

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

- [ELabNYC Info Session and Panel](#)
- [Career Exploration and Planning Workshop: From Assessment to Actualization](#)
- [Interpersonal Communications Workshop: Understanding Style Differences to Build Relationships](#)
- [Morningside Campus Postdoc Council Member Recruitment](#)
- [NYWiSTEM - Managing your stipend/salary: Intro to personal finance](#)
- [New York Academy of Sciences \(NYAS\) Afterschool STEM Mentoring Program](#)
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**Career Development Events:****Office of Postdoctoral Affairs**

- **ELabNYC Info Session and Panel**

This session will provide information about ELabNYC's prestigious 6-month training and mentorship program for aspiring entrepreneurs in New York City's life sciences and healthcare technology community. ELabNYC provides extensive support to graduate students of science, post-docs, early-career researchers and engineers interested in forming new biotech and health tech ventures.

Launched by the Bloomberg Administration and New York City Economic Development Corporation, and led by a team of experienced entrepreneurs, the Lab is designed to:

- Develop a more vibrant ecosystem for entrepreneurship and venture creation in the City's academic life sciences and healthcare communities
- Teach entrepreneurial business concepts to aspiring entrepreneurs, including concepts that are fundamental to the life sciences and healthcare industries
- Define a clear path for NYC's entrepreneurially-minded graduate students and post-docs to start or join new commercial ventures based in NYC
- Build a local platform for the next generation of life sciences and healthcare technology entrepreneurs in NYC

The Program is held annually and features a mini-MBA curriculum, expert coaching, pitch preparation support, team building activities and access to a community of seasoned entrepreneurs, investors and mentors.

Date: Tuesday June 24<sup>th</sup>

Time: 12:00-1:30 PM

Location: 602 Hamilton Hall

RSVP: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=72346>

- **Career Exploration and Planning Workshop: From Assessment to Actualization**

Are you interested in career exploration but don't know where/how to start? This 60 minute workshop led by Ruth Longobardi (career counselor for Office of Postdoctoral Affairs) and Rory Flinn (Director of the Office of Postdoctoral Affairs) will assist participants in their career exploration by breaking down the process into several steps. This interactive workshop will have participants conduct a self-assessment, identify potential career paths, and strategically evaluate potential career options.

Date: Tuesday June 24th

Time: 5:30 – 6:30 PM

Location: (CUMC) Hammer Building 304

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=72350>

- **Interpersonal Communications Workshop: Understanding Style Differences to Build Relationships**

People are different in many ways. Almost invariably, most people you interact with are quite different from you in terms of how they communicate, handle emotions, and deal with conflict and stress, as well as how they think, decide, listen and talk. When you interact with someone who is different from you—and again, that is most people—it can be challenging to establish rapport or to be credible and persuasive. It can be even more challenging to create and maintain a positive and productive relationship.

The willingness and ability to appreciate and respond to various social styles is often what separates successful professionals from unsuccessful ones. What are social styles? Social styles are patterns of behavior in interpersonal interactions. Social style is not a description of personality, an indicator of ability or intelligence, or a predictor of success. However, social style *is* a strong predictor of future interpersonal behavior.

This 90 minute workshop will be led by Joann Baney, of the Executive MPA program at Columbia University's School of International and Public Affairs (SIPA). She has taught courses in Columbia's Executive MBA program, the University's Speech Department and at the Graduate School of Public Health. She is co-founder and Vice President of the Professional Development Company, Inc., a communications consulting firm in New York City. She coaches senior executives and presents customized communication training programs to organizations such as: JPMorgan Chase, The Wall Street Transcript, Del Monte Foods, Trinity Church Wall Street, Takeda Pharmaceuticals, Cornell Medical Center, the FAA, Lend Lease Americas, the RobinHood Foundation, and UPC Wind Management. Additionally, she is the author of *Guide to Interpersonal Communication* through Prentice Hall.

