

AGENDA
U of U Postdoctoral Association Board Meeting
12.00-1.00 pm on January 8th, 2020
Virtual meeting via ZOOM

Total Board Member Count: 9

Board members:

Esther Chang (DFPM)

Kenneth Lyon (Neurobiology and Anatomy)

Kristen Davenport (Biochemistry, Human Genetics)

Matthias Lange (CVRTI)

Noemi Paguigan (Medicinal Chemistry)

Olja Simoska (Chemistry)

Sharanya Kalasekar (HCI)

Shraddha Nayak (Biochemistry)

Tosifa Memon (Pharmacology and Toxicology)

Amy Barrios (OPA)

Leave of absence: Ioannis Karagiannidis (Internal Medicine), Harriet Dashnow (Human Genetics)

Number Present (as recorded in Zoom chat): 7

Present: Kristen Davenport (Biochemistry, Human Genetics), Noemi Paguigan (Medicinal Chemistry), Olja Simoska (Chemistry), Shraddha Nayak (Biochemistry), Amy Barrios (OPA), Tosifa Memon (Pharmacology and Toxicology), Kenneth Lyon (Neurobiology and Anatomy)

Known Absences: Esther Chang, Sharanya Kalasekar

Absences:

Guests: Mai Tran (Biology and Genetics), Elizabeth Sefton (Human Genetics), Marta Marie Iverson (Department of Radiology), Elizabeth Charron (Program of Addiction Research, Clinical Care, Knowledge and Advocacy (PARCKA)), Jyoti Motwani (Chemistry)

Minutes taken by: Noemi Paguigan

Agenda

Old business

1. Introduction of new attendees
2. Approve minutes from December meeting

Minutes were approved.

New business

1. Town Hall
 - a. Report from Sharanya (HCI town hall)
Sharanya Kalasekar was not in the meeting to talk about the HCI townhall experience.
 - b. Format: Zoom, +/- survey
OPA is already planning to survey with postdocs to identify top concerns, so we can schedule the town hall after that. Survey may also capture people who don't come to the town hall.

c. Logistics: When, hosts, planning

Amy Barrios will plan and organize the UPDA town hall. Kenneth Lyon will help Amy Barrios.

Mary Ann Berzins could moderate the town hall discussion like last year.

Format of this year's town hall will be the same as last year. There will be break out sessions (zoom breakout rooms) to share ideas.

It was suggested that everybody (participants for the town hall meeting) should be made aware of what top concerns were already resolved that way no need to discuss in the break-out sessions.

These top concerns were listed on a blackboard (previous year) so everybody can see-similar idea can be adapted for zoom.

Townhall meeting will focus separately on postdoc life and experiences, then on "covid life".

The town hall break out sessions were not guided by anybody as it was just an open discussion.

Townhall will be scheduled for February.

2. Professional development events committee

a. Future events:

i. January - virtual conferences (last week Jan)

ii. February - retirement (+/- health insurance)

iii. March - teaching undergraduates

iv. April - science policy

v. Add to February, March or April: mindfulness/mental health

b. Volunteers/personal requests

The committee met December and laid out some plans or events for 2021.

The plan is to have one event scheduled per month.

Volunteers will be needed to help organize some of the events.

January

Organize a discussion with presenters or attendees of previous virtual conferences to get ideas.

This discussion would be helpful as we have postdocs who have received travel awards from OPA and are going to attend a virtual conference in the future.

Shraddha Nayak has volunteered to invite one person.

February

A similar event held last year which focused on retirement plans/financial planning was well attended.

This year, the potential speaker will be invited either from the UofU financial wellness center, or from two financial firms Fidelity, or TIAA.

Shraddha Nayak is contacting representatives/financial planners from both firms.

It was suggested to contact the UofU HR to put us in touch with the right person to help invite a speaker.

There will be one speaker for the planned event.

March

The idea for the event is less developed and need more input and discussion.

We need more suggestions for people to invite as speaker.

Amy suggested this link <https://medicine.utah.edu/up-cat/>

*Elizabeth Charron has suggested an ecologist (no postdoc, straight from PhD)
Mai has a friend teaching at a community college
Tosifa Memon suggested Bonnie Baxter (Westminster College
<https://westminstercollege.edu/campus-directory/directory-profiles/baxter-bonnie.html>)
Shraddha Nayak suggested Amy Hawkins, and Antentor*

April

*We need more ideas to better define the scope of the event.
Kenneth Lyon has suggested two potential people and will contact them.*

Event mindfulness/Mental health/Stress management

Kristen Davenport will find the right speaker for this event.

Jyoti Motwani suggested a speaker from the organization Mindfulness works.

Contact person (she doesn't teach the course but is an admin) : Karen@mindfulnessworks.co.nz

The event is planned for just one day and will serve as an introduction. The participants will decide later if they would want to enroll for longer sessions.

Elizabeth Charron will send the contact info who works for the university – Trinh Mai.

Marta Iversen suggested Luana Nan from UofU Counseling.

1. Connect with recent postdocs who are working with undergraduates

3. Updating resources on website:

a. Add fellowship FAQs and list of resources to website

Amy Barrios and Kirsten Davenport will update this information on the UPDA and OPA website.

This list needs to be updated constantly to check the accuracy of information.

b. Review current links and pages for accuracy – should this be an annual responsibility of the communication team?

Additional discussion

December event (social event) according to Shraddha Nayak was attended by only three people.

The said event was also prerecorded.

Participation dwindled in past few months for online social events.

Shraddha Nayak will do some test events in the next few months to check if there's a need to organize social events.

Tosifa Memon suggested that the UPDA should organize outdoor activities i.e skiing.

Marta Marie Iversen suggested that the UPDA can try to piggy back on successful online events and then organize a meet up afterwards.

Next meeting

1. Guest comments

Elizabeth Sefton and Marta Marie Iversen would be added to the UPDA slack channel

2. Vote for new board members

Mai Tran has been voted in as a board member