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Career/Professional Development Events:

- **Postdoc Seminar Series**

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 3rd 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.

**campus location, Morningside or Medical Campus, will vary based on speakers for session.*

****Our 4th session will take place Tuesday, February 17th featuring the following talks:**

Does alcohol really affect inhibition in the brain?

(TED-style talk)

By Rola Bekdash, *Department of Anesthesiology*

And

Deciphering the genetic regulatory networks involved in T-cell Acute Lymphoblastic Leukemia pathogenesis

(Traditional research seminar)

By Giusy Della Gatta, *Institute of Cancer Genetics*

CUMC

Date: Tuesday, February 17th

Time: 12:00pm—1:00pm

Location: Hammer Building, room LL209 A/B

- **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 20th

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>

- **Preparing for a career in Science Policy**

Come to one of these 90 minute talks to learn about a variety of science policy careers open to PhD students and postdocs. Each talk will cover the types of fellowships that individuals can obtain to help explore these science policy careers, how one can become competitive for these positions, and what opportunities are available at specific institutions for students and postdocs. The sessions will be led by Yaihara Fortis-Santiago, PhD, the manager of the Science Alliance at the New York Academy of Sciences (NYAS). Yaihara obtained her bachelors' degree in Biology from the University of Puerto Rico and her doctoral degree in Neuroscience from Brandeis University. In 2014 she completed the Science and Technology Policy Fellowship under the American Association for the Advancement of Science (AAAS), where she was assigned to work at the National Science Foundation (NSF).

Morningside

Date: Tuesday, February 24th

Time: 2:00-3:30 PM

Location: Fayerweather building, room 313

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76720>

Medical Campus

Date: Wednesday, February 25th

Time: 3:00-4:30 PM

Location: Russ Berrie Medical Science Pavilion, Room 1

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76721>

- **Applications Beyond Academia Part I: The Resume**

Resumes are marketing documents that, ideally, in 30 seconds or less, convince a potential employer that she should learn more about you. This hands-on workshop will provide guidelines for building powerful, communicative, and individualized resumes that will get you one step closer to an interview. Attendees will learn: 1) how to read a job ad effectively; 2) how to tailor a resume to a specific job ad; 3) how to format a resume appropriately; 4) and how to individualize and balance a resume – so that it is both informative and noticeable. Attendees will have opportunity to share resumes and to receive feedback and advice.

Date: Thursday, February 26th

Time: 5:00-6:30 PM

Location: Morningside Campus, room location to be sent upon registration

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76719>

****Limited to 25, those who register/attend session will have priority for signing up for a 1 on 1 career counseling session with the postdoc career counselor, Ruth Longobardi, for the month of March.

- **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.

- **Panel Session on Science/Medical Writing and Editing Careers**

A panel focused on careers in science/medical writing and editing will take place in the early evening of February 27th at Columbia University. This career panel session is part of a monthly career panel series for doctoral level graduate students and postdocs at Columbia University. The goal of the career panel series is to expose trainees to a broad range of career options available to them and provide a forum for trainees to learn about the experiences of individuals who have transitioned into these careers following their graduate or postdoctoral training. The panelists will respond to moderated questions in the first half of the event, after which questions from audience members will be addressed.

The panelists include:

Deb Aronson, PhD
Associate Medical Editor at MedEdNow, LLC

Jeffrey Miller, PhD
Medical Director at BGB New York

Anna Azvolinsky, PhD
Freelance science writer/journalist: <http://annaazvolinsky.com/>

Rocio Cortes, PhD
Assistant Editor at American Physical Society (APS Physics)

Thalyana Smith-Vikos, PhD
Senior Journal Development Editor at BioMed Central

Date: February 27th, 2015

Time: 6:00-7:30 pm with networking reception from 7:30-8:30 PM with light refreshments.

Where: Medical Campus, Hammer Health Sciences Building, room 301

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76722>

- **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 – CUMC**

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.

CUMC

Date: Thursday, February 12th
Time: 3:00PM – 4:00PM
Location: Hammer Building, room 316