

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

Career/Professional Development Events:

- [Fall Career Counseling Sessions and Workshops](#)
- [Peer Mentoring Groups Info Sessions](#)
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Social Events:

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Career/Professional Development Events:

- **Fall Career Counseling Sessions and Workshops**

There are still a few October hours available for sign up (please see <http://postdocs.columbia.edu/careerdevelopment.html> for instructions).

Sign up for November counseling hours will open to all workshop attendees on October 22nd, immediately following *The Extraordinary Cover Letter: From Academia to Opportunities Beyond*.

Please note registration for the upcoming workshops *The Extraordinary CV and Resume: From Academia to Opportunities Beyond* and *The Extraordinary Cover Letter: From Academia to Opportunities Beyond* is now closed

November hours will open to all postdocs on October 23rd who have not yet received career counseling this semester.

November hours will open to all other postdocs on October 29th.

- **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 10th
Time: 12:00pm—1:00pm
Location: Hamilton Hall, room 301

CUMC

Date: Friday, October 17th
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 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.*

Currently accepting speaker nominations for first four sessions:

October 21st, November 18th, January 20th, February 17th

Send your self-nominations to 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

Robert J. Milner, PhD
University of Massachusetts
Medical School
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

- **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.

Social 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, October 9th
Time: 3:00PM – 4:00PM
Location: Hammer Building, room 404

- **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 17th
Time: 6:00pm—8:00pm
Location: Havemeyer Lounge (7th Floor)