

Postdoctoral Update

Office of Postdoctoral Affairs



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POSTDOCTORAL AFFAIRS

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PROVOST

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UF Mindfulness Day

On Monday, Sept. 28, the University of Florida will host the first-ever “UF Mindfulness Day” featuring a full day of lectures and activities designed to introduce mindfulness theory and practice to students, faculty, and staff. The day’s events, which will be held in Room 100 of UF Library East, will culminate with a keynote speech by New York Times best-selling author Michael Singer.

UF Mindfulness Day marks the launch of an interdisciplinary campus-wide collaboration funded by a UF Creative Catalyst Grant to infuse mindfulness practices into courses and curricula as well as to enhance current mindfulness

offerings, develop new programs and trainings, and create spaces designed to cultivate a culture of mindfulness at the University of Florida.

“Mindfulness is integral to education supporting the cognitive, emotional, physical, and relational aspects of learning. It deliberately focuses one’s attention on present experiences--such as thoughts, images, emotions, bodily sensations--on a moment-to-moment basis without judging them,” said Dr. Sabine Grunwald, UF professor of soil and water science. “Being mindful causes us to experience things in a more profound way. In essence, the ordinary becomes non-ordinary—like a math equation experienced as sacred by a social science major or an abstract emotional painting experienced with awe by a STEM student.”

Dr. Grunwald, who leads the project team, will provide a welcome and introductory comments at the UF Mindfulness Day at 8:20 a.m., with the remainder of the day’s events following UF’s course period schedule. Campus and area experts on mindfulness practices will provide both explanatory talks on mindfulness and meditation practices as well as experiential sessions including qigong and yoga. Michael Singer’s keynote address, titled “Mindfulness as a Way of Life,” will be held from 4:30 to 6:00 p.m.

“The paradox of our modern time is that mindfulness is inherently simple and human and available anytime and anyplace; yet many of us are too busy and distracted and have forgotten about it,” Dr. Grunwald elaborated. “This project aims to reconnect us to ancient truths, breath by breath, taming our constantly chatting and anxious minds. Mindfulness practices unify our body, heart, mind, and spirit.”

Both novice and long-term mindfulness practitioners are invited to join the events, which are free and open to the public. Participants are encouraged to bring any items to support their practice—such as a yoga mat, tarp, cushion or pillow—and a friend. The first ten participants in each session will receive a free t-shirt.

For a complete schedule of events, as well as more information about the UF Mindfulness Project, please visit mindfulness.ufl.edu. To get more involved, you can also join the Facebook group by searching for UF Mindfulness and/or follow the initiative on Twitter at @sacred_swamp.

Submitted by Angie Brown, UF Mindfulness Day Planning Committee

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2015 Graduate Student Research Day

Originally formed as a driving force of the UF Graduate School’s formal NSF-funded Innovation through Institutional Integration (I-Cubed) Program, the **Graduate Student Advisory Council (GSAC)** helps prioritize students’ interests and needs, as well as facilitate communication between graduate students, faculty, and administrators. Our vision for GSAC, in collaboration with **Postdocs**, is to continuously



transform UF's graduate student experience. As part of this collaborative mission, GSAC and the Graduate School, in collaboration with the Office of Research and Office of the Provost, are proud to announce the annual celebration of research with **Graduate Student Research Day (GSRD)** held on **October 27th, 2015**. This annual event features research from *all graduate and undergraduate students* at the University of Florida as well as prominent speakers.

GSRD includes a competitive poster session, panel discussions and a keynote address by President Kent Fuchs. President Fuchs will talk about his vision to establish UF as a national leader and a voice for higher education. The day-long event provides opportunities to graduate students (and undergraduate students participating in research) to refine their academic communication skills, learn from their peers and mentors, and network with people from across disciplines.

Success of GSRD can only be achieved through active participation of students, postdocs and faculty. Postdocs can contribute by utilizing their expertise for evaluating student posters. Therefore, GSAC is kindly asking for **Postdoc support in judging posters**. The poster sessions will occur between **9:45-11:45am & 1:45-3:45pm** in the Grand Ballroom of the Reitz Union. Lunch will be provided after the poster competition.

For more information on Graduate Student Research Day and/or to sign up as a judge, please visit our website: <http://i3.institutes.ufl.edu/2015-graduate-student-research-day/>

We look forward to accomplishing this event through sustained communication and cooperation with Postdocs.

Submitted by Ha Nguyen, Poster Committee Chair of the 2015 Graduate Student Research Day

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[Fellowship in Cardiovascular Epidemiology](#)

National Heart, Lung, and Blood Institute's Framingham Heart Study. Research fellowship for internal medicine and/or subspecialty trained physicians. Offered through Boston University School of Medicine to train fellows in cardiovascular epidemiology and genetic epidemiology research, including participant examination, data collection as well as analysis, presentation, and publication of research data. Personal mentorship by senior investigators interested in clinical cardiovascular disease, subclinical disease imaged by ultrasound and CT scanning, and genomics.

