

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

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**Career/Professional Development Events:**

- [Preparing for a Career in Science Policy—CUMC and Morningside](#)
- [Applications Beyond Academic Part I: The Resume](#)
- [Winter Career Counseling Hours](#)
- [Panel Session on Science/Medical Writing and Editing Careers](#)
- [Strategic Communication Workshop Series—Session 1: Conflict Management](#)
- [Ashfield Healthcare Communications Info Session](#)
- [Postdoc LinkedIN Group](#)
- [OPA Website](#)

**Social Events:**

- [Postdoc Coffee/Tea Hour—CUMC](#)

**Career/Professional Development Events:**

- **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 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 27<sup>th</sup> 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 Director 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

Sebastien Thuault, PhD  
Scientific Editor at Nature Publishing Group

Date: February 27<sup>th</sup>, 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  
RSVP: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76722>

- **Strategic Communication Workshop Series – Session 1: Conflict Management**

Conflict in the Lab; A day in the Life of a Postdoc: Concepts and Tools for Managing Interpersonal Conflict

Conflicts, small and large, arise frequently in work settings. Often, postdocs conduct their research in a group setting where resources, equipment, time and effort are limiting. Conflicts may appear over time spent on a piece of equipment (e.g. a tissue culture hood) or when a coworker fails to place an order for a reagent after they have used it up. Conflicts also may come about over hours spent in the lab or on taking a vacation which can greatly impact a postdoc's life. There are approaches to managing conflicts that postdocs would be well served to learn. These approaches would be helpful for postdocs to utilize while in their postdoctoral training as well as down the road when they are leading their own research group or are in another management type of position.

This 90 minute workshop, led by Joan Waters, the Ombuds Officer of Columbia University, will cover what conflict entails, sources of conflict, varying styles of conflict resolution, approaches to manage conflicts, strategies for having a difficult conversation, and tips for mitigating conflict when in a management role. The workshop will be interactive in nature with postdocs putting into practice conflict management techniques on typical conflicts that postdocs may encounter.

This conflict resolution workshop is the first workshop of a series of workshops focused on strategic communication that has been organized for this Spring. Other workshops in the series will be on negotiation, communicating strategically, self-promotion, and setting work-life boundaries.

**Date:** March 5<sup>th</sup>

**Time:** 12:00-1:30 PM – Lunch Provided

**Location:** Medical Campus, Russ Berrie Medical Pavilion, Room 1

**Registration:** <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76963>

- **Ashfield Healthcare Communications Info Session**

Ashfield Healthcare Communications will host an Information Session on Wednesday, March 11<sup>th</sup>, 2015 from 4:00 pm to 6:00 pm on the Columbia University Medical Campus in the Russ Berrie Medical Pavilion, Room 1. This will be a 2-hour information session inviting postdocs and advanced degree candidates from life sciences and the medical school to learn about Ashfield Healthcare Communications and the Medical Communications career opportunities within our agencies.

A slide deck will be presented to give an overview of the company and then will feature a Q&A time where postdocs/prospective grads may ask career path/day-in-the-life questions of the staff. The session will then wrap up with informal networking time. Employees of Ashfield who are proud Columbia U. alumni and other

organization representatives will provide testimonials on what their roles are like and their own educational and career paths in Medical Communications.

Ashfield, part of UDG Healthcare PLC, is an international healthcare services organization that redefines outsourcing. Their mission is to partner with our clients, improving lives by helping healthcare professionals and patients get the medicines, knowledge and support they need.

Ashfield Healthcare Communications, an Ashfield company, is a global leader in medical communications. They recruit the best and the brightest advanced degree grads in Life Sciences, PharmD's, MD's and post-doc grads as Medical Writers, Scientific Directors and Account Managers to provide the following services:

Publication Planning & Medical Writing  
Scientific PR  
Strategic Communications  
Creative Services  
Digital Strategy & Solutions  
eLearning & Training  
Healthcare Strategy Consulting  
External Expert Programs  
Live & Virtual Meetings  
Medical Education

Date: Wednesday, March 11<sup>th</sup>

Time: 4-6 PM

Location: Medical Campus, Russ Berrie Medical Pavilion, Room 1

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77054>

- **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 26<sup>th</sup>  
Time: 3:00PM – 4:00PM  
Location: Hammer Building, room 316