| Module     | Learning Activity               | Instructions                                                                 |
|------------|--------------------------------|------------------------------------------------------------------------------|
| Module 1   | Identity Grid Activity          | Reflect on how you think about and define yourself.                          |
|            | Role Grid Activity              | Reflect on the transition you are going through and list a series of generic roles that postdocs have in their professional environment. |
|            | Community of Practice Diagram   | Create a diagram displaying your current research group and working relationships that exist across your group. |
|            | Mapping Your Goals Grid Activity| Reflect on your goals and expectations for your postdoc and develop a timeline for your postdoc and the milestones that will lead to your success. |
| Module 2   | Informational Interview Plan Grid Activity | Plan for an informational interview.                                      |
|            | Putting Your Career into Action | Identify obstacles and strategies to overcome obstacles on your pathway to success. |
| Module 3   | Resilience Action Plan          | Find an action plan for developing resilience.                               |
| Module 4   | Social Identity Grid Activity   | Identify your social identities (gender, race, sex orientation, etc.)          |