



Created with Artlist_Streuber

Elevate your Postdoc – Research & Beyond

Dr. Michael Streuber (Postdoc Coordinator at the GGL Postdoc Programme)



Agenda

- 1. Postdoc – Different career paths**
- 2. How to become a successful postdoc?**
- 3. GGL postdoc programm – Our support for you**

What are postdocs doing?



Why become a postdoc?



Career in science/academia



PhD project to be continued....



New environment/horizons

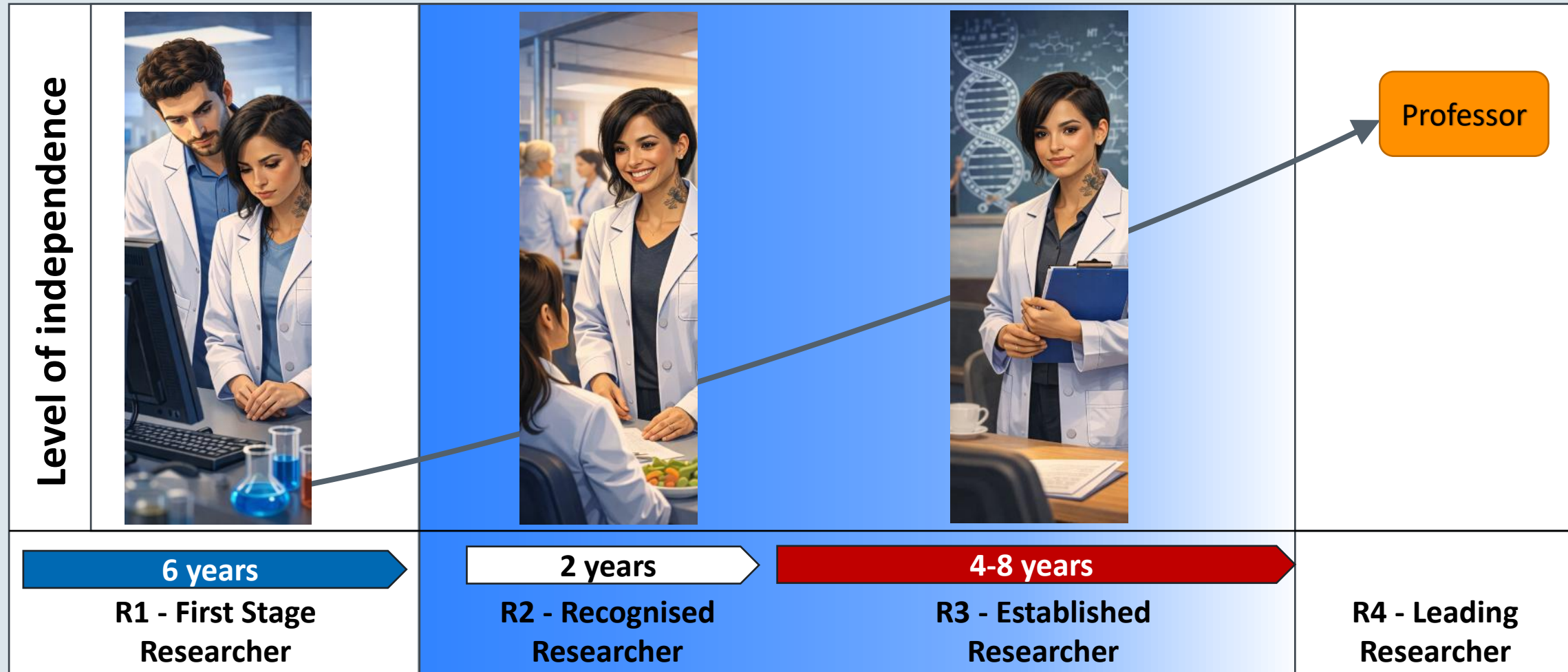


Become/be a leader...



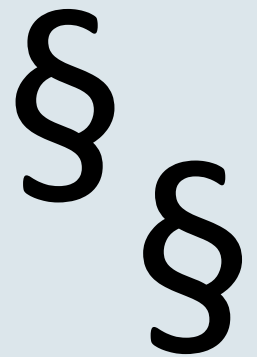
Can't find another job

Phases of an academic career



Clock is ticking: WissZeitVG

- WissZeitVG = Wissenschaftszeitvertragsgesetz:
- Your time on fixed-term employment contracts is limited.
- Law is in the process of being changed => not everything is clear now.
- **=> Keep yourself informed about the changes and their implications!**



WissZeitVG today (Status Mar 2026)

- Fixed-term-contracts are only allowed if the work serves as a part of a **scientific qualification**.

6

+

6

- Time limits:**

- Maximum of 6 years as a postdoc (exception: 9 years in medicine)
- Parents: 2 years extension per child (plus maternity leave)

- After that, employment only in:**

- permanent positions or
- fixed-term positions in projects with third-party funding



WissZeitVG – Beware of upcoming changes

- Fixed-term-contracts are only allowed if the work serves as a part of a **scientific qualification**.

- Time limits:** 6 + 4 + (2) + permanent position

- Maximum of 6 years before finishing a doctorate (5 years at JLU)

- Postdocs: 4+2 model: Maximum of 4 years; +2 years only with follow-up contract!**

- Parents: 2 years extension per child (plus maternity leave)