Date: Thursday June 26th

Time: 12:00 – 1:30 PM (Lunch Provided)

Location: (CUMC) Hammer Building LL204

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=72347>

- **Morningside Campus Postdoc Council Member Recruitment:**

Are you interested in representing your fellow postdocs and gaining leadership experience? If so, you might be interested in joining the Postdoctoral council we have recently formed for the Morningside campus (Medical

Campus Postdoc council is currently full). The postdoctoral council will meet once a month (usually over free lunch) with the Office of Postdoctoral Affairs to discuss, plan, and help carry out social and career development events. Postdoctoral council members also represent their postdoc communities and can relay any suggestions/feedback to the councils and the Office of Postdoctoral Affairs. As a token of appreciation for serving on the postdoctoral council, Postdoctoral council members receive an annual membership to the New York Academy of Sciences (NYAS). If you are interested in serving on the Morningside Campus Postdoctoral Councils, please send me an email at [rf2531@columbia.edu](mailto:rf2531@columbia.edu).

### **NYWiSTEM - Managing your stipend/salary: Intro to personal finance**

By popular demand, **NYWiSTEM** and the **Newman Group at Morgan Stanley** are hosting a **webinar** for "Managing Your Stipend/Salary: An Intro to Personal Finance" on **Tuesday, June 24th**. Mark your calendars!

If you are interested in attending the webinar, please help us out by fill out this brief survey with your availability: <https://www.surveymonkey.com/s/SR7CMJD>. We want to accommodate as many people as we can since we know that many people were unable to make the first event. The webinar start time will be announced next week.

### **New York Academy of Sciences (NYAS)**

- **The Academy's Afterschool STEM Mentoring Program:**

The Afterschool STEM Mentoring program is looking for graduate and postdoctoral students from New York City-area and Newark, NJ- area universities to volunteer to teach one afternoon a week in underserved 4th through 8th grade afterschool classrooms at organizations like the YMCA and the Boys and Girls Clubs. Mentors can choose to teach a life sciences curriculum or computing/physical sciences curriculum and can receive an Academy Fellow Teaching Credential for completing a semester of teaching and training. Applications now being accepted until **July 1st** for Fall 2014.

For more information, visit: [www.nyas.org/AfterschoolProgram](http://www.nyas.org/AfterschoolProgram)

### **Social Events:**

#### **Office of Postdoctoral Affairs**

- **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, June 23<sup>rd</sup>  
Time: 10:00-11:00 AM  
Location: Schapiro, CEPSR room 414.

- **Summer Movie Nights Out**

We are announcing the sign-up for the upcoming July movie! OPA is providing free movie tickets. Then after the movie, Postdocs are invited to stay with the group and go out for some drinks or food at the individual's expense. There will be additional movie nights in August and September.

July Movie Night Out\*

**Date:** Thursday, July 10<sup>th</sup>

**Movie:** 22 Jump Street (<http://www.22jumpstreetmovie.com/site/>)

**Time:** Around 7pm

(Further details will be emailed out to those interested with specific time and place)

*\*We have 19 available tickets. To sign-up, email: [cupostdocs@gmail.com](mailto:cupostdocs@gmail.com)*

- **Postdoc Mailing Lists**

To help facilitate communication between Postdocs and to only receive communication about the items you are interested in receiving from fellow Postdocs, you can join one of the four mailing lists. Please read about each group below and follow the steps below to join as many of them as you would like. Once you receive access to the group, you will be able to email other members of the mailing list.

[postdoc\\_social@lists.columbia.edu](mailto:postdoc_social@lists.columbia.edu)

Share, plan and discuss social events going on at Columbia or around the city. Connect with other CU postdocs. Invite other postdocs to attend social activities and events around New York City, or alert the community when something is happening at Columbia that is not hosted by OPA.

[postdoc\\_equipment@lists.columbia.edu](mailto:postdoc_equipment@lists.columbia.edu)

Do you have a piece of equipment that you are not using in your lab? Do you need something, but don't know where to get it, or don't want to spend a lot of money purchasing something? Send an email to this list to see if anyone can help you out. Of course, all exchanges should be legal and allowed by your lab or PI. OPA does not endorse selling/collecting money through these lists.

[postdoc\\_families@lists.columbia.edu](mailto:postdoc_families@lists.columbia.edu)

Get in touch with other postdocs who have children and families. Learn about events and social activities for parents, and kid-friendly events for families. Exchange opinions and recommendations for babysitters, schools, after school activities, etc.

