

## U of U Postdoctoral Association Board Meeting

12:00 - 1:00 PM on March 8, 2016

HSEB 4100A

**Attendance:** Jen Nichols (Orthopaedics), Natalia Torres (CVRTI), Jennifer Mabey (Graduate School), Lars Laurentius (Nano Institute), Yen Wang (Oncological Sciences), Chris Tracy (CVRTI).

**Known Absence:** Daniel Mendoza (Atmospheric Sciences/GCSC), Helin Räägel (Max Planck Institute of Molecular Cell Biology and Genetics).

### Agenda

- 12:00 pm      Approve minutes from last meeting [5 min]
- Minutes approved
- 12:05 pm      Lunch & Learn [25 min]
- March Lunch & Learn
    - Tues. March 15 – Fellowship & Grants
      - *Confirmed Panelists:*
        - Peter Kraus, Marriott Library, coordinates SciVal training
        - Justin Whitney, Faculty Writing Fellow from Writing Center
        - Gary Schoenwolf, Distinguished Prof. Neurobio. & Anatomy
        - Misty Hitesman, OSP representative
    - Discussion of Upcoming Lunch & Learns
      - Tues. April 12– Academic Careers
        - *Confirmed Panelists:*
          - Dipayan Chaudhuri, Research Faculty CVRTI
        - *Contacted (Jen will follow-up this week):*
          - Doug Christensen, Senior Tenured Faculty, Bioengineering
          - Neng Wan, Tenure-Track Faculty, Geography
        - *Still Seeking:*
          - Natalia is reaching out to Westminster for Teaching Faculty
          - Additional female faculty panelist
      - Tues. May 17– TBD
        - *What do we want to focus on?*
      - *Potential Future Topics:* interview skills, negotiation, visas, entrepreneurship, outreach as part of a career
  - We now have the lunch & learn information and summaries posted on the UPDA website.
  - The February seminar was well-attended and informative.
  - The march seminar is ready to go.
  - We will do pizza again and so far we have 23 RSVP'd.
  - Natalia and Jen have worked on the the academic careers panel, Yanling has suggested a panelist as well.
  - So far we have a well-rounded panelist selection, but we would still like to have a female panelist.
  - We will plan an outreach panel for May Lunch & Learn.
  -
- 12:30 pm      National Postdoc Association Conference [15 min]
- Natalia attended the conference.
  - The conference was a success.
  - Defining success of postdoc events, it appears if 60-70 postdocs attending is a great number, so our attendance for the lunch & learn series are an indication of a successful event.

- Some universities have no affiliation with the postdoctoral affairs office and they greatly suffer from having little support in organizing events, etc.
- Once a year we could send out an email to research associates asking them if they consider themselves as postdocs in which case they can access the UPDA services
- A recent study has shown that the number of postdocs in the USA is going down for the first time in history.
- Learn to sell yourself, find a sponsor/mentor who is not your supervisor.
- A study has shown that 47% are depressed, in response to this they have created peer support groups to help cope with the depression. They are small groups with a counsellor. It provides a safe environment for postdocs to discuss problems and for network building.
- This would be problematic here as we don't have funding for such a peer-support group.
- Peer-writing for faculty, 2-4 people, we could apply this to faculty applications here at the U.
- A keynote speaker was discussing the importance of quantifying your skills you learned from specific projects.
- Community in action sessions.
- Managing your postdoc experience.
- Aligning your grad/postdoc experience transitioning to industry. Best is to self-asses what you want to get out of life.
- How to train people to be better mentors: there are efforts in place at our U to train mentors better.
- Assisting to postdocs in there 3.5-4 year mark to prepare them for their future.
- Loan Deferral, many institutions are providing this option to postdocs.

12:45 pm

#### Leadership in Inclusive Excellence Nomination [10 min]

- Due: March 20
- Group nominations will be considered. Should we nominate the UPDA?  
 This inaugural Award will recognize a University of Utah Health Science student, trainee (resident, fellow, postdoc), faculty, and staff member who has demonstrated leadership in inclusive excellence by:
  - Creating inclusive spaces for intercultural dialogue on campus
  - Recruiting and retaining excellent and diverse, faculty, staff, or students
  - Spearheading inclusive programming
  - Fostering equal opportunity
  - Conducting an inclusive research program
  - Nurturing a welcoming and inclusive campus climate
- This is a new award and there is the option to nominate the UPDA as a group for this award.
- We have nothing to lose by putting forward a nomination for this award.

12:55 pm

#### Website Updates [5 min]

- Chris has been working on updating our website, check it out and feel free to send him additional suggestions or comments.
- The website has been updated and we can refer postdocs to the site.

#### *Daniel's comments:*

- Can we put together a list to help international postdocs doing taxes and post it on our website.
- In order to avoid liability issues, we could provide links to other institutions or what is available in Salt Lake City.

- Recording for lunch & learn: In order to go through the university there are a lot of requirements put in place and we would need to have consent from the panelists.
- At this point it seems to complicated and will provide summaries only.

1:00 pm      Summary of Assigned Tasks & End of Meeting

**Next Meeting:** 12:00 - 1:00 PM on Tues. April 12 in HSEB 4100A

**Documents Sent:**      Agenda, Minutes from February Meeting