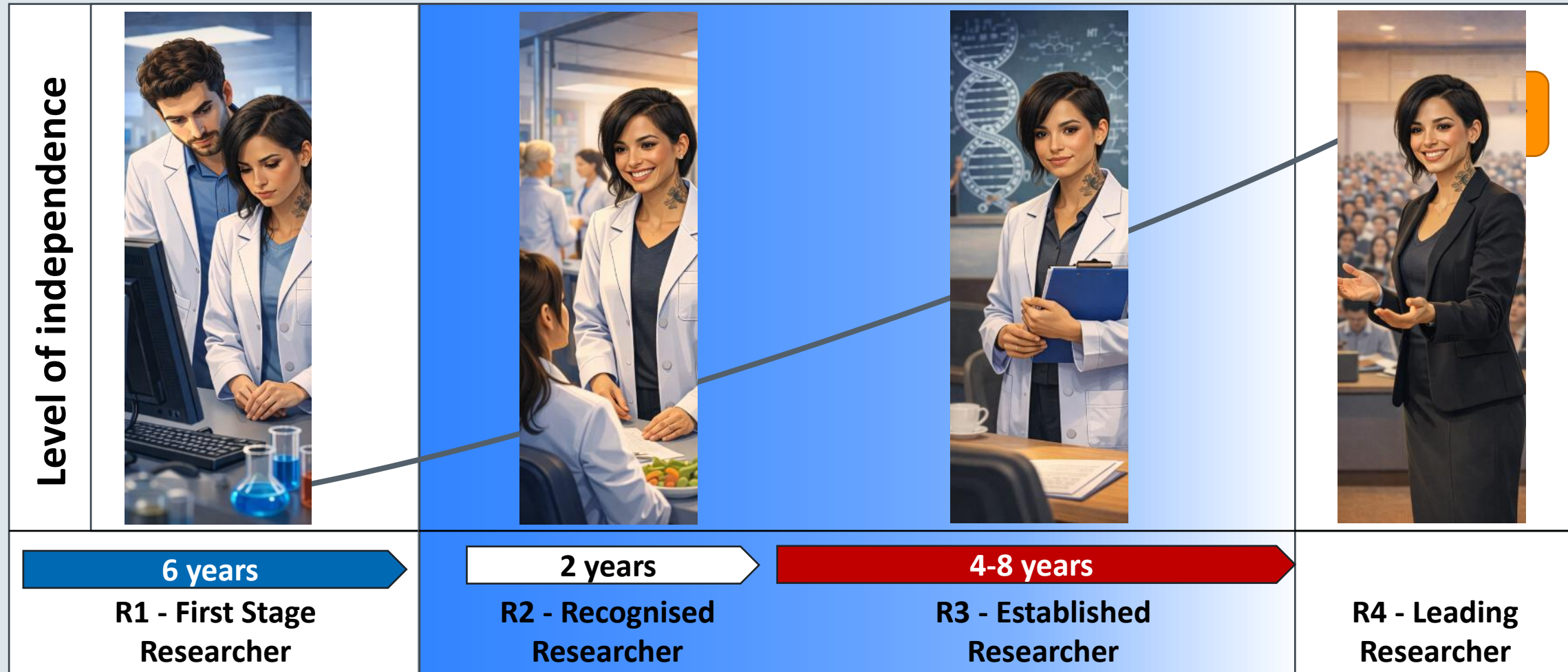
- After that, employment only in:**

- permanent positions or
- fixed-term positions in projects with third-party funding

- => You need a plan B.**



Phases of an academic career



The fourth stage:

Professor



- 2-6 years
- Status: teaching qualifications
- Aim: Represent one's own subject
- Permanent contracts and stability: No, low



- 3 + 3 years
- Status: W1
- Aim: Qualification for a future call
- Permanent contracts and stability: No, low

