity" doctoral universities by the Carnegie Classification of Institutions of Higher Education, almost **75%** are members of the NPA



Of the **62** members of the Association of American Universities, **56** are NPA members



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Providing a National Voice and  
Seeking Positive Change  
for Postdoctoral Scholars

The National Postdoctoral Association (NPA) is a member-driven, 501(c)3 nonprofit organization that provides a unique, national voice for postdoctoral scholars.



### Highlights of the National Postdoctoral Association Accomplishments

This listing represents only a small portion of the work done by the NPA Board of Directors, the Committees of the Membership and Officers, staff and many other NPA supporters and friends on behalf of the postdoctoral community since the organization's founding in 2003.

Recent accomplishments of the NPA include:

- Increases in the entry stipends for NRSA trainees.
- The positive recommendations made by the NIH Advisory Committee to the Director Biomedical Research Workforce Working Group.
- The decision by the National Academies Committee on Science, Engineering, and Public Policy (COSEPUP) to conduct a follow-up study to its 2000 report, Enhancing the Postdoctoral Experience for Scientists and Engineers.
- The report, *The Postdoctoral Experience Revisited*, was released in 2014.

The NPA has developed or collected such resources as:

- NPA Recommendations for Postdoctoral Policies and Practices;
- Survival Guide for International Postdocs;
- Family-Friendly Resources for Postdocs;
- The *Advancing Postdoc Women Guidebook*;
- The resource book, *From Ph.D. to Professoriate: The Role of the Institution in Fostering the Advancement of Postdoc Women*;
- NPA Institutional Policy Report 2014



“A big thank you to all NPA volunteers and supporters for the role that they have played in the NPA's growth and success!”

### Selected Resources from the National Postdoctoral Association

The NPA has several resources available online to assist you as you address the issues affecting the postdoctoral community. All of these resources can be found online at [www.nationalpostdoc.org](http://www.nationalpostdoc.org).

**Recommendations for Postdoctoral Policies and Practices** These recommendations reflect the best current thinking on those policies and practices that every institution should consider for enhancing the postdoctoral training experience.

**Institutional Policy Report** Data on postdoctoral policies at more than 100 research institutions was collected from the NPA Institutional Policy Survey. The report, *National Postdoctoral Association Institutional Policy Report 2014: Supporting and Developing Postdoctoral Scholars*, was written with information collected from the survey.

**Core Competencies** The NPA has established six core competencies to offer guidance to individual postdoctoral scholars who must seek out relevant training experiences, in collaboration with mentors, institutions, and other advisors who provide this training.

**Science beyond the laboratory: Developing skills to be an effective advocate for science** Tips on how you can become an advocate for research at the local and national level.

**myPDO Monthly and myPostdoc Monthly** Webinar series in which administrators and postdocs will have the opportunity to share similar challenges, while the mentors can provide feasible solutions to address common concerns and challenges.

**Postdoc Office (PDO) & Postdoc Association (PDA) Toolkits** This compendium of best practices from postdoc offices at research institutions throughout the United States features more than 20 separate articles with direct links to model language and sample materials. The PDA Toolkit is intended to serve as a resource guide to assist postdocs and their allies in starting and sustaining an effective PDA.



**Responsible Conduct of Research (RCR) Toolkit** This toolkit provides guidance and materials for developing RCR programs, including articles on designing a program that is pertinent to postdocs, marketing such programs to postdocs, and informational resources on individual content areas in RCR.

**International Postdoc Survival Guide** The survival guide is intended to help international postdocs navigate life and work in the United States. It includes information on how the postdoctoral training experience in the United States differs from other countries, guidance on the various types of visas, and more!

**Recommendations for Completing the Training Plan for STEM OPT Students, Form I-983** Federal regulations require the development of a formal training plan that identifies both the learning objectives and a plan for achieving those objectives. The intent of the training plan is to better ensure the academic benefit and integrity of the STEM OPT extension, and the plan is to be developed by the trainee and the trainee's mentor.

**The NPA Annual Conference is the largest national conference and networking event dedicated to the postdoctoral community.** Conference attendees - postdoctoral scholars, administrators, faculty, and representatives from disciplinary societies, industry, and corporations - are provided with the opportunity to network and enhance their professional development and leadership skills.

