

I. Research Accomplishments		
Goal #1	Develop an alcohol+cannabinoid co-abuse paradigm with my fellow postdoc	Timeline
Steps/Training	I am already an expert in alcohol self-administration procedures and have gained expertise in gonadectomy surgeries (to compare sex differences in drug seeking/taking behavior). This year, I will hone my adolescent intravenous catheter implantation surgery techniques and improve Med-PC programming skills to write concurrent choice drug self-administration programs.	Summer-Fall 2016
Outcomes	Establish an alcohol+cannabinoid co-abuse procedure and preliminary data to use in an R21/R33 NIH grant proposal	Fall 2016- Spring 2017
Goal #2	Hone skills in state-of-the-art neuroscience/genetic techniques	Timeline
Steps/Training	I have conducted preliminary experiments using designer receptors exclusively activated by designer drugs (DREADDs) approaches as well as in vivo calcium imaging; I plan to hone these skills in the next year. In addition, I plan to learn optogenetic and RNA-seq approaches, as well as gain expertise in colony maintenance of transgenic rats bred for an ongoing imaging study.	Ongoing
Outcomes	Gain proficiency in these techniques (particularly DREADDs and RNA-seq) in order to craft my K01 proposal and develop a competitive independent research program	By June 2017 (and beyond)
Goal #3	Develop expertise in basic molecular biology/biochemistry techniques	Timeline
Steps/Training	In the past year(s) of postdoctoral training, I have become an expert in histology, vaginal cytology, and ELISA; I am proficient in Western blotting and immunohistochemistry, and plan to become an expert in these techniques as well as improving my cell culture, transfection/transformation techniques	Ongoing
Outcomes	Have expertise in these basic bench techniques that I can teach to others and bring these approaches to an independent lab	By June 2017 (and beyond)

2. Publication Record		
Goal #1	Publish 2 manuscripts in prep	Timeline
Steps/Training	To follow up on the recently-published paper, "Sex differences in reinstatement of alcohol seeking in response to cues and yohimbine in rats with and without a history of adolescent corticosterone exposure", two manuscripts ("Sex- and age-dependent effects of chronic corticosterone exposure on anxiety- and depressive-like behavior" and "Adolescent corticosterone exposure alters regulation of alpha2-adrenergic receptor sensitivity: possible role in stress-induced motivation for alcohol") are drafted and are in the final stages of editing before being submitted for publication.	Submitted Summer of 2016
Outcomes	2 first-author papers published	Accepted by end of 2016
Goal #2	Publish manuscript of ongoing project A	Timeline
Steps/Training	Finalize c-fos imaging to add to the already-completed behavioral data for the manuscript "Sex differences in the reactivation vs. extinction of alcohol-related memories"; draft and submit manuscript.	Submitted Fall of 2016

Outcomes	First-author paper published	Accepted by early 2017
Goal #3	Publish manuscript of ongoing project B	Timeline
Steps/Training	Complete two final cohorts of behavioral data, immunoblotting, and ELISAs for the manuscript "Effects of gonadal hormones on ethanol self-administration and reinstatement of ethanol seeking"; draft and submit manuscript.	Submitted by early 2017
Outcomes	First-author paper published	Accepted in 2017

3. Presentation Experience		
Goal #1	Department-level presentations	Timeline
Steps/Training	Oral/poster presentations at Translational Neuroscience Program Seminar; 17th Annual Department of Psychiatry Research Day	Spring 2017
Outcomes	Gain experience presenting to researchers in Psychiatry; receive feedback from clinical investigators to add translational context; foster in-institution collaborations	Ongoing
Goal #2	University-level presentations	Timeline
Steps/Training	Oral/poster presentations at 12th Annual Data & Dine Symposium; 2nd Annual UPBI Brain Day Symposium; Bridgeside Research Forum; UPPDA's Postdoc to Postdoc; Guest Lecture for Undergraduate Neuroscience Proseminar	Fall 2016-Spring 2017
Outcomes	Gain experience presenting to a wide audience; improve "elevator speech"	Ongoing
Goal #3	National-level presentations	Timeline
Steps/Training	Oral/poster presentations at Organization for the Study of Sex Differences (OSSD) Meeting; Research Society on Alcoholism (RSA) Meeting	Spring-Summer 2017
Outcomes	Gain experience presenting in specialized environments; will consider organizing a symposium for RSA; foster cross-institution collaborations	Ongoing