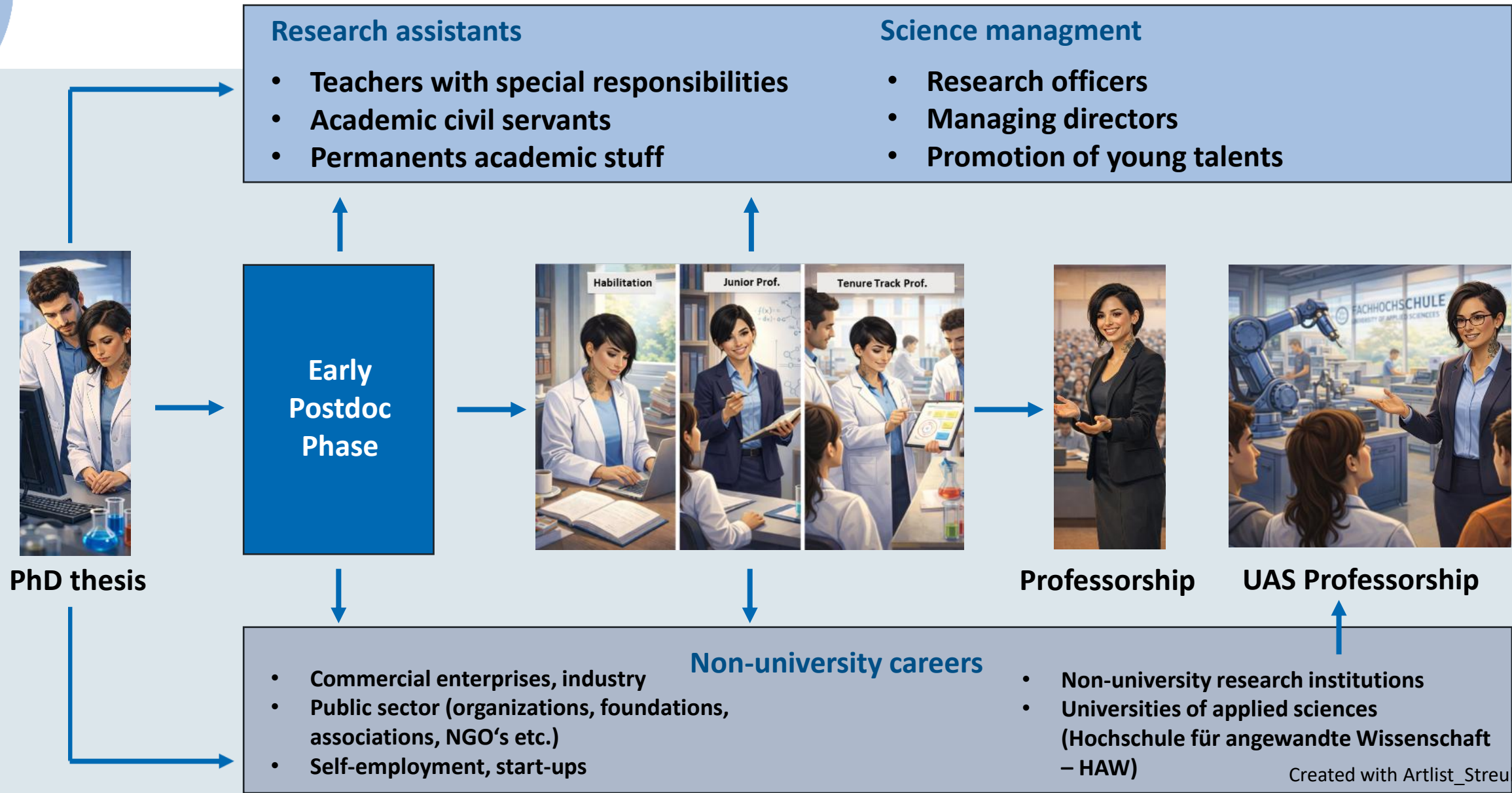


- 2,5 + 3,5 years
- Status: W1 or W2
- Aim: Transfer to W2/W3 lifetime professorship
- Permanent contracts and stability: Yes, high

Recognized Researcher



Postdoc career path's:



Postdoc Jobs at JLU?

JUSTUS-LIEBIG-UNIVERSITÄT GIESSEN **JLU**

Jobs & Karriere Wir über uns Wissenschaft Verwaltung, IT & Technik Ausbildung & Duales Studium **Stellenangebote**

Wissenschaftliche Mitarbeiterinnen und Mitarbeiter
by Lauritz Lechner — zuletzt geändert 03.02.2026

Als wissenschaftliche Mitarbeiterin oder wissenschaftlicher Mitarbeiter wollen Sie Ihre Leidenschaft für Forschung und Lehre zum Beruf machen? Dann sind Sie hier genau richtig.

Stellenbezeichnung	Organisationsbereich	Einrichtung	Vergütung	Dauer	Referenznummer	Bewerbungsfrist	
Wissenschaftliche/r Mitarbeiter/ in (m/w/d) mit dem Forschungsschwerpunkt Maschinelles Lernen in der Batterieforschung Research Associate (m/f/d) with a research focus on Machine Learning in Battery Research		Zentrum für Materialforschung (ZfM) / Center for Materials Research	E 13	Befristet	129/Z	17.02.2026	
Wissenschaftliche/r Mitarbeiter/ in (m/w/d)	FB01	Rechtswissenschaft	Professur für Bürgerliches Recht, Handels- und Gesellschaftsrecht und Recht der Digitalisierung	E 13	Befristet	597/01	01.03.2026
Wissenschaftliche/r Mitarbeiter/ in (m/w/d) für das Fachgebiet Geographie mit dem Forschungsschwerpunkt Dendrochronologie	FB07	Mathematik und Informatik, Physik, Geographie	Institut für Geographie	E 13	Befristet	612/07	10.02.2026
Wissenschaftliche/r Mitarbeiter/ in (m/w/d) mit dem Forschungsschwerpunkt Geomorphologie / Geoarchäologie und Lumineszenzdatierung Doctoral student (m/f/d) in the	FB07	Mathematik und Informatik, Physik, Geographie / Mathematics and Computer Science, Physics, Geography	Institut für Geographie / Department of Geography	E 13	Befristet	126/07	28.02.2026

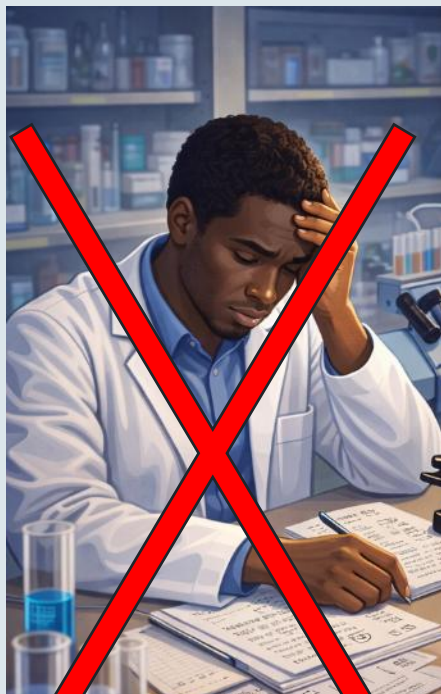
Google:

„JLU jobs“ ->

„Stelleangebote“

<https://www.uni-giessen.de/de/ueber-uns/karriere/stellena-gebote/wissenschaf-tliche-mitarbeiter>

All for one – one for all



Enter the
german
postdoc
network
(GPN)



**Postdoc
Appreciation
week (PAW)
Germany**

**German Postdoc Network
Annual Conference**

**12-13 March 2026
Helmholtz Munich**

**Join us &
Register
now !**



21-25 September 2026

**POSTDOC
APPRECIATION
WEEK** *Germany*



Connect with Postdocs in Giessen



Postdoc Lunch...



...with special guests!



Next Postdoc Lunch

24.03. 12:30-14:00

Prof. Brunotte



**Prof. van
Kemenade**



**Prof.
Clifton-Brown**



**Prof.
Hauschild**



Dr. V. Graulich



Dr. S. Schäfer

2. How to become a successful postdoc?



Which path should you choose?

Building blocks of a successful postdoc career



Building blocks of a successful postdoc career



Develop your own ideas!
Gain scientific independence!
Sharpen your own research profile!
Find your niche!

