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Career/Professional Development Events:

- **Spring 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. April sessions are now available for sign up.

- **F1000 Workshop and Happy Hour for Columbia University PhD students, Postdocs and Faculty**

Faculty of 1000 (F1000) is an online compilation of powerful tools that provides scientists and clinicians with a broad range of services for the rapid discovery, assessment and publication of research. It comprises the largest group of leading experts in biology and medicine.

Student and faculty access to F1000 at Columbia University Medical Center (CUMC) has been made possible by the Augustus C. Long Health Sciences Library. F1000 features the following scientific tools ;

F1000Prime - Personalized recommendations of the best research articles in biology and medicine by the world's largest group of leading scientists and clinicians.

F1000Research - An open science publication platform for life scientists that offers rapid publication and transparent peer review.

F1000Posters - An open access repository for posters and slide presentations in biology and medicine that is free to view and deposit.

The F1000 workshop will be led by Kinga Hosszu PhD, Outreach Director with F1000 Americas, and Cesar Berrios-Otero PhD, Outreach Director with F1000Research Americas. This hands-on presentation will introduce the audience to the F1000Prime recommendations database that highlights important articles in biology and medicine. The audience will learn how to integrate personalized F1000Prime recommendations into their daily workflow and save time in order to keep up with research in their field. Additionally, they will discuss how the online publishing platform, F1000Research aims at bringing the “youtube experience” to science publishing.

The F1000 workshop will be followed by a less formal talk given during a happy hour entitled: Pipettes, tweets, and selfies: Research in the age of social media. The talk explores how social media influences the way scientists publish and communicate their results. The presentation examines how Twitter, Facebook, Google+, etc. can be used as educational platforms for issues that matter to scientists. In an era of ever dwindling funding sources, these social media platforms can be utilized to raise funds to answer pressing research questions. This information will benefit scientists allowing them to quickly grow their sphere of influence, disseminate information about select publications, and foster interaction with peers and the public at large.

This event is being cosponsored by Columbia University’s Office of Postdoctoral Affairs and the Augustus C. Long Health Sciences Library.

Date: Tuesday, April 28th

Time: 4:00-6:00 PM

Location: CUMC, Hammer Health Sciences Building, LL204. Happy hour will occur in a different location which will be communicated to those attending the workshop.

Registration: <http://cumc-f1000workshop.eventbrite.co.uk/>

- **Panel Session on Teaching and Education Careers**

A panel focused on careers in teaching and education will take place in the early evening of April 29th 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 veterinary medicine and parasitology, developmental biology, metabolism and nutrition, chemical engineering, chemistry and biochemistry, as well as genetics include:

Amy Savage, PhD

Assistant professor of Biology and Director of Citizen Science Program at Bard College

Matthew Marcello, PhD

Assistant Professor of Biology at Pace University

Jeanne Garbarino, PhD

Director of Science Outreach at Rockefeller University

Elizabeth Biddinger, PhD

Assistant Professor of Chemical Engineering at City College in New York

Mandë Holford, PhD

Associate Professor of Chemistry and Biochemistry at Hunter College
Research Associate of Invertebrate Zoology at the American Museum of Natural History

Daniel Concepcion, PhD
NYC Teaching Fellow, Biology and Chemistry Teacher at the Bronx Theatre High School

Date: Wednesday, April 29th
Time: 6:00-7:30 PM (panel); 7:30-8:30 PM (networking reception)
Location: Morningside Campus, [Davis Auditorium](#) in the CEPSR Building
RSVP: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78057>

- **Step Up: Build Confidence and Get Comfortable with Self-Promotion**

This interactive workshop will be held on Thursday, May 7th from 2:00-3:30 pm in Hamilton Hall, room 516 on the Morningside Campus. The workshop will focus on how trainees can develop and enhance their self-confidence, overcome impostor syndrome, and change limiting beliefs. The workshop will also cover how trainees can use self-promotion as a part of a strategy for achieving their personal mission as well as how trainees can uncover and get over internalized taboos and prohibitions against self-promotion.