Send CV, two recommendation letters to: Barbara Inglese, Framingham Heart Study, 73 Mount Wayte Avenue, Framingham, MA 01721; 508-935-3451; bjj@bu.edu

Submitted by Dan Carroll, Boston University

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Scholarly Communications Workshops - Fall 2015

Scholarly Communications Workshops - Fall 2015 from the George A. Smathers Libraries

The following scholarly communications workshops will be offered in Library West Room 212 and online via Adobe Connect. **Registration at least 24 hours in advance is REQUIRED for online workshops.** Registration is requested, but not required, for in person workshops. Register at http://apps.uflib.ufl.edu/Registration/public_workshops_scheduled.aspx.

For more information, contact Christine Fruin at christine.ross@ufl.edu or (352) 273-2710

Copyright for Online Teaching

Whether you are preparing an online course for UF students or getting ready to launch a course through Coursera, this workshop will assist faculty, instructional designers and others in navigating the copyright issues that arise when delivering course content online. The workshop will cover the law of fair use and the various alternatives available to delivering copyrighted content through the eLearning and Coursera platforms. Special focus will be on incorporating images, audio, and video in online courses.

Library West 212: September 9th - 12:45-1:45

Online (Adobe Connect): September 10th - 12:45-1:45

Copyright Essentials for the Graduate Researcher

Working on your thesis or dissertation and including copyrighted works of others in your paper? Confused about the publication and deposit options available to you for your dissertation and wondering what impact these options will have on later publication of your work? This workshop will answer these common copyright questions that graduate students encounter as they write and prepare to publish their own thesis or dissertation. This workshop is a must for all graduate students working on a thesis or dissertation.

Library West 212: September 23rd - 12:45-1:45

Online (Adobe Connect): September 24th - 12:45-1:45

Sharing Scholarship and Reaching Research through Open and Public Access

Traditionally, scholarly research has been available only through expensive journal subscriptions. For more than a decade, open access proponents have encouraged and enabled free and unrestricted access to high quality, peer-reviewed scholarly works immediately upon publication. More recently,

government and private funders have mandated open access to funded research through publicly accessible repositories. In this workshop, participants will learn more about open access principles and methods and about federal and private funder mandates requiring public access to scholarly research. Persons who currently receive or are considering applying for government or private grants to fund their research are strongly encouraged to attend this workshop to learn about the forthcoming requirements of public access.

Library West 212: October 7th - 12:45-1:45

Online (Adobe Connect): October 8th - 12:45-1:45

Opening up Copyright with Creative Commons (*NEW for 2015*)

If you want to give people the right to share, use, and even build upon a work you've created, you should consider publishing it under a Creative Commons (CC) license. CC gives you flexibility and protects the people who use your work, so they don't have to worry about copyright infringement, as long as they abide by the conditions you have specified. If you're looking for content that you can freely and legally use, there is a giant pool of CC-licensed creativity available to you. There are hundreds of millions of works – from songs and videos to scientific and academic material – available to the public for free and legal use under the terms of our copyright licenses, with more being contributed every day. This workshop will inform attendees about the various CC licenses available and how to select a license for their own work and how to locate CC licensed works for reuse.

Library West 212: November 18th - 12:45-1:45

Adobe Connect: November 19th - 12:45-1:45

Submitted by Barbara Hood, George A. Smathers Libraries

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Postdoc Funding Opportunities

On the [Resources](#) page of the Office of Postdoctoral Affairs website, we have created a Funding Opportunities page which lists all the different types of funding available to postdocs.

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Postdoc HR Issues:

Insurance and Benefits: If you have questions about benefits enrollment or eligibility, please contact UF's [Human Resource Services'](#) Benefits Office at benefits@ufl.edu or (352) 392-2477.

Employee Issues: If you are experiencing an issue with your supervisor that is not resolved in your department and need assistance or guidance, please contact Ms. Kim Baxley, Director of Employee Relations, in UF's [Human Resource Services](#). Ms. Baxley can be reached at 392-1072 or kczap@ufl.edu.

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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

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Reminder: FREE Affiliate NPA Membership

If you would like to receive an invitation to join the National Postdoctoral Association or if your invitation has expired and you need to be sent a refreshed invitation, please [contact Cheryl Gater](#) to receive an invitation.

[More information.](#)

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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 Cheryl Gater (cgater@aa.ufl.edu) and tell me you wish to subscribe to the "postdoc info listserv."

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