Building blocks of a successful postdoc career

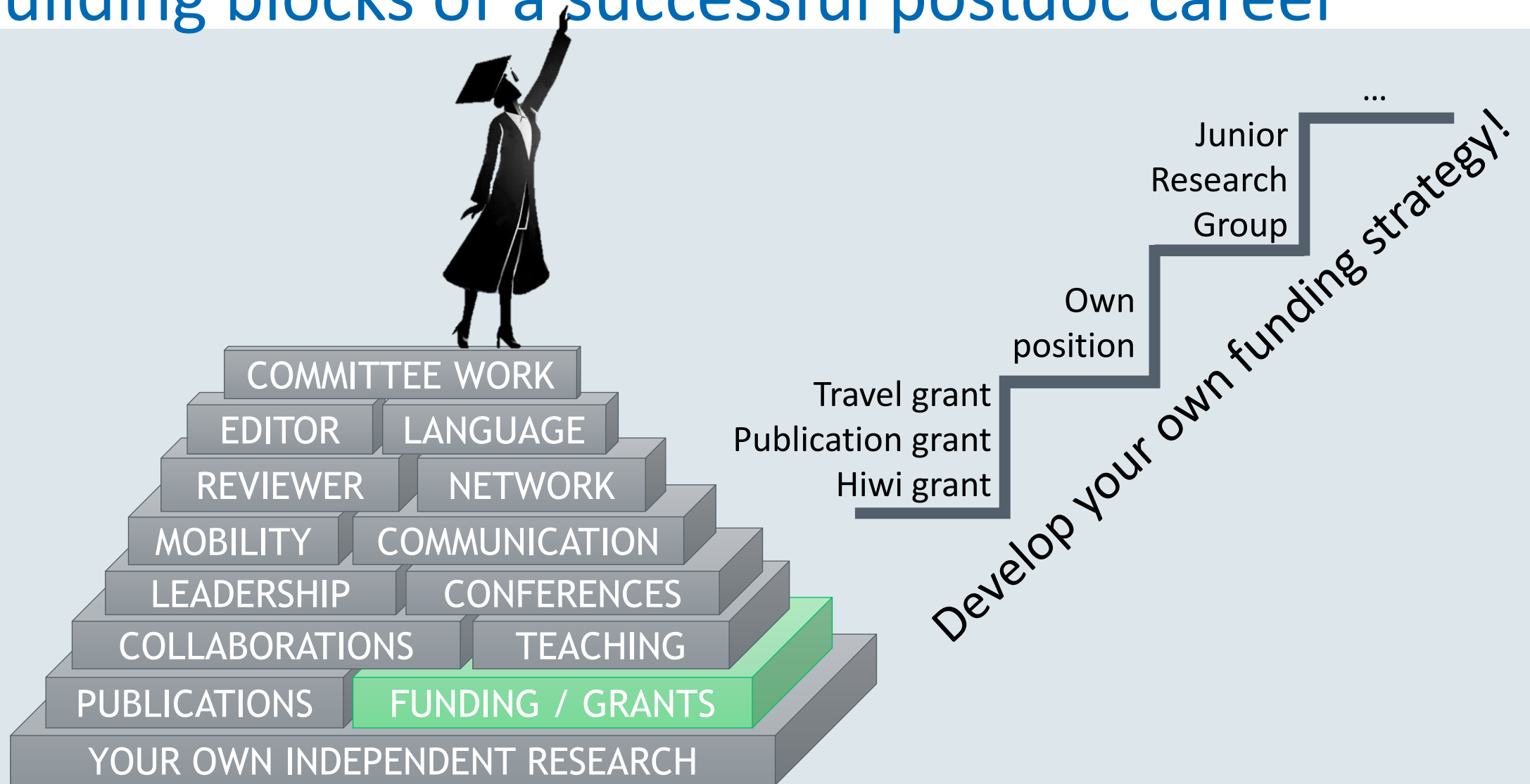


**DO SCIENCE!
PUBLISH!
REPEAT!**

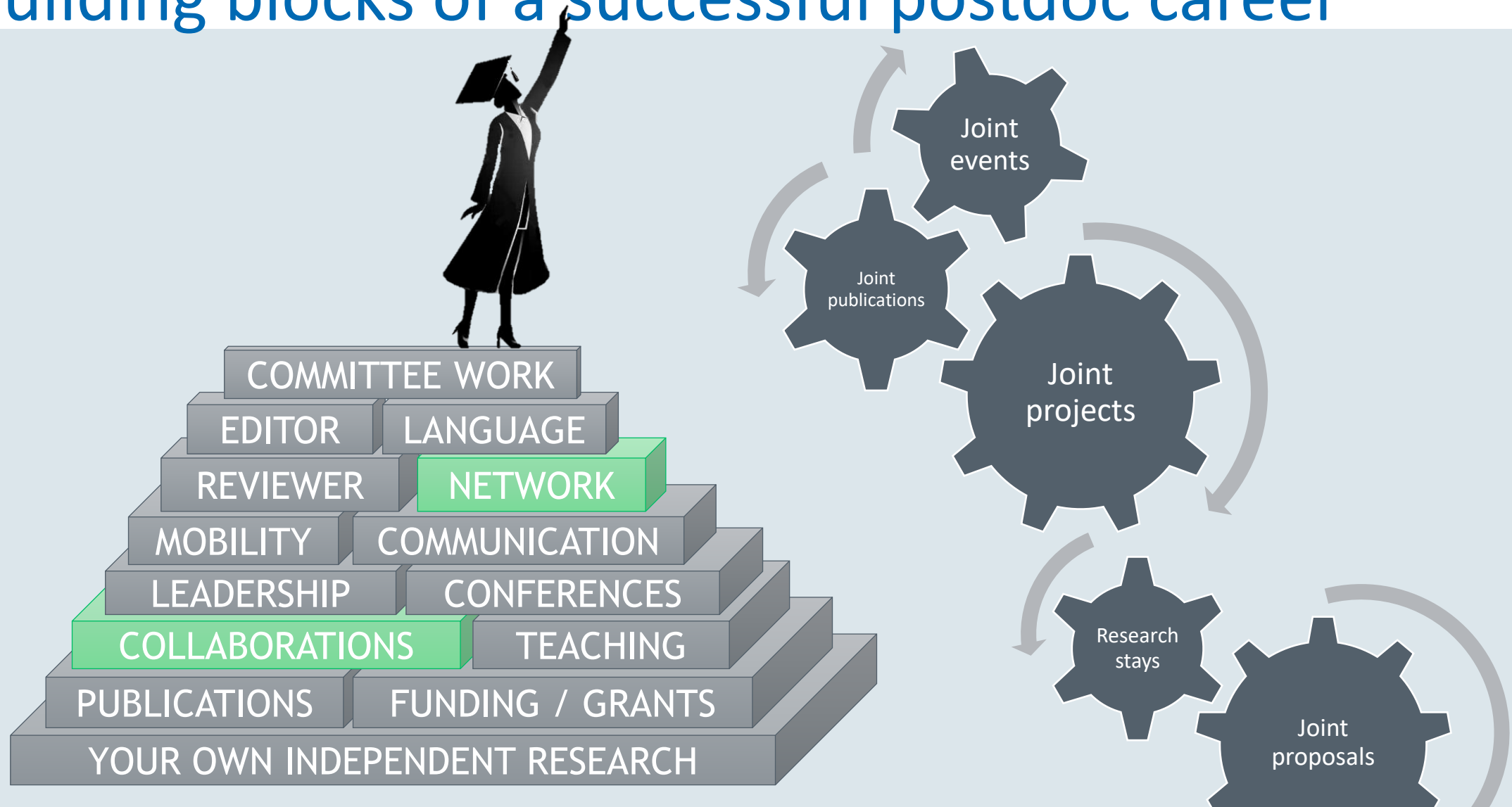
First and last authorships, depending on the career stage

