

# Postdoctoral Update

## Office of Postdoctoral Affairs



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### *Important Information re: Postdoc Insurance:*

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)

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

*Please note that GatorCare is not available to Adjunct Post Docs or Adjunct Clinical Post Docs.*

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## **Urgent Request for Regional Science Fair Judges**

January 7, 2014

Dear Prospective Judge,

The Alachua Region Science and Engineering Fair is scheduled for Thursday, February 6, 2014 at the Santa Fe College Gymnasium. The regional science fair will showcase outstanding projects from students in grades 6 through 12 and will include public, private and charter schools in Alachua County. However, in order to host the fair, approximately 60-70 additional judges are required. Judges at this level should have a bachelor's or higher degree.

Science fair judging consists of talking with students about their research to determine place awards, state and international science fair status, and to select the best overall project winners. Judges are asked to check in between 7:30 and 8:00 AM on February 6th. A continental breakfast will be served upon arrival and a working lunch will be provided. Judging is usually completed by 3:00 PM. This will be a wonderful opportunity to communicate with some of the best science students in our district.

If you meet these requirements and are able to serve as a judge, please complete the attached Registration Form and return it to me (Lisa Strzyzkowski) by e-mail ([scifair@gm.sbac.edu](mailto:scifair@gm.sbac.edu)) or FAX (352-955-7664). Please select three (3) categories to judge in order of preference from the following list:

- BE (Behavioral & Social Sciences)
- BI (Biochemistry)
- BO (Botany)
- CH (Chemistry)
- CO (Computer Science)
- EA (Earth & Planetary Science)
- EN (Engineering)
- EV (Environmental Science)
- MA (Mathematics)
- ME (Medicine & Health Science)
- MI (Microbiology)
- PH (Physics & Astronomy)
- ZO (Zoology)

Additional information about the fair and the judging process will be e-mailed with your confirmation letter prior to the fair.

We hope we can count on your participation this year. Your interaction with our

students may encourage them to pursue a career in the science and engineering professions.

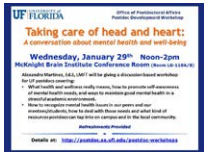
Please share this invitation with others at your institution who you feel may be interested in assisting us. If you have any questions or concerns, please let me know. You may e-mail me at [scifair@gm.sbac.edu](mailto:scifair@gm.sbac.edu) or call me at 352-955-7628. Thank you for your time and consideration.

Sincerely,

Lisa Strzyzkowski

Secretary for ZoEllen Warren, Regional Science Fair Director

[Registration Form](#) (.doc)



## Postdoc Development Workshop: January 29

Alexandra Martinez, Ed.S, LMFT will be giving a discussion based workshop aimed at UF postdocs. The workshop will be two hours and cover two broad topics. Alexandra will address what health and wellness really means, how to promote self-awareness of mental health needs, and ways to maintain good mental health in a stressful academic environment. She will also focus on how to recognize mental health issues in our peers and our mentees/students, how to deal with those needs and what kind of resources post-docs can tap into on campus and in the local community.

The workshop takes place on **Wednesday, January 29**, in the **McKnight Brain Institute Conference Room** from noon-2pm.

More information on the Postdoc Development Workshop Website:

<http://postdoc.aa.ufl.edu/postdoc-workshops>

[Workshop Flyer](#) (.pdf)

*This workshop will NOT be videotaped.*

## CRC Workshops for Graduate Students and Postdocs

*Postdocs can make graduate students aware of these workshop opportunities, and are also welcome to attend any that may be helpful:*

The Career Resource Center offers a Non-Academic Job search workshop series in the spring and an Academic job search workshop series in the fall of every year. Below are the Spring series of workshops.

