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Career/Professional Development Events:

- **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. March sessions are now available for sign up.

- **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, March 17th featuring the following talks:**

Does alcohol really affect inhibition in the brain?

(TED-style talk)

By Rola Bekdash, *Department of Anesthesiology*

And

Single Molecule Studies of DNA Double-strand Break Repair

(Traditional research seminar)

By Bryan Gibb, *Department of Biochemistry & Molecular Biophysics*CUMC

Date: Tuesday, March 17th
Time: 12:00pm—1:00pm
Location: Hammer Building, room LL209 A/B

- **Strategic Communication Workshop Series Session 2: Negotiation and Emotional Intelligence Workshop**

This workshop will be led by Professor Robert (Bob) Bontempo of the Columbia University Graduate School of Business. Bob Bontempo's Negotiations Strategies has over the years been one of Columbia Business School Executive Education's most popular programs. Weaving logical reasoning and sometimes counter-intuitive approaches with the latest insights from behavioral science and psychology, Professor Bontempo offers a rigorous review of negotiation strategies and approaches.

Along with proven, demonstrably effective approaches to negotiation, the workshop will incorporate detailed discussions of decision heuristics and biases, mental traps, and related considerations, and how they impact negotiations and decision-making. Throughout the workshop, emphasis will be on reasoning clearly to identify stakeholder interests, to determine negotiation objectives and acceptable outcomes, and to conduct effective and ethical negotiations. During this 2 hour workshop, participants will integrate classroom learning and theory with real-world practice, and apply workshop concepts and insights in detailed role-play negotiation exercises and simulations.

Date: Friday, March 20th

Time: 12:15-2:15 PM. **Please arrive promptly.** Due to interactive nature of workshop, late arrivals will not be admitted. Lunch will be provided beginning at 12 PM.

Location: Medical Campus, P&S Building, Room 16-405

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77222>

**** Space is limited to 50 attendees for this workshop, so please only register if you are certain you will be in attendance.

- **Postdoctoral Fellows Tax Info Session**

OPA will be hosting a Q&A tax info session for Postdoctoral Research Fellows and Postdoctoral Clinical Fellows (Clinical Fellows on stipends). Mr. Alan Koslin, Tax Specialist from H&R Block will be here again to answer your tax questions. Please note that this is not a tax workshop but an opportunity to get some of your tax questions answered by a tax expert. All postdoctoral fellows university-wide are welcome to attend.

CUMC

Date: Friday, March 20th, 2015

Time: 2pm - 3:30pm

Location: Russ Berrie Medical Pavilion, room 2

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77370>

- **Panel Session on Research and Academic Administration Careers:**

A panel focused on careers in research and academic administration will take place in the early evening of March 25th 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, who have training backgrounds in the fields of Astrophysics, Biology, Psychology, and Political Science include:

Ellie Schmelzer, PhD

Associate Director in the Office of Career Strategy at Yale University

Aderemi Dosanmu, Ph.D

Biological Safety Officer in the Environmental Health and Safety Office at Columbia University

Bernard A. Polnariiev, Ph.D.

Administrative Executive Officer for Academic Affairs at LaGuardia Community College

Ashley Jester, PhD

Data Services Coordinator for the Social Sciences Libraries at Columbia University

Date: March 25th, 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=77373>

- ***Applications Beyond Academia Part II: The Interview***

Very often the recipe for a successful interview is a combination of practice, preparation, and confidence; it is about knowing what to expect while being prepared for the unexpected. This workshop will focus on: 1) how to practice and prepare for interviews outside academia; 2) different styles and types of interviews; 3) sample questions and effective responses; 4) appropriate behavior, dress, and follow-up etiquette. Attendees will have opportunity to practice responses to several key questions and to ask questions about areas of concern.

Date: Thursday, March 26th

Time: 5:00 – 6:30 p.m.

Location: Morningside Campus, specific room location will be sent upon registration

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77374>

*****Limited to: 25. Attendees will have priority for signing up for an individual career counseling session with Ruth Longobardi in the month of April.

- **Communications Skills Workshops for Non-Native English Speakers**

Improving Intelligibility: Intonation, stress, and pitch

One of the keys to being understood and understanding native English speakers is tackling English intonation, stress, and pitch patterns. There is nothing that transforms your spoken English more than an understanding of how English prosody works. In this workshop, we look at the “musicality” of English—we take apart and then practice intonation, sentence and word stress, and pitch.

MorningsideDate: Thursday, March 26th

Time: 1:00pm—3:00pm

Location: TBD

Registration required: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77357>CUMCDate: Friday, March 27th

Time: 1:00pm—3:00pm

Location: Hammer Building, room 404

Registration required: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77358>**Improving Intelligibility: Connected Speech**

How can our spoken English sound more native-like? How can we make ourselves more intelligible to native speakers? In this workshop, we practice the systematic way in which native speakers create “speech flow” which is the result of connected speech. We look at the consonant-vowel patterns important to connected speech and practice and practice them in context. The combination of understanding English prosody and deconstructing speech will transform your spoken English.

MorningsideDate: Thursday, April 9th

Time: 1:00pm—3:00pm

Location: TBD

Registration required: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77359>CUMCDate: Friday, April 10th

Time: 1:00pm—3:00pm

Location: Hammer Building, room LL208A/B

Registration required: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77360>

- **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, March 19th
Time: 3:00PM – 4:00PM
Location: Schapiro (CEPSR), room 414

- **New Postdoc Orientation**

In an effort to acclimate new postdocs to Columbia University, we would like to offer a first look at the resources available at the university. Discussion includes a brief rundown of benefits and the services available to Postdocs University wide and through the Office of Postdoctoral Affairs. Postdoc orientation is held every other month and rotates between the Morningside Campus and the Medical Center campus. Our July orientation will be held at the Medical Center Campus. If you know a new postdoc here, please share this information with them, as they might not yet be on the postdoc mailing list.

Morningside

Date: Thursday, March 19th
Time: 4:30pm—5:30pm
Location: Hamilton Hall, room 302

Please email cupostdocs@gmail.com to RSVP.

- **Postdoc Happy Hour!**

It's that time again! Take a break from your research and join us at our next Happy Hour! We'll have drink tickets and some appetizers—while they last!

Morningside

Date: Thursday, March 19th
Time: 6:00pm-8:00pm
Location: Amsterdam Restaurant (lounge area downstairs)
(1207 Amsterdam Ave)