Become active as a reviewer and editor

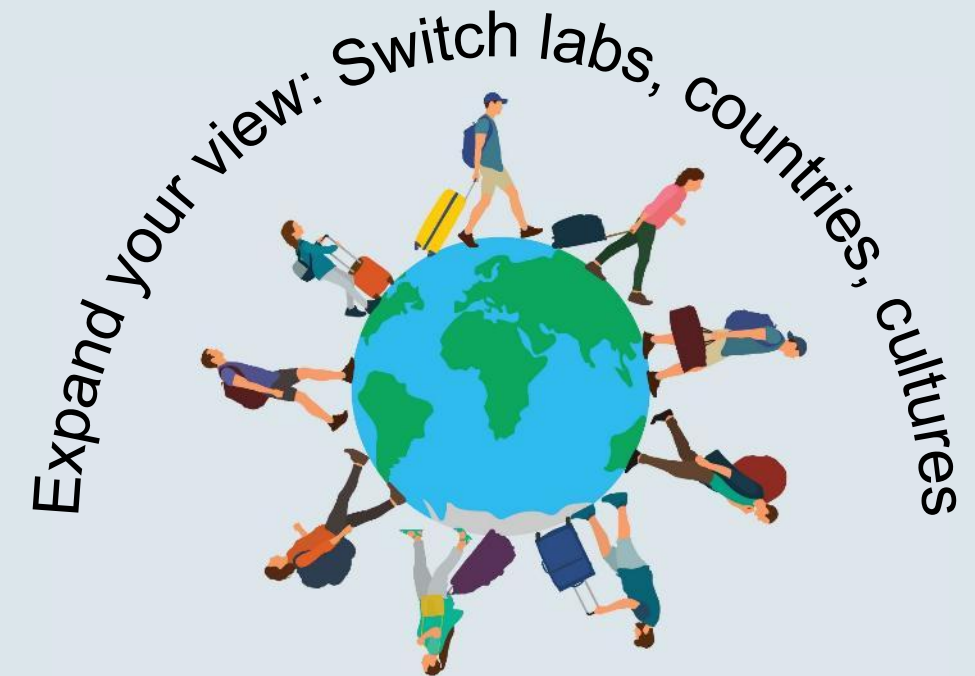
Building blocks of a successful postdoc career



Building blocks of a successful postdoc career



Building blocks of a successful postdoc career



At least one change of location is typically expected (after PhD)

Building blocks of a successful postdoc career



Supervision of theses
Gain **leadership** (and conflict management) skills

Teaching (Lectures, seminars, practical courses)
Volume ("SWS" *Semester week hours*) is typically specified in your contract
Required for habilitation

Building blocks of a successful postdoc career



Active participation in conferences

Talks, posters, moderator, host, organizing committee

Science communication

Increase your public visibility with invited talks, newspaper articles, social media ...

Building blocks of a successful postdoc career



Get involved!

e.g. work safety, project leader for biological safety
faculty board, senate, “*Gremien*” and committees,
coordination of study programs,
graduate centers

Building blocks of a successful postdoc career



3. GGL – What we offer



GGL – What we offer



GGL – What we offer



Get together – stay in touch
24.03. Postdoc Lunch



Special Guest:
Prof. Linda Brunotte

12:30-14:00

Brasserie zum
Gambrinus,
Klinikstr. 21

Write an email for registration or visit
our website.

