

**Listing of All Events (more info on each event found below):**

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**Career/Professional Development Events:**

- [S.T.E.M. Educational Outreach Opportunities – Workshop and Info Session](#)
- [Postdoc Seminar Series – Call for Speakers for Next Session on Tuesday, February 17th](#)
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**Career/Professional Development Events:**

- **S.T.E.M. Educational Outreach Opportunities – Workshop and Info Session**

Science, Technology, Engineering, and Mathematics (S.T.E.M.) educational outreach entails working with children and young adults to increase their knowledge in S.T.E.M. areas and awareness of S.T.E.M. careers. Participation in outreach programs can be an immensely rewarding experience with great benefits for all involved. For postdocs, educational outreach builds teaching and mentoring skills and demonstrates one's interest in education.

This 90 minute workshop and info session will be co-led by Kelley Remole, the Director of Neuroscience Outreach at the Zuckerman Institute of Columbia University; Emily Ford, the Director of Outreach at Fu Foundation School of Engineering and Applied Sciences at Columbia University; and Rory Flinn the Director of the Office of Postdoctoral Affairs. The session will cover what S.T.E.M. outreach entails, ways for postdocs to get involved, and the benefits of participating in outreach programs. Additionally, there will be a discussion about teaching careers, particularly at the college level, and ways that participation in outreach programs can help one bolster their teaching and mentoring interests and experiences to be competitive for these careers. Lunch will be provided.

Date: Wednesday, February 4<sup>th</sup>

Time: 12:00-1:30 PM—Lunch provided

Location: Medical Campus, Russ Berrie Building (168th St and Saint Nicholas Ave), Room 1 (entrance floor across from Security Guard Desk)

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76304>

- **Postdoc Seminar Series – Call for Speakers for Next Session on Tuesday, February 17th**

This is a call for speakers for our next Postdoc Seminar Series session taking place on Tuesday, February 17<sup>th</sup>. Campus location of the session will depend on campus location of speakers. Postdocs interested in being a speaker at the February 17<sup>th</sup> Postdoc Seminar Series session should email [rf2531@cumc.columbia.edu](mailto:rf2531@cumc.columbia.edu).

The Postdoc Seminar Series is a monthly seminar series given by Columbia University postdocs featuring:

**A “TED” style talk** - A 10-15 minute presentation designed for a broad audience. Lose the jargon and data rich slides and tell us the story of your research to convey its significance. This format is ideal for those on or soon to be on the job market.

**A traditional research seminar** – A 20-30 minute standard research seminar presentation. Set up the context of your research and then show us your experimental approach, data, and conclusions. We'll give you feedback and perhaps a perspective you had not thought of before.

To occur at noon on the 3<sup>rd</sup> Tuesday of each month - free lunch provided. All postdocs are encouraged to attend and learn about the research projects being undertaken by their Columbia postdoc peers.

- **Career Management Workshop for Postdocs: Reflect, Plan, and Act to Create Your Own Success**

Conducting postdoctoral research can be one of the busiest times in one's life. Time might seem to pass slowly during your training, until you realize one day that 2-3 years have elapsed and you begin feeling anxious about your career trajectory. You might contemplate what you need to get done and when you will be able to find the time get everything done in the limited amount of time you have left in your training. Alternatively, perhaps you are in the initial phase of your postdoctoral training and feel like you are lacking the structure you need to successfully advance to the next stage in your career or are uncertain what the next stage in your career would entail. Do any of these scenarios resonate with you?

In this 90 minute interactive workshop, led by Rory Flinn, career management will be discussed in practical terms, with suggestions for tangible career management strategies and activities that busy postdocs will be able to carry out. The workshop will cover career exploration strategies, determining what needs to get done to advance to the next career stage, developing a plan to reach the next career stage, and carrying out a career management plan.

**Date:** Friday, February 20<sup>th</sup>

**Time:** 12:00-1:30 PM

**Location:** Medical Campus, Hammer Health Sciences Building, room LL205

**Registration:** <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76540>

- **Winter Career Counseling Sessions**

Did you know that the Office of Postdoctoral Affairs offers one-on-one career counseling to postdocs? These individualized sessions are intended for you to discuss career-related topics such as career exploration strategies and how to initiate a job search inside or outside of Academia. Alternatively one could utilize this session to receive feedback on their CV, resume, and/or cover letter, or participate in a mock interview.

Winter Career Counseling Hours: Tuesdays, 11am-2pm and Wednesdays, 2:30pm-4:30pm. Please see <http://postdocs.columbia.edu/careerdevelopment.html> for instructions on how to sign up for a career counseling session.

- **Office of Postdoctoral Affairs LinkedIn Group – Job ads and Career articles**

Do you have a LinkedIn account? If not, you should – networking is invaluable for landing the position you will seek following your training. If you do have a LinkedIn account, you should strongly consider joining the Columbia University Postdocs and Postdoc Alumni Group on LinkedIn. You can join the private group by searching for 'Columbia University Postdocs and Postdoc Alumni' under groups and submitting a request to join. The group has grown to 630 members, and beyond current Columbia Postdocs, there are also numerous Columbia Postdoc Alumni members that are employed across many different career sectors belonging to the group. The Office of Postdoctoral Affairs frequently receives position openings and job ads from employers both within and outside of Academia and we post these job ads exclusively on the LinkedIn group page. We also post relevant and timely career articles and pieces about the job market, professional and career development topics, and advice columns. Join the group today to start taking advantage of this great resource!

- **Office of Postdoctoral Affairs Website**

Did you know that the Office of Postdoctoral Affairs (OPA) maintains a website ( <http://postdocs.columbia.edu/> ) containing a wealth of information for postdocs? What types of information can be found on the OPA webpage? The Postdoc handbook with policies and procedures around being a postdoc at Columbia, the OPA monthly events calendar, funding opportunities, as well as career resources with listings of groups to join, webpages to browse, and job search sites to utilize. This is by no means an exhaustive list, so be sure to take a spin through the OPA webpage to see what information is most relevant and helpful to you. If you feel there are pieces of information that should be added to the OPA webpage that are not currently there, please let us know, as we are always looking to provide the most relevant and useful information to Columbia Postdocs.

## Social/Networking Events:

- **Postdoc Weekly Coffee/Tea Hour – Morningside**

These coffee/tea hours are a great way for you to meet other postdocs and hear about upcoming events. The coffee/tea hour is informal and you can stop by for as long as you would like.

### Morningside

Date: Thursday, February 5<sup>th</sup>  
Time: 3:00PM – 4:00PM  
Location: Schapiro Building (CEPSR), room 1021 (10<sup>th</sup> floor)