The workshop will be led by Sherry A. Marts, Ph.D., the CEO of S*Marts Consulting, LLC. Sherry received her B.Sc. (Hons.) in Applied Biology from the University of Hertfordshire, and her Ph.D. in Physiology from Duke University. She has a wide-ranging background in biomedical research, regulatory affairs, nonprofit management, public education, and advocacy. Through S*Marts Consulting, she offers executive and career coaching with an emphasis on career and leadership development for women in science, technology, engineering, and mathematics. Dr. Marts is an experienced mentor, a Radical Honesty™ coach, and meditation teacher. She is co-author (with Raven Dana) of *The Book of How: Creating the Life You Want*. She is an expert speaker and workshop leader with a lively personality and sense of humor.

The workshop is being cosponsored by the Office of Postdoctoral Affairs and Women in Science at Columbia (WISC).

Date: Thursday, May 7th
Time: 2:00-3:30 PM
Location: Hamilton Hall, room 516 on the Morningside Campus
Registration: (Limited to 38): <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78224>

- **Just Say No: How to Reduce Stress, Create Ease, and Still Get It All Done**

This interactive workshop will be held Friday, May 8th from 11AM-12:30 pm in Hammer Health Sciences Building, room LL205 on the Medical Campus. The workshop will focus on the basics of how trainees can begin reducing stress, including how one can give up on work-life balance and go for overall satisfaction instead. The workshop will delve into how one can get over the “shoulds,” figure out what they really want, and reveal their authentic self. Trainees will learn how to say “No” to what they don’t want, say “Yes” to what they do want, and give up being “nice” in favor of being kind (to others and to themselves). The workshop will also discuss the formula for effective communication: simple, clear, honest, and direct.

The workshop will be led by Sherry A. Marts, Ph.D., the CEO of S*Marts Consulting, LLC. Sherry received her B.Sc. (Hons.) in Applied Biology from the University of Hertfordshire, and her Ph.D. in Physiology from Duke University. She has a wide-ranging background in biomedical research, regulatory affairs, nonprofit management, public education, and advocacy. Through S*Marts Consulting, she offers executive and career coaching with an emphasis on career and leadership development for women in science, technology, engineering, and mathematics. Dr. Marts is an experienced mentor, a Radical Honesty™ coach, and meditation teacher. She is co-

author (with Raven Dana) of *The Book of How: Creating the Life You Want*. She is an expert speaker and workshop leader with a lively personality and sense of humor.

The workshop is being cosponsored by the Office of Postdoctoral Affairs and Women in Science at Columbia (WISC).

Date: Friday, May 8th
Time: 11:00-12:30 PM
Location: Hammer Health Sciences Building, room LL205 on the Medical Campus
Registration: (Limited to 44): <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78225>

- **KiiLN: A Panel Session on How a Group of Postdoc Entrepreneurs Launched a Biotech Incubator**

In the Fall of 2012, five postdocs at Mount Sinai teamed up to create a physical hub for the growing entrepreneurial life sciences community in New York City. They founded KiiLN, Keystone for Incubating Innovation in Life Sciences Network, and set out to identify a site in Manhattan and build an incubator, or co-working space, for therapeutics start-ups. Through hours of hard-work, numerous meetings, multiple grant applications and a handful of high-level fundraising pitches, KiiLN established itself as a key player in the New York biotech scene. KiiLN has now partnered with Cambridge BioLabs to build an incubator in Manhattan (NYCityLabs) that will add to an expanding network of sites including LabCentral in Cambridge, Massachusetts. KiiLN will run the education/acceleration programming including seminars and business development mentoring that will help the start-ups in NYCityLabs succeed.