postdocs@ggl.uni-giessen.de

GGL – What we offer

Future Network Talks

Career & Networking Sessions

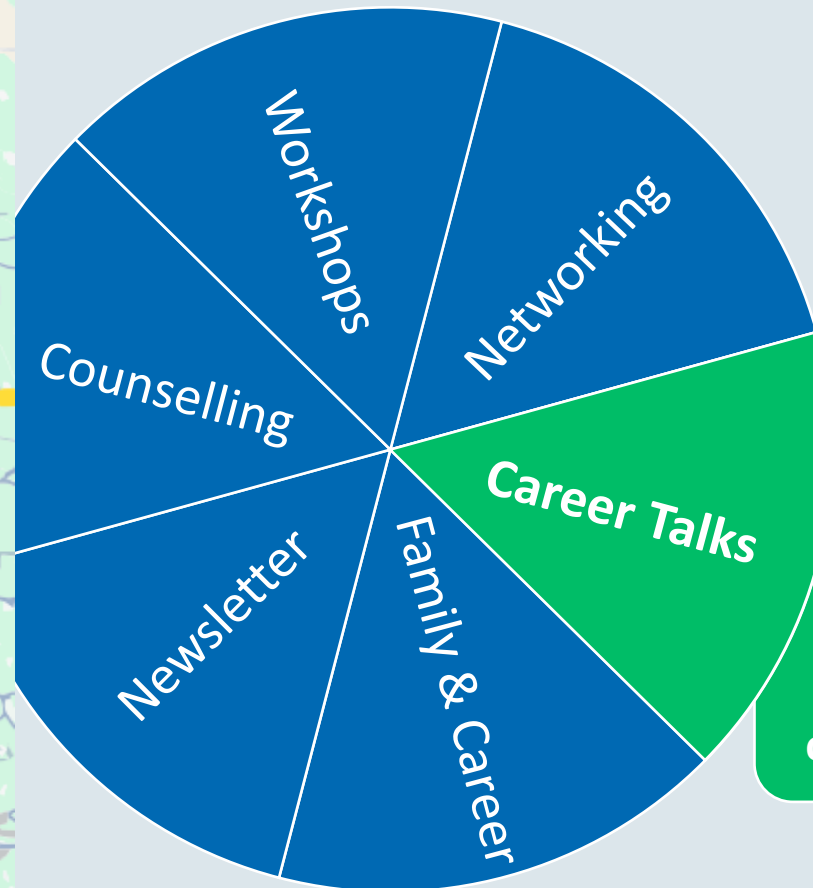
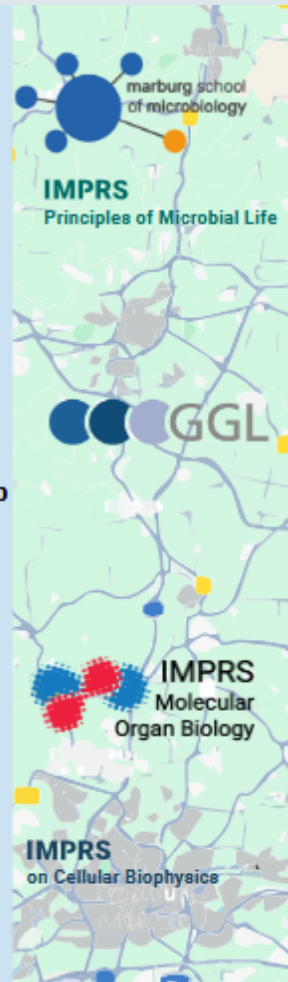


Dr. Sebastian Schaupp

Project Lead,
Roche Diagnostics R&D

20 February 2026 at 12:00

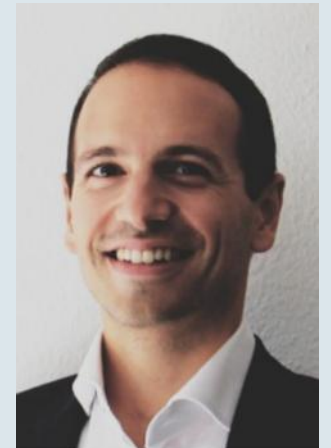
Register by 19 February to receive the
Zoom link & participate in the event:
<https://s.gwdg.de/Glq7vD>



Next Future Network Talk:

**PhD Leonardo
Gottlob
(Novo Nordisk)**

**12.06.2026
12:00-13:00**



What job opportunities do postdocs have? Learn from the experience of others in our online career talks

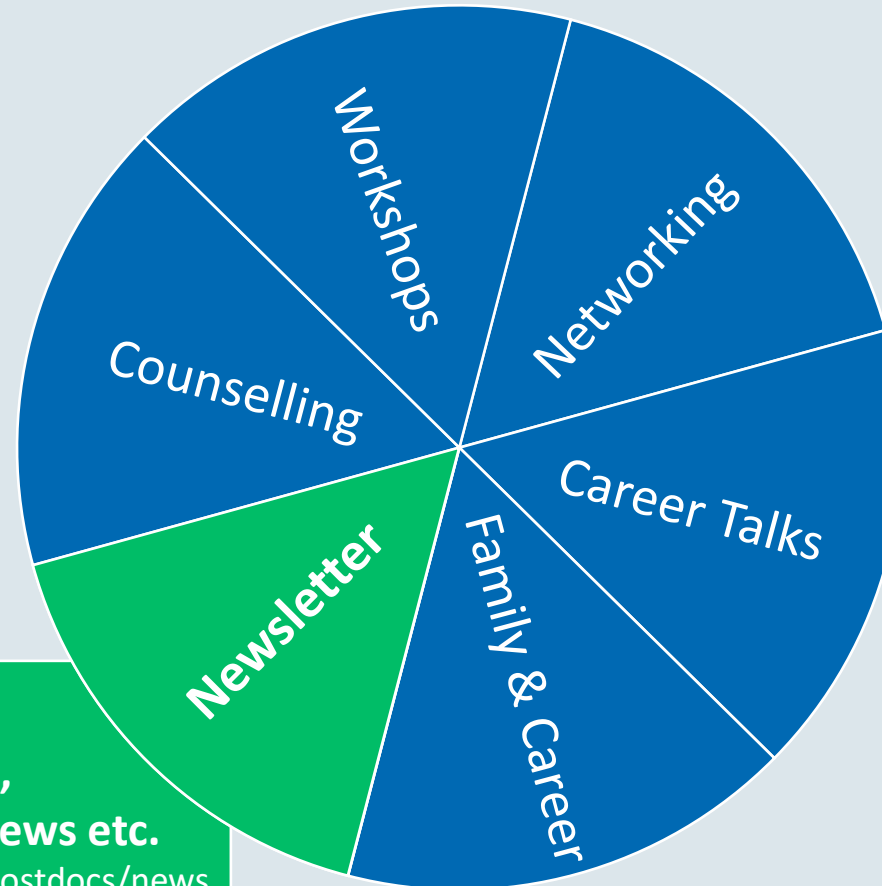
GGL – What we offer



workshops, panel discussions dedicated
to the topic of balancing family
responsibilities



GGL – What we offer



Monthly updates on up-coming workshops, events, open positions, fundings news etc.
sign up: www.uni-giessen.de/ggl/postdocs/news



GGL – What we offer

Counselling and coaching for researchers

regarding career strategies,
conflicts at work, work life
balance, family and career,
international mobility etc.