4. Professional Development		
Goal #1	Build professional skills (oriented to job searches) through on-campus seminars/workshops	Timeline
Steps/Training	Attend multiple seminars/workshops hosted by the Office of Academic and Career Development (OACD)/the Center for Doctoral and Postdoctoral Career Development (DCPD), University of Pittsburgh Postdoc Association (UPPDA), the Department of Psychiatry, and Women in Bio.	Fall 2016-Spring 2017
Outcomes	Use the knowledge gained at these seminars, along with collaboration and instruction by Dr. _____ and my mentoring team, to become a competitive candidate for a faculty position	Ongoing
Goal #2	Build critical thinking skills	Timeline
Steps/Training	Participate in local (Bridgeside TNP, Torregrossa lab) journal clubs; act as an ad hoc reviewer for manuscripts and internal grants submitted to WPIC review	Ongoing
Outcomes	Become a productive member of the scientific community	Ongoing
Goal #3	Gain teaching experience	Timeline
Steps/Training	This past Fall, I took the Pitt-CIRTL "Teaching in STEM" course; this fall, I plan to teach an undergraduate Neuroscience course (Drugs and Behavior); will also continue to volunteer to guest-lecture for Neuroscience courses and will participate in Coursera/CIRTL courses aimed at developing my teaching skills	Fall 2016; ongoing
Outcomes	Hone my teaching skills and improve my classroom technique to become a more competitive candidate for faculty positions in the future	Ongoing

5. Customized Career Criteria Relative to Career Goal

Goal #1	Build a strong mentoring portfolio	Timeline
Steps/Training	I have provided mentorship to my peers, graduate students, and undergraduate students for the past several years. I have had direct mentorship of four undergraduate students, one of whom is currently conducting his senior research project and who will likely also conduct an additional project under the Brackenridge Fall Fellowship.	Ongoing
Outcomes	Improve my skills as a mentor; assist students in becoming successful scientists	Ongoing
Goal #2	Maintain service to the University	Timeline
Steps/Training	I have served as the Communications and Networking Chair of the UPPDA for the past year and a half, and I plan to continue through my current term, and will be involved in UPPDA events/will advocate for postdocs for the duration of my appointment.	Through 2016
Outcomes	Gain experience with service components of career development; develop negotiating and team-building skills that will be necessary in a future faculty position	Click here to enter text.
Goal #3	Click here to enter text.	Timeline
Steps/Training	Click here to enter text.	Click here to enter text.
Outcomes	Click here to enter text.	Click here to enter text.

6. Research Independence Plan (if applicable)

Goal #1	Maintain a strong publication record	Timeline
Steps/Training	Continuously develop experiments; write manuscripts; submit to high-impact journals	Ongoing
Outcomes	Increase visibility in the field as an expert in sex differences in alcohol and drug abuse, establish collaborations, increase likelihood of funding	Ongoing
Goal #2	Submit both NIH and private foundation grants	Timeline
Steps/Training	I have attended the Psychiatry CARD seminar, have been involved in several Writing Blocks, and have met with the department chair to discuss my K-concept proposal. In addition, I have submitted both a NARSAD Young Investigator Award and a K12 BIRCWH proposal; though these did not get funded, my Neurobiology of Neurological Diseases T32 application was successful, and I was appointed to and renewed on the DSF Fellowship. I am a co-PI with my mentor as PI on an NIAAA R21 proposal set to be reviewed in July of 2016, and I plan to assist in writing a NIDA R21/R33 proposal focused on alcohol and cannabinoid co-abuse this fall. In early 2017, I plan to submit either a K01 as PI (pending departmental approval) or an R01 as co-PI focused on the mechanisms underlying sex differences in alcohol-motivated behavior, as well as a NARSAD Young Investigator Award focused on the role of ketamine in modulating alcohol-related and depressive-like behavior.	R21/R33 October 2016; NARSAD and K01 and/or R01 February 2016
Outcomes	Develop a pathway to independence while receiving outstanding mentorship and learning valuable techniques	Ongoing

Goal #3	Establish independent lab	Timeline
Steps/Training	I have taken advantage of the many career development seminars hosted by the department of Psychiatry, the UPPDA, and OACD/DPCD; I will continue to learn about the process of transitioning from a postdoctoral fellow to an independent scientist from these resources as well as the guidance of my mentoring team, and will begin to apply to and interview for faculty positions.	Preliminary job search starting Fall 2016
Outcomes	Secure a full-time, tenure-track faculty position	At conclusion of postdoctoral appointment