A panel session with the founders of KiiLN will be held on Tuesday, May 12th from 6:00-7:30 PM with a brief networking reception from 7:30-8:00 PM on the Medical Campus in Russ Berrie Medical Pavilion, Room 2. The event is being cosponsored by the Office of Postdoctoral Affairs and Women in Science at Columbia (WISC). The panelists will address moderated questions about how the KiiLN idea came about and was translated into reality as well as how this project had influenced their careers. The panelists include:

Merina Varghese, PhD
Postdoctoral fellow in the Department of Neuroscience, Icahn School of Medicine at Mount Sinai

Ilse Daehn, PhD
Assistant Professor in the department of Medicine in Icahn School of Medicine at Mount Sinai

Yana Zorina, PhD
Scientist at Acorda Therapeutics

Nicole McKnight, PhD
Director of Operations for Cambridge BioLabs's NYCityLabs

Date: Tuesday, May 12th
Time: 6:00-7:30 PM
Location: (Medical Campus) Russ Berrie Medical Pavilion, Room 2
RSVP: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78226>

- **LinkedIn 101: Building Your Professional Community -- RESCHEDULED**

LinkedIn is a professional networking site that provides users with unique access to a broad range of professionals as well as vital information about careers and job opportunities. In this hands-on workshop, led by Ruth Longobardi, the postdoc career counselor, attendees will learn: 1) how to create a powerful professional profile; 2) how to effectively use LinkedIn tools and features; 3) how to begin to build a professional community

outside academia; and 4) how to maximize career exploration opportunities. Attendees will have the opportunity to share their LinkedIn profiles and to receive feedback and advice in a small group setting.

CUMC

Date: Wednesday, May 13th

Time: 12:00 – 1:30 p.m.

Location: Hammer Building, room 303

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78229>

*****Limited to: 25

- **Double Discovery Teaching Opportunities Info Sessions**

The Columbia University Science Discovery Program is a pilot science education and outreach program for eleventh grade students who are from low-income families and are first generation college bound. This Program will be part of the Double Discovery Center where children of promise have been educated since 1965. We are recruiting teachers from all disciplines of mathematics, science, medicine and engineering and are interested in having postdocs and graduate students involved with the program. We are looking for instructors who would be interested in designing courses related to their research interests and who could commit to meeting with students once a week for a semester. Please come to our Info Sessions on the CUMC and Morningside campuses to learn more about how you can get involved, or contact Joe Ayala (Director of Double Discovery Center; email: ja48@columbia.edu) or Lam Hui (Professor of Physics; email: lh399@columbia.edu) for further information.

CUMC

Date: Friday, May 15th

Time: 12:00-1:00 PM

Location: Hammer Health Sciences Building, Room LL208A/B

RSVP: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78227>

Morningside

Date: Friday, May 22nd

Time: 12:00-1:00 PM

Location: Hamilton Room 303

RSVP: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78228>

- **Postdoc Seminar Series – Call for Speakers for Next Session on May 19th**

This is a call for speakers for our next Postdoc Seminar Series session taking place from 12:00-1:00 PM on Tuesday, May 19th. Campus location of the session will depend on campus location of speakers. Postdocs interested in being a speaker at this Postdoc Seminar Series session should email 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 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. We will also provide an opportunity for the audience to give feedback to the speakers on their presentations.

- **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: Wednesday, April 29th
Time: 3:30PM – 4:30PM
Location: Schapiro (CEPSR), room 414

- **Postdoc Bowling Night**

Come join your fellow postdocs for a free evening of bowling on Thursday, April 29th! The Office of Postdoctoral Affairs has organized this fun outing which includes a reservation for 3 lanes, shoe rentals, appetizers and sodas for up to 20 postdocs. Sign up is required as space is limited to group of 20, and spots for this outing will be given on a first come, first served basis. Please email cupostdocs@gmail.com with subject line 'Bowling' to request a spot.

Date: Thursday, April 30th

Time: 7:30-9:30 PM
Location: Bowlmor near Times Square (222 W 44th St).
Sign up: Please email cupostdocs@gmail.com with subject line 'Bowling' to request a spot.

- **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 May 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.

CUMC

Date: Friday, May 22nd
Time: 4:30pm—5:30pm
Location: Hammer Building, room 312

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 Postdoc Happy Hour! We'll have drinks and snacks— while they last!

CUMC

Date: Friday, May 22nd
Time: 5:30pm-8:00pm
Location: Hammer Building, room 312