Networking and navigating social situations may feel like an insurmountable obstacle to progressing down a career track. However, it is critical to understand that building your network is about building relationships. It’s impossible to predict when someone will be an important contact in the future! Because of this, it is critical to be strategic about developing the relationships that comprise your network. The aim is to provide a toolkit for all participants to feel more empowered to engage in networking.

Tracy Costello, Ph.D., draws from an array of professional experiences to fuel her passion for improving the postdoctoral experience. She is the chair of the Board of Directors of the National Postdoctoral Association (NPA) and the director of the Office of Postdoctoral Affairs at Moffitt Cancer Center in Tampa, Florida. She earned her doctorate in biomathematics & biostatistics and human & molecular genetics, funded in part by an R25 predoctoral fellowship in cancer prevention, from The University of Texas MD Anderson UTHealth Graduate School of Biomedical Sciences in Houston. During her postdoctoral training at MD Anderson Cancer Center, she additionally served as the chair of her local postdoctoral association and on the NPA Board of Directors, and subsequently transitioned to staff positions in academia and industry. She returned to MD Anderson in 2012 to expand the Office of Postdoctoral Affairs and was subsequently recruited to Moffitt Cancer Center in 2017 to create a new office.