GGL – What we offered 2025

Career development workshops for postdocs in the life sciences

26.-28.02.25.	Advanced Python
28.04.-11.06.25	Project Management
19.05.25	Quality Control Advanced Light Microscopes
21.-22.05.25	Good Scientific Practice for Life Science Postdocs
04.09.25	Communicating research identity
20.10-05.12.25	Project Management
06.+12.12.25	Grant Writing



Workshops 2026

23.02-20.04.26	Resilience Training
23.04.26.	How to use digital lab Notebook ELabFTW NEW
10.-11.06.26	Good Scientific Practice for Life Science Postdocs
24.06.26	Funding Opportunities from DFG Stiftung for Postdocs (GGS, THM & MARA)
11.11.26	Family Support Structures – A checklist for Internationals (GGS, GGN, GGK, THM, ZfbK, Akd. AA)

More workshops coming soon...stay tuned!

You want something else?



THANK YOU & LET'S CONNECT

Join our newsletter:



postdocs@ggl.uni-giessen.de

Leihgesterner Weg 52, ground floor, room 19

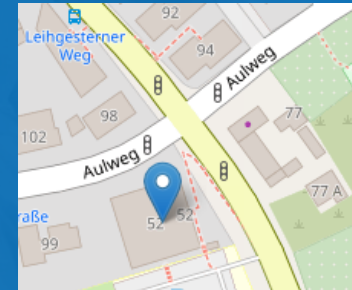
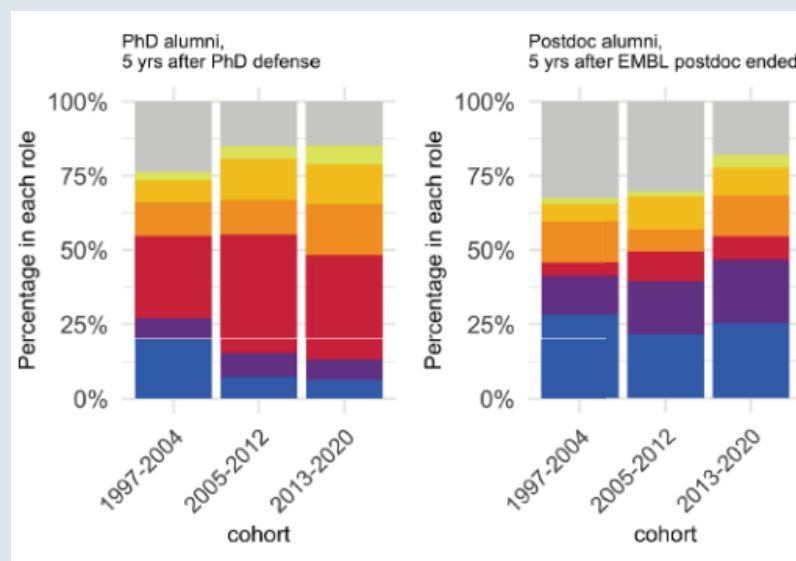




Figure 1. Career outcomes for EMBL alumni.

Charts showing percentage of PhD (left, n=800) and postdoc (right, n=1053) alumni in different careers five years after finishing their PhD or postdoc, for three different cohorts. Chart excludes 169 PhD students and 262 postdocs who have not yet reached the five- year time point.



Charts showing the percentage of PhD alumni from EMBL (blue column) in PI positions with the percentage of PhD alumni from Stanford University (grey column) in research-focused faculty positions

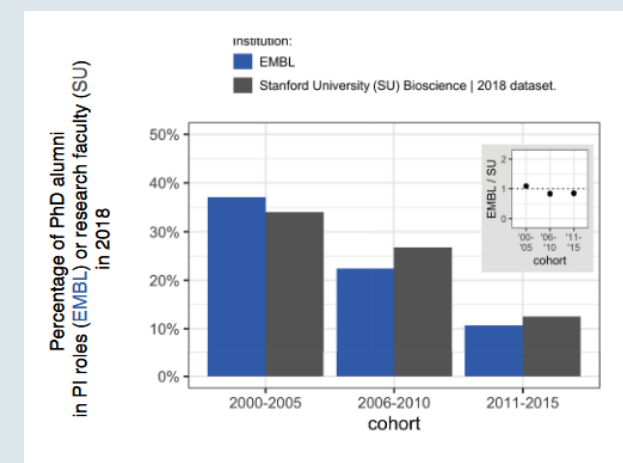


Figure 3. Gender differences in career outcomes.

Charts showing the percentage of female (n=415) and male (n=554) PhD alumni, and female (n=492) and male (n=823) postdoc alumni, in different careers in **2021**.

