Today’s Agenda:

• 2:30pm: New Postdoc Orientation – Overview of policies and resources – Prep for Professional Development Planning
• 3:30pm: Benefit’s Overview for Postdoc Associates and Fellows
• 4pm – 5pm: Opportunity to meet with a benefits counselor
• 4pm – 5pm: Work in groups on Professional Development Plans
Your postdoc position at UF is a temporary training appointment.

You are not a technician.

As a postdoc, it is critical to continue to develop the skills that will allow you to make your next career step.
The goal of orientation is to provide an overview of the resources available to you to facilitate your professional development and wellbeing at UF in addition to those provided by your lab/PI, department, and college.
What do you intend to get out of your postdoctoral training at UF?

Discuss with your breakout group.
### Postdocs across UF (i.e. where are your peers?)

<table>
<thead>
<tr>
<th>College</th>
<th>Number of Postdocs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
<td>211</td>
</tr>
<tr>
<td>Agricultural &amp; Life Sciences</td>
<td>200</td>
</tr>
<tr>
<td>Liberal Arts &amp; Sciences</td>
<td>66</td>
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<tr>
<td>Engineering</td>
<td>52</td>
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<tr>
<td>Pharmacy</td>
<td>50</td>
</tr>
<tr>
<td>Public Health &amp; Health Professions</td>
<td>41</td>
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<tr>
<td>Dentistry</td>
<td>28</td>
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<tr>
<td>Veterinary Medicine</td>
<td>27</td>
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<tr>
<td>FL Museum of Natural History</td>
<td>17</td>
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<tr>
<td>Medicine - Jacksonville</td>
<td>16</td>
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<tr>
<td>Health &amp; Human Performance</td>
<td>9</td>
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<tr>
<td>Education</td>
<td>5</td>
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<tr>
<td>Business Administration</td>
<td>4</td>
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<tr>
<td>Journalism &amp; Communications</td>
<td>4</td>
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<tr>
<td>Design, Construction &amp; Planning</td>
<td>4</td>
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<tr>
<td>Whitney Lab for Marine Bioscience</td>
<td>4</td>
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<tr>
<td>Nursing</td>
<td>3</td>
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<tr>
<td>Informatics Institute</td>
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<tr>
<td>Latin &amp; Caribbean Studies</td>
<td>1</td>
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<tr>
<td>Law</td>
<td>1</td>
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<tr>
<td>Interdisciplinary Center for Biotechnology Research</td>
<td>1</td>
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<tr>
<td>Water Institute</td>
<td>1</td>
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</tbody>
</table>

### UF Health Science Center - 376 Postdocs (~50%)

#### Institutes
- Institute on Aging
- McKnight Brain Institute
- Institute For Child Health Policy
- Clinical and Translational Science Institute
- Genetics Institute
- Emerging Pathogens Institute
- Shands Cancer Center

#### Colleges
- College of Dentistry
- College of Medicine
- College of Nursing
- College of Pharmacy
- College of Public Health and Health Professions
- College of Veterinary Medicine
The Office of Postdoctoral Affairs is here to serve you

• Help finding resources
• Weekly Postdoc Update Newsletter
• Weekly Postdoc Social
• UF Postdoc Profiles & Award Announcements
• National Postdoc Appreciation Week (Sept. 21 - 25)
• Postdoc Writing Bootcamp and Retreats
• Postdoc policy issues

...Just ask me, I’m here to help!

Postdoc.aa.ufl.edu
Basics
Compensation & Taxes

• Compensation – Postdoc minimum pay is $47,476

• **Understanding your paycheck**

• Taxes
  
  • Associate – withheld from paychecks – standard w2 can be downloaded in MyUFL
  
  • Fellow – NOT withheld from stipend - IRS Form 1098-T or 1099-MISC will be sent to you from the Disbursements Office (352-392-1241) in Feb/March.
    
    • Use the IRS Withholding Calculator to determine how much you need to save for taxes.

• International Postdocs - All Foreign Nationals living, visiting, working, or studying in the U.S. are responsible for compliance with United States laws and regulations. See the IRS Taxation of Nonresident Aliens policy.

