

# Postdocs in the Netherlands

## Work Experiences & Career Prospects

FEBRUARY 2020



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### Definition

Postdocs are newly qualified researchers with a PhD, working autonomously in research at universities or related institutions but without a tenured contract.

### Respondents

676

### Universities

8

Female % Male % Neutral %

48 51 1

### Nationality %

Dutch Non-Dutch

46 54

Age Postdoc Age

34 y 31 months

### Fields %

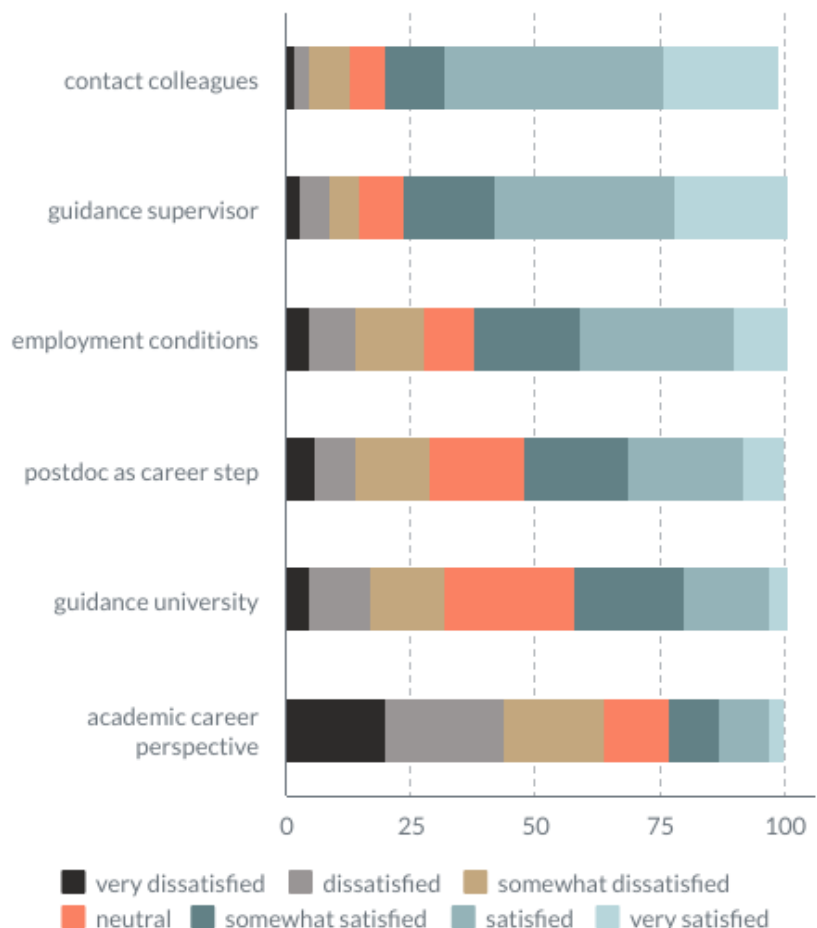
Natural Sciences 31

Social Sciences & Humanities 30

Medical & Health 21

Engineering & Technology 17

### Satisfaction



Postdocs are generally satisfied with several elements of their current position, specially the contact with their colleagues and immediate superior. However, they are less satisfied with career perspectives in academia and career guidance from their university.

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# Training & Career Preparation

Postdocs participate in several training modules and courses. However, 40% do not attend any training at all. Less than half of the postdocs feel encouraged by their supervisor(s) to invest, time and money, in career preparation and development.

## Training (self-reported)



- Grant writing (21.43%)
- BKO teaching (16.96%)
- Language course (15.18%)
- Postdoc Career Development Initiative (12.5%)
- Project Management (9.82%)
- Communication (8.93%)
- Leadership (8.04%)
- Personal effectiveness (5.36%)
- Entrepreneurship (1.79%)

## Career Preparation Activities (self-reported)

### Networking

51%

### Transferable Skills

32%

### Memberships Board/Council

13%

## Mental Health

39% of the postdocs experience four or more mental health problems (GhQ4+). This means that they are at risk of developing a psychiatric disorder, e.g. depression.



Constant Stress



Concentration Problems



Sleeping Problems



Unhappy & Depressed

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