

**Listing of All Events (more info on each event found below):****Career/Professional Development Events:**

- [Fall Career Counseling Sessions and Workshops](#)
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**Social Events:**

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**Career/Professional Development Events:**

- **Fall Career Counseling Sessions and Workshops**

September career counseling sessions are now fully booked.

For career counseling sessions in October-December, priority will be given to postdocs who attend one of Ruth Longobardi's small group workshops. Information on the next two workshops are listed below.

***The Extraordinary CV and Resume: From Academia to Opportunities Beyond***

Resumes and CVs 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 documents. Attendees will learn: 1) how to read a job ad effectively; 2) how to tailor a resume or CV to a specific job ad; 3) how to format a resume or CV appropriately; 4) and how to individualize and balance a resume or CV – so that it is both informative and noticeable. Attendees will have opportunity to share resumes and CVs and to receive feedback and advice.

Room: Hammer Building, room 404

Time: Wednesday, October 15,

Time: 5 – 6 p.m.

*\*\*Limited to 20 attendees*

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=74463>

***The Extraordinary Cover Letter: From Academia to Opportunities Beyond***

A cover letter introduces you, as a writer and professional, to a potential employer. It is your first opportunity to describe who you are, why you are interested in the position, and why the employer should be interested in you. This workshop will focus on fundamentals of powerful cover letter writing: 1) distinctions between academic and other types of cover letters; 2) strategies for writing letters that are unique, forthright, and exciting; 3) formatting requirements and choices; and 4) tips for responding to a particular employer's needs while still maintaining your

individual voice. Attendees will have opportunity to share cover letters or parts of cover letters and to receive feedback.

Room: Hammer Building, room 404

Date: Wednesday, October 22

Time: 5 – 6 p.m.

*\*\*Limited to 20 attendees*

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=74464>

- **ELabNYC Info Session and Columbia ELab Alum Panel Discussion**

ELabNYC [www.elabnyc.com](http://www.elabnyc.com) is starting its third application cycle, deadline NOVEMBER 3, 2015.

ELabNYC is a competitive entry 7.5-month networking and education program for entrepreneurs in New York City's life sciences and healthcare technology community. ELabNYC provides extensive support to graduate students of science, post-docs, researchers and engineers interested in forming new life science ventures with intellectual property.

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:

- o Provide practical business concepts to refine your business plan and introduce you to prospective partners and funders
- o Teach start up business concepts to entrepreneurs, including concepts that are fundamental to the life sciences and healthcare industries
- o Connect the NYC life science entrepreneur eco system
- o Build a local platform for the next generation of life sciences and healthcare technology entrepreneurs in NYC thru an ELab alum program

ELabNYC program Manager Mary Howard will introduce the program and join Columbia ELab Alums, Scott Trocchia and David Tsay who will share their ELab experience and answer questions from the audience.

Date: Tuesday, September 30<sup>th</sup>

Time: 12-1pm

Location: Hammer Building, room LL109A/B

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=73571>

- **Careers in Data Science and Data Engineering – Insight Data Science Info Session**

Come join us for an exciting talk with Columbia University Postdoc Alum, Kathy Copic, the Program Director for New Initiatives and Growth at Insight Data Science, where she helps scientists transition from academia into new careers in industry. Before that, she worked in Experimental Particle Physics at labs including CERN, Fermilab, SLAC, Lawrence Berkeley, and Brookhaven. She earned her Ph.D. in Physics at the University of Michigan, was a post-doc in the same field at Columbia, and worked as a Staff Scientist at Berkeley National Lab before starting at Insight. She has been working on Insight's expansion to the NYC this past summer.

Top companies are hiring data scientists and engineers to help them gain insight from the petabytes of data that they collect every day. Scientists and engineers from diverse fields, including physics, astronomy, computational biology, neuroscience, math, statistics, and computer science are playing key roles in transforming the way these companies work with data to impact our daily lives.

In this workshop, she will describe the data science and engineering landscape in Silicon Valley and on the East Coast. She will give examples and advice for those interested in transitioning to industry, based on the experience of working with over 100 PhDs.

Room: Russ Berrie, Room 2 (CUMC)  
Date: Tuesday, September 30<sup>th</sup>  
Time: 6 -7 p.m.

- **Peer Mentoring Groups Info Sessions**

The Office of Postdoctoral Affairs will be starting peer mentoring groups for postdocs on the Morningside Campus, the Medical Campus, and at Lamont Doherty Earth Observatory. Each peer mentoring group will consist of up to 10 postdocs and will meet regularly (1-2 times per month) as a group to discuss career goals, plans, and receive peer feedback and support. An initial meeting will be led by the Director of the Office of Postdoctoral Affairs with subsequent meetings being led and organized independently. These groups will be best suited for postdocs interested in career exploration, particularly postdocs in the first two years of their postdoctoral training. Postdocs with more defined career goals might also find the peer mentoring group helpful, as the groups will conduct activities aimed at networking and identifying resources to obtain skills, knowledge, and experiences necessary for particular career paths.