• **Contact the OPA** if you are experiencing compensation related issues.
Policies every postdoc should know about

• Postdoc titles – Associates & Fellows

• **Postdoc appointment policy**
  • 4 year time limit (up to 2 year extension if application approved)
  • Professional Development planning
  • Annual evaluations
Policies every postdoc should know about

• **Conflict of interest & outside activities** (policy)

• **Principle investigator eligibility** - Postdocs may be a Co-PI at UF if they have a UF eligible PI serve as Co-PI and have written approval from the Department Chair and Division of Sponsored Programs.

There are many more *policies* and *regulations*!
English as a Second Language

• The UF English Language Institute (ELI) provides several non-credit fee-based courses to help you further develop your written and spoken English skills. If you are paying the fee on your own, register using the links provided on the websites. If your department or supervisor will pay the fee, email the course contact to register and tell them that your department will paying the registration fee. All fees are refundable during the first week of class.

• Academic Written English: Scholarly Writing & Advanced Scholarly Writing (6 weeks)

• Academic Spoken English: Advanced Oral Proficiency (AOP) (6 weeks)

• Intensive English classes (Semester)

• The University Writing Program also offers ESL Assistance
Growing and diversifying your skills at UF.

Make a plan.
For the first time, private sector employment (42%) is now nearly on par with educational institutions (43%).

“The trend is particularly striking in the life and health sciences, the fields that award the most Ph.D.s. In 2017, only 23% of these Ph.D.s held a tenured or tenure track position in academia—a drop of 10 percentage points since 1997. Only math and the computer sciences have seen a larger drop, from 49% to 33%. Those 20-year shifts outpace changes in psychology and the social sciences (35% to 30%), engineering (23% to 16%), and the physical and earth sciences (22% to 19%).” K. Langin, Science Magazine March 2019.

Read the full article.

*Poll
Open the Online Professional Development Plan tool

*both are linked in the chat*
Professional Development Opportunities

Make sure to look outside of your lab and department for opportunities. UF has a lot to offer you!

• The OPA helps you stay in the know about PD opportunities via the Postdoc Newsletter, twitter @UFPostdocs, FB, and the Postdoc Resource Guide.

• Course work is only available if you register as a non-degree or degree seeking student. If you really want to participate in a course but don’t want to apply to UF as a student, try speaking with the instructor to see if you may sit-in or assist them in some way.
Professional Development Opportunities

- UF Libraries
- Clinical and Translational Science Institute (CTSI) & UF Health - Grad Student & Postdoc Career and Professional Development (GradDev)
- Office of Graduate Professional Development
- Office of Teaching Excellence Events and Workshops
- UF Information Technology Trainings
- LinkedIn Learning (Previously Lynda.com) & Microsoft Imagine Academy – Free access with your Gatorlink login credentials
- National Center for Faculty Development & Diversity – Free membership with Gatorlink credentials
- National Postdoctoral Association – Free membership with Gatorlink credentials – Email LilyRLewis@ufl.edu for your invitation to the NPA.
- Center for Instructional Teaching & Technology (CITT)
- Research Computing
- Human Resources – Learn & Grow
- Mentor Academy – develop mentoring skills through 4 mo. program with biweekly sessions
- Leadership@UF – Maximize your leadership potential
- Biotility – offers short courses in technical and regulatory details unique to biotechnology industries and translational research.
Just because an opportunity is not advertised as being for postdocs, does not mean it is not for postdocs!
Your primary role is research: here’s some helpful resources

- **Research Computing** – Operates UF’s supercomputer HiPerGator
  - Weekly walk-in hours for applications & bioinformatics support
- Find funding (but don’t forget, you alone cannot be a PI)
  - Pivot
    - UF Office of Research Opportunities Manager
- Grant writing workshops – offered by GradDev and CTSI
- **ARCS (Academic Research Consulting & Services)** - library professionals who offer unique expertise and services to support your research activities, through data collection to dissemination of results to evaluation of outputs to archiving.
  - Liaison or subject specialist librarians are assigned to each unit or discipline on campus. Find your subject specialist.
Research (or fun) – UF Libraries

UF has 7 libraries on the main campus!

- **Marston Science Library** - agriculture, engineering, mathematics, and the natural and physical sciences; 23 study rooms; 3D printers and a 3D scanner

- **HSC Library** - Located in the Communicore Bldg. Health sciences; 3D printer and scanner; 30 study rooms and people can pick up ILL materials here
  - Study rooms: Advertised as only Students, but open to Postdocs! **Reserve here** (7 rooms), or get first-come-first-served rooms (23 rooms) at the HSC library desk.

