

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

Career/Professional Development Events:

- [Spring Career Counseling Hours](#)
- [Step Up: Build Confidence and Get Comfortable with Self-Promotion](#)
- [Just Say No: How to Reduce Stress, Create Ease, and Still Get It All Done](#)
- [KiiLN: A Panel Session on How a Group of Postdoc Entrepreneurs Launched a Biotech Incubator](#)
- [LinkedIn 101: Building Your Professional Community—RESCHEDULED](#)
- [Double Discovery Teaching Opportunities Info Session](#)
- [How to Conduct Research That Gets Published and Noticed—a monthly series for postdocs](#)
- [Postdoc LinkedIn Group](#)
- [OPA Website](#)

Social Events:

- [Postdoc Coffee/Tea Hour—CUMC](#)
- [New Postdoc Orientation](#)
- [Postdoc Happy Hour](#)

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.

Spring 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.

- **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=78238>

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>

- **How to conduct research that gets published and noticed – a monthly series for postdocs**

Publishing one's research in a top tier journal is often the goal for both a postdoc and their PI. This accomplishment, first and foremost, requires innovative and groundbreaking research. Not to be overlooked though, are the steps and processes taken when conducting the research that eventually may lead to a high impact publication. In this monthly seminar series we will examine the research life cycle for a postdoc from research design best practices through considerations for getting a publication noticed. Throughout the series we will use the theme of publishing one's research to delve into topics related to conducting research with integrity. The series will run from the months of April through November occurring from 12-1 PM on the third Thursday of each month at CUMC with lunch provided. Further information about the entire series can be found at: <http://postdocseries.wikischolars.columbia.edu/home>

The second session of the series will be held on Thursday, May 21st from 12-1PM and will focus on effective research management through data management planning. This session will be led by Amy Nurnberger, the Research Data Manager in the Center for Digital Research and Scholarship.

CUMC

When: Thursday, May 21st, 12-1 PM (lunch provided)

Where: (CUMC) Russ Berie Medical Pavilion, room 2

Registration (this session only): <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=78327>

- **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, May 7th
Time: 3:30PM – 4:30PM
Location: Hammer Building, room 316

- **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