An info session will be held about the format of the peer mentoring groups, the expectations for group members, suggested discussion topics, and potential action items. We will ask interested postdocs to sign up for the peer mentoring groups following the info session with plans to hold the first peer mentoring group meetings in late October.

**Morningside**

Date: Friday, October 10<sup>th</sup>  
Time: 12:00pm—1:00pm  
Location: Hamilton Hall, room 301

**CUMC**

Date: Friday, October 17<sup>th</sup>  
Time: 12:00pm—1:00pm  
Location: Hammer Building, room 320

- **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 3<sup>rd</sup> 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.*

Currently accepting speaker nominations for first four sessions:

October 21<sup>st</sup>, November 18<sup>th</sup>, January 20<sup>th</sup>, February 17<sup>th</sup>

Send your self-nominations to [postdocaffairs@columbia.edu](mailto:postdocaffairs@columbia.edu) with the subject line "Postdoc Seminar Series Speaker Nomination". *Nominations should include speaker's choice of "TED" style talk or traditional research seminar as well as preference for session date and campus to hold session (Morningside or Medical Campus).*

- **NIH GRANT WORKSHOPS FOR JUNIOR FACULTY AND POSTDOCTORAL RESEARCHERS**

FRIDAY, OCTOBER 24, 2014

**SPEAKERS:**

**Joan M. Lakoski, PhD**

*University of Pittsburgh*

*Schools of the Health Sciences*

[jml27@pitt.edu](mailto:jml27@pitt.edu)

**Robert J. Milner, PhD**

*University of Massachusetts*

*Medical School*

[robert.milner@umassmed.edu](mailto:robert.milner@umassmed.edu)

**GOAL:** To provide guidance on applications for NIH career development (K awards) and crafting effective specific aims

**OBJECTIVES:** *By the completion of this session, participants will be able to:*

- Choose the appropriate type of career development or training award for their career stage and situation
- Complete and submit an application for a NIH career development award using strategies for a successful grant proposal
- Write an effective specific aims page

*You may attend one or all of the sessions. Registration for each session is required.*

**Title:** "Navigating NIH: an overview of NIH and the grant review process"

**Date:** Friday, October 24, 2014

**Time:** 10:00 am - 11:30 am

**Location:** Hammer Health Science Center, Room HSC 312

**Registration** (required): <http://tinyurl.com/CUMC-NIH>

This session provides a guide to navigating NIH, the grant review process, and the essential steps to complete and submit an application.

**Title:** "Know your K (K01, K08, K23 Awards)"

**Date:** Friday, October 24, 2014

**Time:** 12:00 pm - 1:00 pm

**Location:** Hammer Health Science Center, Room HSC 301

**Registration** (required): <http://tinyurl.com/CUMC-KAward>

The National Institutes of Health (NIH) Mentored Career Development ("K") Awards are a primary grant mechanism for supporting new investigators. This workshop explores the range of K Awards and the components of the application for the awards.

**Title:** "NIH Grant Workshops - Know your Kangaroo: Pathway to Independence K99/R00"

**Date:** Friday, October 24, 2014

**Time:** 2:00 pm - 3:00 pm

**Location:** Hammer Health Science Center, Room HSC 301

**Registration** (required): <http://tinyurl.com/CUMC-K99R00>

This session provides an overview of the NIH program that provides promising postdoctoral scientists the opportunity to receive both mentored (K) and independent research support (R) from the same award. It will feature success stories from colleagues who have received these awards.

**Title: “Writing Effective Specific Aims”**

**Date:** Friday, October 24, 2014

**Time:** 3:00 pm - 5:00 pm

**Location:** Hammer Health Science Center, Room HSC 301

**Registration** (required): <http://tinyurl.com/CUMC-Aims>

The most important section for the development of a NIH grant application is the *Specific Aims* section. This section becomes the master plan for the rest of your proposal and a key part that all the reviewers will read.

This session will provide insight into the elements of a strong *Specific Aims* section with time being provided for participants to work on specific aims for projects and/or proposals being developed.

For more information about these sessions, please contact us at: [Office\\_Acad\\_Affairs@cumc.columbia.edu](mailto:Office_Acad_Affairs@cumc.columbia.edu)

- **Postdoc Council Member Recruitment:**

Are you interested in representing your fellow postdocs and gaining leadership experience? If so, you might be interested in joining one of the postdoctoral councils that have been established for the Morningside and Medical campuses. Each postdoctoral council meets once a month (often times with 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 one of the postdoctoral councils, please send me an email at [rf2531@columbia.edu](mailto:rf2531@columbia.edu).

### Social Events:

- **Postdoc Weekly Coffee/Tea Hour – Lamont-Doherty Earth Observatory**

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, October 2<sup>nd</sup>

Time: 2:00 – 3:30 PM

Location: Lamont-Doherty Earth Observatory (specific room location TBD)

- **PostdOctoberfest!**

It's that time again! Join us in ringing in this Fall with a special Oktoberfest-themed Postdoc Happy Hour!

**Morningside**

Date: Friday, October 17<sup>th</sup>  
Time: 6:00pm—8:00pm  
Location: Havemeyer Lounge (7<sup>th</sup> Floor)