

Postdoctoral Update

Office of Postdoctoral Affairs



OFFICE OF
POSTDOCTORAL AFFAIRS

CONTACT

PAST ISSUES

SUBMISSIONS

OFFICE OF THE
PROVOST

September 22, 2015

- Machen Florida Opportunity Scholars Program - Life Coach Applications
- National Postdoc Appreciation Event - Friday, September 25
- UF Mindfulness Day
- 2015 Graduate Student Research Day
- Postdoc Funding Opportunities
- Postdoc HR Issues
- Reminder: UF Postdocs on Facebook and LinkedIn
- FREE Affiliate NPA Memberships
- Postdoc Info Listserv
- Houses for Rent: Faculty Housing and Postdoc Housing

Machen Florida Opportunity Scholars Program - Life Coach Applications

The Machen Florida Opportunity Scholars Program is recruiting UF faculty, staff, and graduate students to serve as a life coach for the 2015-2016 academic year. A Life Coach works with our first generation college students as they navigate the next steps after graduation. As our students are first in their families to *attend* college, they are also first to *graduate*; we are looking for dedicated coaches to provide students with guidance during this transition. Coaches meet with their paired "coachee" various times during the semester to discuss subjects related to life after college. Coaches will also participate in a brief training in October

before being paired.

For more information, please visit:

http://fos.ufsa.ufl.edu/programs/fosal/life_coach/ If you're interested in serving as a life coach, please click on the 'apply to be a life coach' tab on the left side of the page and submit some quick information about yourself and we'll pair you soon! Deadline for submissions will be Friday, October 2nd, 2015. If you have any questions, please contact MFOS Graduate Assistant Sheraz Iqbal at SherazI@ufsa.ufl.edu

Submitted by Will Atkins, Machen Florida Opportunity Scholars Program

[\[top\]](#)

National Postdoc Appreciation Event - Friday, September 25

Join fellow UF Postdocs for Happy Hour/Live Music at Whiskey House (60 SW 2nd St, Gainesville/352-519-5534) from 6:00-8:00 p.m. on Friday, September 25th in honor of National Postdoc Appreciation Week.

Submitted by the Office of Postdoctoral Affairs

[\[top\]](#)

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

[\[top\]](#)

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

[\[top\]](#)

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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[\[top\]](#)

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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[\[top\]](#)

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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[\[top\]](#)

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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[\[top\]](#)

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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[\[top\]](#)

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