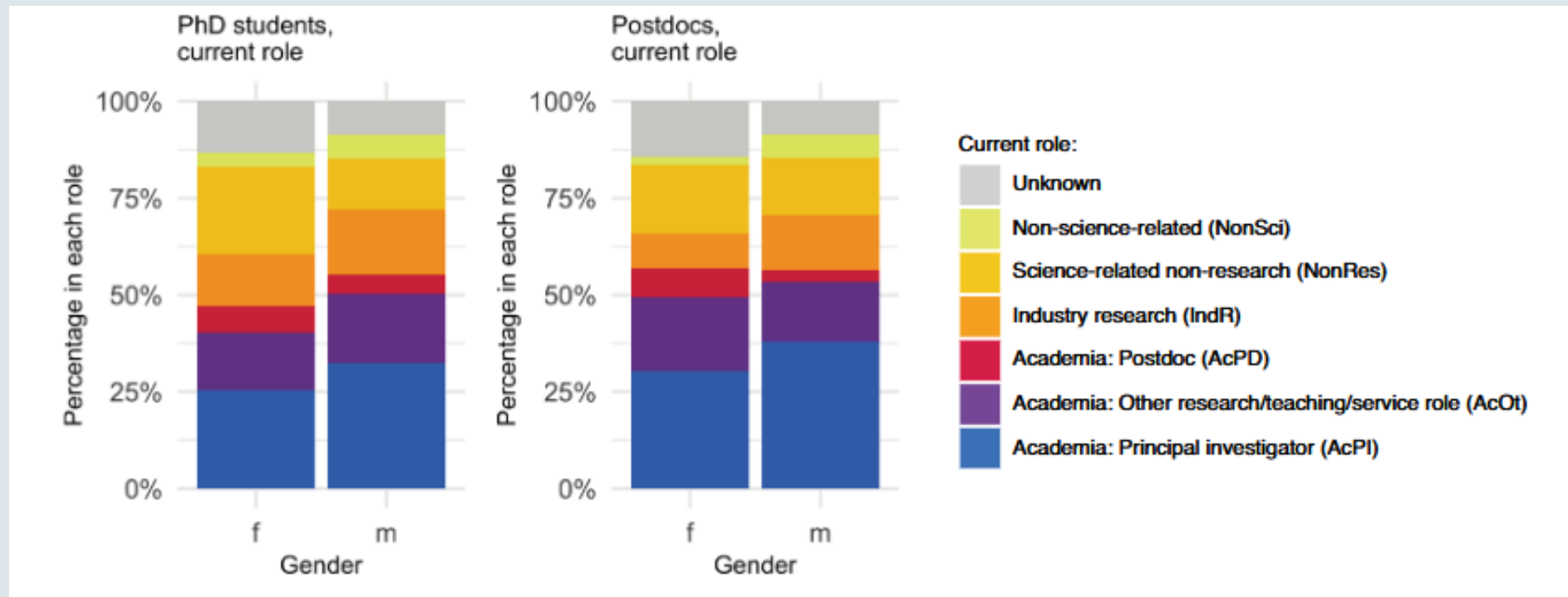


Table 1. Career outcomes for 2284 EMBL alumni

Career	PhD alumni	Postdoc	Total
Academia: PI (AcPI)	215 (22.2%)	421 (32%)	636 (27.8%)
Academia: Other (AcOt)	102 (10.5%)	281 (21.4%)	383 (16.8%)
Academia: Postdoc (AcPD)	168 (17.3%)	76 (5.8%)	244 (10.7%)
Industry research (IndR)	153 (15.8%)	179 (13.6%)	332 (14.5%)
Science-related Non-research (SciR)	178 (18.4%)	171 (13%)	349 (15.3%)
Non-science-related (NonSci)	47 (4.9%)	44 (3.3%)	91 (4%)
Unknown	106 (10.9%)	143 (10.9%)	249 (10.9%)
TOTAL	969	1315	2284

Table 2. Classification of Industry Research, Science-related Non-research and Non-science- related positions

Job function	PhD alumni	Postdoc	Total
Industry research			
R & D scientist*	138 (14.2%)	167 (12.7%)	305 (13.4%)
Entrepreneurship†	6 (0.6%)	8 (0.6%)	14 (0.6%)
Postdoctoral	7 (0.7%)	1 (0.1%)	8 (0.4%)
Business development, consulting & strategic alliances ‡	2 (0.2%)	3 (0.2%)	5 (0.2%)
Total	153 (15.8%)	179 (13.6%)	332 (14.5%)
Science-related Non-research			
Administration and training	35 (3.6%)	35 (2.7%)	70 (3.1%)
Business development, consulting & strategic alliances	38 (3.9%)	20 (1.5%)	58 (2.5%)
Tech support and product development	20 (2.1%)	24 (1.8%)	44 (1.9%)
Science writing and communication	16 (1.7%)	21 (1.6%)	37 (1.6%)
Data science, analytics, software engineering §	15 (1.5%)	13 (1%)	28 (1.2%)
Intellectual property and law	16 (1.7%)	10 (0.8%)	26 (1.1%)
Science education and outreach	10 (1%)	11 (0.8%)	21 (0.9%)
Clinical research management	8 (0.8%)	4 (0.3%)	12 (0.5%)
Regulatory affairs	5 (0.5%)	7 (0.5%)	12 (0.5%)
Clinical services/public health	4 (0.4%)	6 (0.5%)	10 (0.4%)
Sales and Marketing	4 (0.4%)	6 (0.5%)	10 (0.4%)
Healthcare provider	1 (0.1%)	8 (0.6%)	9 (0.4%)
Other	4 (0.4%)	2 (0.2%)	6 (0.3%)
Entrepreneurship	2 (0.2%)	2 (0.2%)	4 (0.2%)
Science policy and government affairs	0 (0%)	2 (0.2%)	2 (0.1%)
Total	178 (18.4%)	171 (13%)	349 (15.3%)
Non-science-related			
Data science, analytics, software engineering §	18 (1.9%)	25 (1.9%)	43 (1.9%)
Business development, consulting & strategic alliances	16 (1.7%)	4 (0.3%)	20 (0.9%)
Other (inc. retired)	7 (0.7%)	12 (0.9%)	19 (0.8%)
Entrepreneurship	5 (0.5%)	2 (0.2%)	7 (0.3%)
Administration and training	1 (0.1%)	1 (0.1%)	2 (0.1%)
Total	47 (4.9%)	44 (3.3%)	91 (4%)