

Life as an LLNL postdoc: Or how I learned to stop worrying and love the NNSA missions

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You've done a great job of giving yourself options, soon you'll need to make a decision.

- You worry about your experiment failing and your future.
- You have figured out what research you like, but don't know how that equates to high satisfaction in a job.
- Let me guess: you are trying to decide between academia, industry, and the national labs (DOD and DOE).



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There are many options available, but at some point you want to make an active choice



NNSA postdocs are not the same as university postdocs

- An NNSA postdoc is **not** a rite of passage
- NNSA postdocs are not glorified lab technicians
- NNSA lab conversion rates are much better than 1 in 7
- NNSA postdocs can afford steak (or expensive vegetables)



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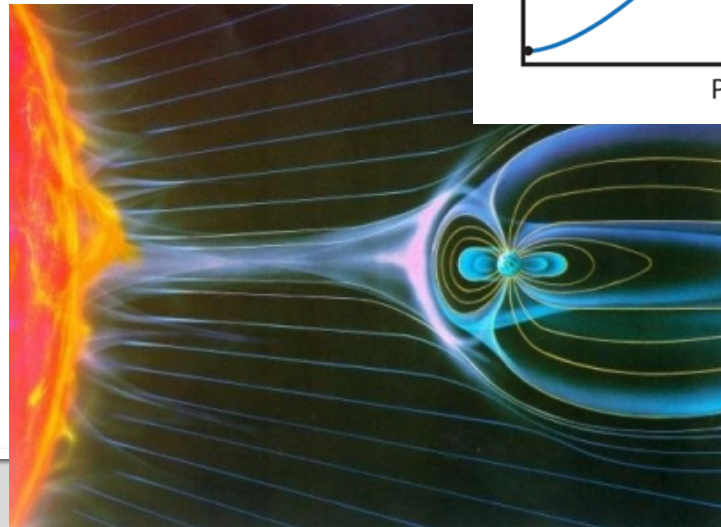
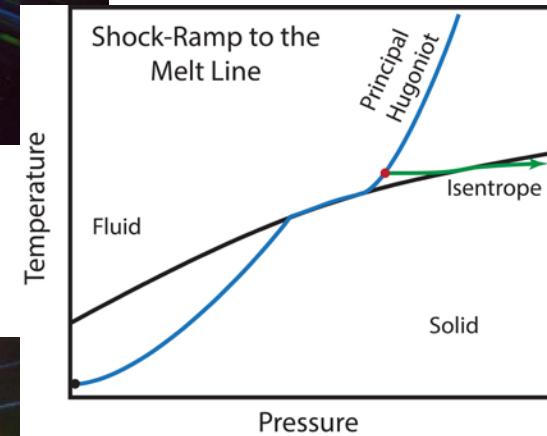
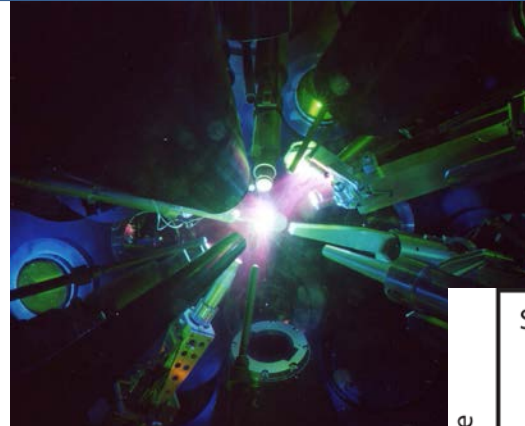
Credit: PhotoAto sas / Alamy

The Postdoc: A Special Kind of Hell

By Adam Ruben | Nov. 21, 2013, 11:30 AM

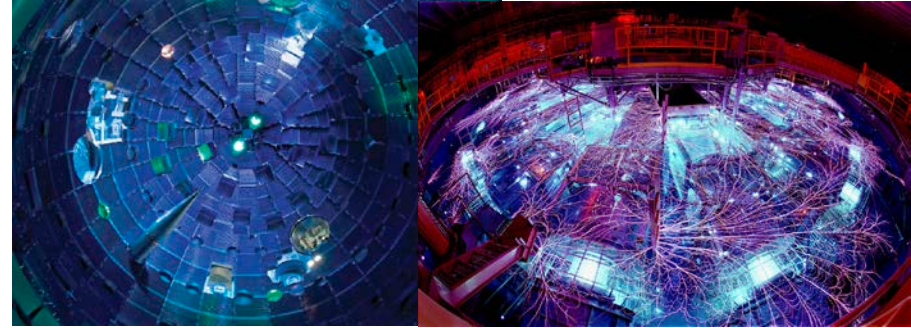
Focus of a NNSA laboratory postdoc

- Laboratory postdocs are focused on both *research* and *development*
- Development of platforms for measuring the melting curve at extremely high pressure
- Development set the stage for my current NIF Discovery science research (co-PI with Rus Hemley)



NNSA postdocs are an opportunity

- Get to do great science on some of the best facilities in the world
- Postdocs are your opportunity to interview the lab
 - What are the missions?
 - Process for big science?
- Postdocs are an opportunity to learn about yourself as a scientist
 - Patriotic by nature?



Find me, I would be happy to talk through the process with you

