Welcome!

Please visit: bit.ly/2019PDATownHall
- View a digital copy of the PDA charter
- Access the live voting

Schedule:
- 9:30 – 9:45am: Food and networking
- 9:45 – 10:15am: State of the PDA presentation
- 10:15am– 10:30am: Q &A, suggestions, and discussion

Follow the PDA, Young Hands in Science or Project Bridge on Social Media!
- @denverpostdocs
- @YoungHandsSci
- @younghandsinscience
- Young Hands
- @ProjBridgeCO
Ways to get involved with the PDA???
Postdoctoral Training: A Three-Pronged Approach

The Postdoctoral Office (PDO) provides support and advising for postdocs.

The Career Development Office (CDO) provides training and workshops.

The Postdoctoral Association (PDA) provides opportunities to gain hands-on experience in leadership and career development.
About the PDA

• A local chapter of the National Postdoc Association (NPA) established in February 2009

• University-affiliated and postdoc-led organization

• All postdocs are automatically members of the PDA
  o Individuals with a doctorate engaged in a temporary period of faculty mentored research.

• ~350 Postdoctoral Fellows on the Denver Campus (Denver) and the Anschutz Medical Campus (Aurora), and at National Jewish Hospital
PDA Charter

• Please review and vote at bit.ly/2019PDATownHall

• Recent modifications to the charter:
  
  • Changed elections from August to June and through an absentee ballot
  
  • International and Diversity Officer position
  
  • Faculty/Advisor
  
  • Departmental Reps
PDA Mission

• To address the needs and concerns of postdocs by promoting:
  • Advocacy
  • Career development
  • Community development
  • Wellness

• Make postdocs more visible and recognized
• Advocate for postdoc needs/concerns to the University
• Provide leadership opportunities for postdocs
• Provide career development opportunities
• Foster a positive postdoc community of peer support and camaraderie
PDA Annual Review
PDA Historical Accomplishments

• Reduced gym membership fees
• Tuition waivers for postdocs
• Postdoc-specific badges
• Email for life
• Lactation rooms on campus
• K-12 science outreach grant
• Secured more funding for PDA
• Postdoctoral Research Day (PDRD)
PDA Financial Report

- $16,500 Budget Supported by the CU Denver/Anschutz Graduate School

Thankful to the Graduate School for its continued funding of the PDA, PostDoc Research Day, Promega and School of Pharmacy for sponsorship of Seminar Series and Travel Awards.

2018-2019 PDA EXPENSES

- Travel Awards 50%
- Swag 10%
- Outreach 4%
- Advertisement/Presentation 2%
- Social/Networking 24%
- Monthly Meeting 4%
- Wellness 6%

- Thankful to the Graduate School for its continued funding of the PDA, PostDoc Research Day, Promega and School of Pharmacy for sponsorship of Seminar Series and Travel Awards.
Current Programs and Initiatives

✓ Improve science communication
  • Seminar Oral Presentation Feedback

✓ Networking
  • Coffee Hour, Happy Hour at Cedar Creek, NPAW, Science Lounge

✓ Strengthening the postdoc community
  • Postdoc-to-Postdoc (P2P), Postdoc of the Month

✓ Giving back to the community
  • Young Hands in Science

✓ Wellness
  • Massages, Summer Hikes, PDA Digest Wellness Wednesday
National Postdoctoral Appreciation Week

- Annually in September
  - NPAW 2018: September 17th – 21st
- Events: Science in the News, PDA-AIA Happy Hour, Networking Lunch, Ice Cream Social, Day of Service, Special Seminar, Coffee Hour and Free Massages
Travel Awards

• Co-Chairs: Sara Coleman & Walter Knight

• Helps to fund postdoc attendance at conferences or workshops

• 2018-2019 changes
  • Increased funding rate by 50%
  • 3 cycles, 7 awards per cycle
  • Streamlined application instructions and scoring rubric

• Next deadline: June 30th (for conferences occurring after August 31st 2019)
Co-Chief Communication Officers: Shawna Matthews & Sophina Taitano

PDA Digest
- Established in Oct. 2017
- Higher engagement
- Postdoc of the Month
- Wellness Wednesday
- Job postings

Social Media
- “Wellness Wednesday”- Highlight accomplishments in life and science
- "Friday fails"- Bring awareness to the struggles and build a supportive community
Postdoc Engagement Committee (PDEC)

• Chair: Madeline Keleher

Monthly Coffee Hour
• Last year: 17.6
• Goal: increase 25% (to 22)
• This year: 24

