

# Postdoctoral Update

## Office of Postdoctoral Affairs



OFFICE OF  
POSTDOCTORAL AFFAIRS

[CONTACT](#)

[PAST ISSUES](#)

[SUBMISSIONS](#)

OFFICE OF THE  
PROVOST

May 14, 2013

- [May 21 Postdoc Development Workshop: \*Power of Feedback: Mentoring Skills\*](#)
- [GatorCare Options health plan available to postdocs July 1: Q&A Session for Postdocs June 5](#)
- [NPA Core Competencies](#)
- [Office of Research Research Funding Opportunities Newsletter](#)
- [UF/VA Institute on Aging, Clinical Translational Aging Research Seminar: May 20](#)
- [Reminder: UF Postdocs on Facebook and LinkedIn](#)
- [FREE Affiliate NPA Memberships](#)
- [Postdoc Info Listserv](#)

### Reminder:

All University of Florida employees on an appointment as a Postdoctoral Associate or Postdoctoral Fellow may enroll in the PostDocCare health plan online at [www.hr.ufl.edu/benefits/post\\_doc\\_care/enroll.asp](http://www.hr.ufl.edu/benefits/post_doc_care/enroll.asp). Enrollment must be completed within 30 days of the employee's date of hire, regardless of the Post Doc's status in the PeopleSoft system.

### [More info](#)

**UNIVERSITY OF FLORIDA** Office of Postdoctoral Affairs  
Postdoc Development Workshop

**"Power of Feedback: Mentoring Skills"**

Presented by:  
**Courtney Moon**  
Training Coordinator, Human Resource Services,  
University of Florida

Topics will cover:

- How to give constructive feedback
- How to deal with stress
- Enhance your learning and advancement

Tuesday May 21st 2013 4-6pm  
McKnight Brain Institute, Room LG110A&B

Details at:  
<http://postdoc.ufl.edu/postdoc-workshops>

## May 21, 2013: Postdoc Development Workshop: *Power of Feedback: Mentoring Skills*

4:00-6:00pm, McKnight Brain Institute LG110

Workshop led by Courtney Moon, professional skills trainer for the Training and Organizational Development team in UF's Human Resource Services.

Topics covered:

- How to give constructive feedback
- How to coach and mentor
- Influence on learning and achievement

[Workshop Flyer \(landscape\)](#) (.pdf)

[Workshop Flyer \(portrait\)](#) (.pdf)

## GatorCare Options health plan available to postdocs July 1: Q&A Session for Postdocs June 5

Effective July 1, 2013, the University of Florida's insurance plan for Postdoctoral associates and Postdoctoral fellows will be provided as part of GatorCare, the University's new self-insured health plan. The name of the plan is GatorCare Options. To view a plan brochure for GatorCare Options, please visit [http://gatorcare.org/options\\_g.asp](http://gatorcare.org/options_g.asp). For further details about GatorCare in general, please visit <http://gatorcare.org>.

Beginning July 1, 2013, newly hired Postdoctoral associates and Postdoctoral fellows will be able to complete their GatorCare Options enrollment via the myUFL system. Detailed instructions on how to enroll can be found on the attachment.

Important deadlines:

- New hires must complete enrollment within 60 days of hire.
- Qualifying event changes must be completed within 60 days of the event.
- Open enrollment elections must be completed prior to the end of open enrollment.

If you have questions about enrollment or eligibility, please contact HRS's GA and Post Doc Associate Benefits Office at [hrspostdocbenefits@admin.ufl.edu](mailto:hrspostdocbenefits@admin.ufl.edu) or (352) 392-0003.

- [All Inclusive Guide](#) (.pdf)
- [Information from InfoGator](#) (.pdf)

*Florida Blue representatives will be on-site to answer questions about GatorCare Options on Wednesday, June 5, at 5 p.m. in the McKnight Brain Institute's DeWeese Auditorium.*

*Submitted by Human Resource Services*

## NPA Core Competencies for Postdocs

Are you aware of the Six Core Competencies established by the National Postdoctoral Association? All postdocs should be working towards becoming proficient in all core areas. The UF OPA's [Postdoc Development Workshops](#) assist postdocs in several of the core areas. More information: <http://www.nationalpostdoc.org/index.php/publications-5/competencies>

*The National Postdoctoral Association (NPA) has established six core competencies to offer guidance to individual postdoctoral scholars who must seek out relevant training experiences, in collaboration with mentors, institutions, and other advisors who provide this training. "Competency" has been defined as "an acquired personal skill that is demonstrated in [one's] ability to provide a consistently adequate or high level of performance in a specific job function."<sup>2</sup> These competencies are meant to serve primarily as: (1) a basis for self-evaluation by postdoctoral scholars and (2) a basis for developing training opportunities that can be evaluated by mentors, institutions, and other advisors.*

*Click on one of the core competencies below OR [begin reading here](#) to view the description and resources for each competency.*

The six core competencies are:

1. [Discipline-specific conceptual knowledge](#)
2. [Research skill development](#)
3. [Communication skills](#)
4. [Professionalism](#)
5. [Leadership and management skills](#)
6. [Responsible conduct of research](#)

*From the Office of Postdoctoral Affairs and National Postdoctoral Association*

## Office of Research Funding Opportunities Newsletter

The UF Office of Research Funding Opportunities newsletter is produced each Friday and may provide information on travel funding opportunities as well as other funding opportunities for postdocs. If not already signed up, sign up for the weekly newsletter here:

<http://my.research.ufl.edu/Applications/FundingOpportunities/Opportunities.aspx>

## UF/VA Institute on Aging, Clinical Translational Aging Research Seminar: May 20

*Interesting clinical cases in aging and geriatrics*

Presented by Salvador Ramos-Camacho, MD and Betty Lackey, MD, Geriatric Medicine Fellows Department of Aging and Geriatric Research, College of Medicine, University of Florida Geriatric Research, Education and Clinical Center (GRECC), NF/SGVHS

Monday, May 20th, 2013, from 12:00 PM - 1:00 PM, HPNP Building - Classroom 1101

[More information](#) (.pdf)

*Submitted by Christy Carter, Department of Aging and Geriatric Research*

## Reminder: University of Florida Postdocs on Facebook and LinkedIn

Join this [Facebook group](#) for University of Florida postdocs as well as the LinkedIn group: [http://www.linkedin.com/groups/Gainesville-Postdocs-4479251?trk=myg\\_ugrp\\_ovr%20](http://www.linkedin.com/groups/Gainesville-Postdocs-4479251?trk=myg_ugrp_ovr%20)

*Submitted by the Office of Postdoctoral Affairs*

## Reminder: FREE Affiliate NPA Membership

If you did not receive your invitation to join the National Postdoctoral Association or if your invitation has expired and you need to be sent a refreshed invitation, please [contact Kim Pace](#) to receive an invitation.

[More information.](#)

*Submitted by Kim Pace, Office of Postdoctoral Affairs*

## Reminder: Postdoc Info Listserv

*Want to receive e-mail prompts prior to postdoc events like the [Postdoc Development Workshops](#) and other postdoc events?*

A listserv has been created for postdocs to receive reminders for upcoming postdoc events. Please e-mail Kim Pace ([kpace@aa.ufl.edu](mailto:kpace@aa.ufl.edu)) and tell me you wish to subscribe to the "postdoc info listserv."

*Submitted by Kim Pace, Office of Postdoctoral Affairs*

Gainesville, FL 32611

[postdoc.aa.ufl.edu](mailto:postdoc.aa.ufl.edu)