### Non-Academic Careers for Graduate Students

*Workshop provides an overview on how one can consider and pursue non-academic career options*

Thursday Feb 20<sup>th</sup>, 4:00-5:00pm

The Non -Academic Job Search Process

*Workshop discusses the non-academic job search process. Topics discussed include self-assessment, timeline, interview strategies and resume preparation*

Wed March 12<sup>th</sup>, 4:00-5:00pm

### **Applying for Non Academic Jobs for Grad Students**

*Workshop provides helpful advice on how to prepare an effective application showcasing your skills, abilities and interests for a non-academic job*

Thur March 20<sup>th</sup>, 4:00pm-5:00pm

### **Non- Academic Career Panel**

*Workshop consists of a panel of professionals who pursued non-academic careers after their graduate/postdoc education*

Thur April 3<sup>rd</sup>, 4:00pm-6:00pm

### **Networking and Interviewing for Graduate students**

*Workshop will cover effective networking and interviewing strategies for success in the job search process*

Wed April 16<sup>th</sup>, 4:00-5:00pm

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### **Certified Gator Professional Series**

Do you need to develop strategies for your job search, help crafting your brand and communicating professionally? The Certified Gator Professional (CGP) is just for you! CGP is a series of personal and professional development workshops that review skills needed to succeed in a professional setting. Complete the four CGP workshops in order to be recognized as a Certified Gator Professional, reflected in your Gator CareerLink profile.

CGP is available in an in-person format or through an online module. Upcoming dates for in-person sessions are listed in Gator CareerLink under Events/Workshops and are listed below.

Note: The workshop formats cannot be combined - they must be completed either all online or all in person.

#### **CGP Part I: Get Ready for Your Job & Internship Search**

Monday, January 27, 2014, 4:10-5:00 PM, Library

#### **CGP Part II: Develop and Communicate Your Professional Brand**

Wednesday, February 5, 2014, 4:10-5:00 PM, Classroom

#### **CGP Part III: Real World Communications and Interactions 101**

Monday, February 10, 2014, 4:10-5:00 PM, Library

**CGP Part IV: From Offer to Office: Succeed in Your New Position**

Wednesday, February 19, 2014, 4:10-5:00 PM, Library

**CGP Part I: Get Ready for Your Job & Internship Search**

Tuesday, February 25, 2014 , 5:15-6:15 PM , Library

**CGP Part II: Develop and Communicate Your Professional Brand**

Thursday, March 13, 2014, 5:15-6:15 PM , Library

**CGP Part III: Real World Communications and Interactions 101**

Tuesday, March 18, 2014 , 5:15-6:15 PM , Library

**CGP Part IV: From Offer to Office: Succeed in Your New Position**

Thursday, March 27, 2014 , 5:15-6:15 PM , Library

**CGP Part I: Get Ready for Your Job & Internship Search**

Monday, March 31, 2014, 4:10-5:00 PM, Classroom

**CGP Part II: Develop and Communicate Your Professional Brand**

Tuesday, April 8, 2014, 4:10-5:00 PM, Library

**CGP Part III: Real World Communications and Interactions 101**

Monday, April 14, 2014, 4:10-5:00 PM, Library

**CGP Part IV: From Offer to Office: Succeed in Your New Position**

Thursday, April 17, 2014, 4:10-5:00 PM, Library

*Submitted by Liz Kazungu, Career Resource Center*

**CTSI Mentor Academy Career Development Seminar: Feb. 10**

Save the date for the upcoming CTSI Mentor Academy Seminar:

Monday, February 10, 1:00pm, Room 3161/3162 CRTB.

Career Development:

*Where Do You Go from Here and How Do You Get There?*

Dr. Stephen J. Korn

Director, Office of Training, Career Development and Workforce Diversity

NINDS, NIH

[Seminar Flyer \(.pdf\)](#)

*Submitted by Robert Yezierski, College of Dentistry*

**Institutional Repository (IR@UF) Survey -- your participation is requested**

In an effort to bring more awareness and use of the Institutional Repository (IR@UF), the Libraries are conducting a brief survey requesting faculty and students to answer questions on their use and awareness or lack of awareness and non-use. Please take a few minutes to fill out the survey by January 30, 2014 to assist in our evaluation. [Take the survey!](#)

*Submitted by Barbara Hood, George A. Smathers Libraries*

## **Chronicle of Higher Education: The Ph.D.'s Guide to a Nonfaculty Job Search**

*You, too, can join the ranks of the gainfully employed outside of academe*

*For most Ph.D.'s, the nonacademic labor markets are shrouded in mystery: Where do I look for jobs? How do I meet people if I don't have contacts outside academe? Did I just waste the past eight years of my life on this doctorate when I should have been earning an M.B.A.?*

Full Story: <http://chronicle.com/article/The-PhDs-Guide-to-a/143715/>

## **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*

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