- **Education Library** - Located in Norman Hall; education, child development, higher education, psychology, counseling, and children’s literature collections; 1 study room; 3D printing

- **Architecture & Fine Arts Library** - architecture, fine arts, interior design, building construction, landscape architecture, and urban design; 3D scanner

- **Smathers Library (Library East)** - Special Collections; Latin American & Caribbean Collection; Map Library; Judaica Collection

- **Library West** - Humanities, social sciences, videos; Scott Nygren Digital Humanities Studio; Pick up ILL materials here

- **Legal Information Center** - part of the law school.

Postdocs can borrow up to 350 items for up to 6 months
Do you want to develop your teaching skills?

• You can teach if you have your supervisor’s permission and a suitable teaching opportunity exists.
  • Advice for postdocs looking for teaching opportunities at UF

• Even if you don’t teach at UF, you can still take advantage of teacher development workshops and tools. Teaching workshops can help equip you to speak and write about your teaching philosophy.
  • Center for Teaching Excellence Events and Workshops
  • Center for Instructional Teaching & Technology (CITT)
  • Preparing Future Faculty (currently accepting applications)
Entrepreneurship & Industry Resources

- **UF Innovate** comprises Tech Licensing, Ventures, and two business incubators, The Hub and Sid Martin Biotech.

- **Collaboratory for Women Innovators** (in The Hub) - seeks to inspire, educate, and empower women to attain leadership in all phases of the innovation lifecycle.

- **Biotility** – Applied Biotech Training - aim to build a bridge between scientists and the industry, connecting postdocs to opportunities and biotech companies to the best qualified recruits.

- **BioFlorida** - voice of Florida’s life sciences industry, representing 6,200 establishments and research organizations in the biopharmaceuticals, medical technology, healthIT and bioagriculture sectors
Service opportunities - Committees

• Postdoc Advisory Committee
• Postdoc Editors Association
• Antiracist Action Working Group
• Postdoc Association (PDA)

• The OPA is open to creating service opportunities if you see a niche that needs to be filled.
• Ask you PI or department chair about participating in a committee.
Service opportunities - Mentoring

• **Apply to be a First-Generation Advocate**

• **Be a Mentor for the University Multicultural Mentor Program (UMMP)**

• **Recruit & mentor an undergraduate researcher**
  
  Undergraduate students at UF conduct research in all fields. **Fill out this form if you would like to recruit an undergraduate to mentor in research.**

• **Mentor Academy** – develop mentoring skills through 4 mo. program with biweekly sessions
Implementing your Plan – Choosing your mentoring dream team

Have more than one mentor
Be proactive in communicating with your mentors
Take initiative! Not all PI’s will initiate career discussions or Annual Evaluations.

**Getting the Mentoring you Need** – tips for how to ask for guidance from your mentor, and how to build your mentoring team.
Postdoctoral mentorship key to career success

• “Researchers who incorporate ideas and techniques from multiple mentors while still forging their own paths are the most likely to succeed in academia, according to a study of 18,865 biomedical researchers published in Nature Communications”.

• “The authors also suggest that mentoring received during postdoctoral training had a bigger impact than mentoring received during graduate school.”

Read the Nature Communications (2018) research article
Benefits
Health & Wellness

- **GatorAdvantage NOW** – Same-day clinic for fast, convenient care for minor illnesses and injuries. This service is available to all UF Postdoc Associates. Postdoc fellows may use this service if enrolled in an accepted insurance plan.

- **Counseling & Wellness Center Workshops** are open to Postdocs. For individual appointments, Postdocs should see the Employee Assistance Program.

- **Employee Assistance Program** – offers someone to talk to & resources to consult whenever & wherever you need them. All postdoc associates as well as their household members are eligible to receive services.

- **UF RecSports** individual or group memberships may be purchased; looking for people to share a group membership with? Find people via the UF Postdocs Facebook Group.

- **GatorCare Wellness** – information about GatorCare Health insurance, wellness events, and resources.

- Check the **GatorCare Wellness Calendar** for up-to-date listing of wellness opportunities including free group fitness classes and monthly Wellness Wednesday presentations.

- **UF Mindfulness** – Offers events and workshops.
Success

what people think it looks like

what it really looks like