

# Resources for Postdocs

Postdoctoral Scholars (Associates and Fellows): MIT has a wide range of resources available to help with your career advancement and work-life balance. Use the QR codes to learn more, and take charge of your career and life at MIT.



**Career Advice**



**Writing and  
Communication**



**Develop your  
Teaching Skills**



**Parenting &  
Child Care**



**Help for Stress  
and  
Mental Health**



**Financial  
Advice**



**Postdoctoral  
Services**



**Postdoc  
Association**



**Office of the  
Vice President for Research**

*For questions and additional resources, use the Postdoctoral Services link or email [annskocz@mit.edu](mailto:annskocz@mit.edu)*