Monthly Happy Hour
• Last year: NA
• Goal: average 10
• This year: 11.6

Summer Hikes
Seminar Series

• Chair: Natalie Hohos
• 3rd Thursday of the month
  • 2 Postdocs present each month
• Audience feedback
• Prizes for Top 3 speakers

Pizza and Beverages sponsored by:
Postdoctoral Research Day (PDRD)

Chair: Jennifer Major

Awards

• Posters
• Gong Show
• Travel Awards
• Service Award
• Mentor Awards
• DOOR PRIZES!
PDRD Funding

PDRD Funding Sources

$28000

- GALIIP: 12.5%
- Dept Micro/Immuno: 1.8%
- RNA Bioscience: 3.6%
- School of Pharmacy: 0.7%
- Vendors: 14.6%
- National Jewish: 7.1%
- Dept of Medicine: 5.3%
- Division of Cardiology: 2.7%
- CFRET: 1.8%
- Grad School: 21.4%
- Provost: 14.3%
- VP Research: 14.3%
Outreach Committee

• Chair: Madeline Keleher

School Visits
• Last year: 3
• Goal: 6
• This year: 11

Students impacted
• Last year: NA
• Goal: 200
• This year: 484

Volunteers
• Last year: 19
• Goal: 25
• This year: 41
PDO & CDO

PDO: ~350 postdocs
- Oversight, support, advocacy of postdoctoral-related issues

CDO: ~350 postdocs + ~850 graduate students
- Workshops on:
  - CVs & Resumes
  - Informal Interviewing
  - Networking
  - Science Communication
  - Emotional Intelligence
  - Conflict Management
  - Career Exploration
  - LinkedIn for Scientists

Career Services
- Individual career coaching
- Resume/CV Review

CDO Library
- (e.g. Negotiating Your First Job, The Academic Job Search Handbook)

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Director of the Postdoctoral Office and Career Development Office

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Fitzsimons, Rm W5112
Goals and Upcoming Initiatives
New PDA Initiatives

• Advocacy Committee
  • Chair: Jennifer Major

• Diversity and International Committee
  • Chair: Marina Felisbino

For additional info, please email postdocassociation@ucdenver.edu
Recommendations for Next Year

• Further strengthen postdoc community
  o Recruit and expand the Departmental Rep program
  o Improve networking opportunities
  o Increase awareness for PDO and CDO resources

• Secure funding for 10 more travel awards

• Advocacy Committee
  o Focus Areas: Insurance (free/subsidized mental health services), childcare, parental leave and NIH standardized salaries

• International and Diversity Officer
  o Establish resources for underrepresented and international postdocs
Strengthening our Postdoc Community

• Postdoc of the Month
  o Nominate yourself or other postdocs by emailing postdocassociation@ucdenver.edu

• Departmental Representative Program
  • 15 Departments
  • 23 Representatives

• Postdoc Wellness
  • Postdoc-to-Postdoc (P2P) Network
  • Wellness Wednesdays (PDA Digest)
A Moment of Meditation

1 min meditation video
https://www.youtube.com/watch?v=c1Ndym-IsQg
Submit Suggestions for Future P2P Topics and Initiatives

• Let us know what you would like to see for the upcoming year

bit.ly/2019PDATownHall
Upcoming PDA Events

- **Postdoctoral Research Day**: Thursday, July 11th

- **PDA monthly meetings** (second Tuesdays or Thursdays)
  - Thursday, June 6th

- **Postdoc Seminar Series** (third Thursday at noon)
  - May 16th

- **Hikes** (second Saturday)
  - June 8th

- **Young Hands in Science**
  - May 16th from 11:50 am – 3:00 pm
Get involved in the PDA

• Want to start new or help to improve initiatives on campus? Looking to get leadership experience?


• The PDA is a great way for postdocs to develop highly valued professional soft skills employers are always looking for in or outside of academia.

• Elections will be held on June 13th, 2019
  - Executive Officers and Committee Chairs
Dr. Kanai, a postdoc in the Clouthier lab in the Department of Craniofacial Biology, studies the genetic and molecular basis of human craniofacial disorders. He was selected to give oral presentations at the Gordon Research Seminar on Craniofacial Morphogenesis and Tissue Regeneration and the Society for Craniofacial Genetics and Developmental Biology conference. He also received a travel award from the Graduate Program in Cell Biology, Stem Cells and Development.
? Questions ?

PostdocAssociation@ucdenver.edu