[postdoc\\_housing@lists.columbia.edu](mailto:postdoc_housing@lists.columbia.edu)

Are you moving? Looking for housing? Post here and see if other members of the postdoc community have any information to share!

To Sign Up for the Mailing Lists:

1. Visit the following link(s) corresponding to the list(s) you would like to join.
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_social](https://lists.columbia.edu/mailman/listinfo/postdoc_social)
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_equipment](https://lists.columbia.edu/mailman/listinfo/postdoc_equipment)
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_families](https://lists.columbia.edu/mailman/listinfo/postdoc_families)
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_housing](https://lists.columbia.edu/mailman/listinfo/postdoc_housing)
2. Fill out the form at the website, and submit it
3. Subscription to these lists requires approval, and you will be notified once our office approves your subscription. If you are using a non-columbia email address, please also send an email to [cupostdocs@gmail.com](mailto:cupostdocs@gmail.com) to alert us.

Once you are member, you will receive emails from other members. To send an email to the mailing lists, simply write an email to email address (listed above).

To unsubscribe, visit the same website you used to subscribe to the mailing list. Scroll to the bottom of the page, where you will see an unsubscribe option.

## Research Seminars:

### Columbia University Seminars:

(Seminar list generated by the Office of Graduate Affairs, see bottom of list for info on subscribing)  
(Postdocs welcome)

## Office of Graduate Affairs Basic Sciences Weekly Calendar

### Wednesday, June 25

Noon

**Biological Sciences Seminar.** Dr. Laura F. Landweber, Professor, Department of Ecology & Evolutionary Biology, Princeton University, "*RNA-Mediated Epigenetic Inheritance & Massive Genome Rearrangement in the Ciliate Oxytricha.*" 601 Fairchild.

1:30 PM

**Neurobiology and Behavior Thesis Defense Seminar.** Wanying (Elaine) Zhang, Laboratory of Dr. Randy Bruno, "In vivo *Dissection of Long-range Inputs to the Rat Barrel Cortex.*" NYSPI, 1051 Riverside Drive, First Floor Auditorium.

### Friday, June 27

10:00 AM

**Integrative Neuroscience Seminar.** Dr. Scott J. Russo, Assistant Professor of Neuroscience, Mount Sinai School of Medicine, "*Neural Circuitry of Aggression Reward.*" Kolb Annex, 7th Floor Conference Room.

11:00 AM

**Psychiatry Grand Rounds.** Dr. Eric R. Kandel, University Professor; Kavli

2:00 PM

Professor and Director, Kavli Institute for Brain Science; Investigator, Howard Hughes Medical Institute, "*The Age of Insight: The Quest to Understand the Unconscious in Art, Mind, and Brain from Vienna 1900 to the Present.*" NYSPI, 1051 Riverside Drive, First Floor Auditorium.

**Neurobiology and Behavior Thesis Defense Seminar.** Rebecca Brachman, Laboratory of Dr. Rene Hen, "*A Single Injection of Ketamine Confers Robust, Long-term Protection Against Stress-induced Depressive-like Behaviors.*" NYSPI, 1051 Riverside Drive, First Floor Auditorium.

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Alternate ways to view the calendar:  
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View the up-to-date Basic Sciences Weekly Calendar within Google Calendar:

1. At the bottom of your calendar list on the left, click the Add down-arrow button and select Add by URL.
2. Enter the Basic Sciences Weekly Calendar address in iCalendar format address in the field provided:  
<http://www.google.com/calendar/ical/gsas.cumc%40gmail.com/public/basic.ics>
3. Click Add.

Or to view the up-to-date Basic Sciences Weekly Calendar in a browser without signing in to Google Calendar:

[http://www.google.com/calendar/embed?src=gsas.cumc%40gmail.com&ctz=America/New\\_York](http://www.google.com/calendar/embed?src=gsas.cumc%40gmail.com&ctz=America/New_York)

Or view our on-line Calendar in its original format at:

[http://sklad.cumc.columbia.edu/gsas/interior.php?sub=5\\_1](http://sklad.cumc.columbia.edu/gsas/interior.php?sub=5_1)