Postdoc News

Hone up your Academic CV by working on your teaching philosophy and teaching dossier - May 11

Applying for an academic position? Then preparing a teaching philosophy and teaching CV will be something you will need to do. During this one-day boot camp you will have the opportunity to receive guidance on your teaching statement/ philosophy, teaching CV, and skills reports. If you want to add teaching development to your CV, these documents are needed for the completion of the Graduate Teaching and Learning Program Level 2 - a program that is open to all postdoctoral fellows. Please RSVP as these are not drop in sessions.

Upcoming Events - Click items to learn more

1. Pageviews, Downloads, Comments, Shares: Upgrade your researcher profile - March 21
   Altmetrics are a new way to measure your work and raise your profile as a researcher.

2. How to set healthy boundaries - March 21
   We all have our limits, but we don’t always recognize or communicate them. Learn about the purpose of boundaries, identify your own and get strategies to express and maintain them.

3. Understanding Conflict in the Workplace - March 22
   MentorUp event to help you gain awareness of different conflict styles, learn tools, and assert your needs while respecting others in challenging circumstances.

4. “What am I missing?”: Tips for Effective Searching - March 27
   Ever felt frustrated and overwhelmed when trying to find an article to support your research?

5. So, You’re Done Your Research Paper - Now What? Let’s Talk About Research Dissemination - March 27
   We will highlight different ways of disseminating your research, publishing processes, finding the right journal to publish your work, impact factors, and predatory publishers.

6. Teaching Session: Lecture Tech Strategies - March 27
   Implement simple technology during a lecture to help engage students in their learning, such as polls, back channels and online timer.

7. NSERC Common CV Workshops - March 28, May 1, May 10, June 6
8. **Risky Research: Protecting Yourself from Online Harassment** - March 28 - A panel discussion about the effects of online harassment on a researcher's life and some of the practical strategies and campus resources that are available if you need help protecting yourself.

9. **Influencing Without Authority** - March 28 We will focus on overcoming resistance, adapting to social styles and how to be impactful without being forceful.

10. **Make Stress your New BFF** - March 28 Stressed? Overworked? Overwhelmed? This workshop will help you identify sources of stress, learn coping skills, and shift your relationship with stress from foe to friend.

11. **Bayer on Campus** - April 6 (**RSVP March 30**) Bayer will give a Pharmaceuticals and a Crop Science presentation that will also include information about partnering programs, Bayer's research and product development, and what it's like working at Bayer.

12. **Writing an Effective Funding Proposal** - April 6 Learn strategies to increase the probability of positive responses to your scholarship or funding proposal. ($50)

13. **Mental Health First Aid** - April 5&6 Mental Health First Aid is the help given to someone developing a mental health problem or in the midst of a mental health crisis.

14. **SSHRC Grant Boot Camp 2018** - April 20 During the month of June, the Grant Assist Program in the Office of the Vice-President Research will be offering a boot camp to get you started on your Insight Grant.

15. **Teaching Naked and the Festival of Teaching and Learning** - May 4 Learn more about best practices in teaching and innovative research. Keynote is Dr. José Antonio Bowen, author of “Teaching Naked.”

### Keep Informed

**New UofA Postdoctoral Fellows Professional Development Facebook Group reaches more than 100 members**

**Join our group!** Nearly everyday a professional development opportunity or news item related to employment, leadership, and postdoctoral life is posted to this Facebook site. Be part of this growing postdoc community and stay informed. See what your fellow postdocs have to contribute as well.
Want to attend sessions related to teaching, research, mental wellness, or professional development? Check out this new resource posted on the PDF website.

Missed a newsletter. These too will start appearing on the Postdoc Professional Development page.

**Recommendations in response to the PDF Professional Development Advisory Meeting**

The first meeting of the PDF PD Advisory group resulted in a productive and insightful session that has led to the following 6 recommendations that can fall under the Professional Development portfolio.

1. Work with faculty and postdocs to create a guiding document that would identify training and research expectations of the fellowship that can take into consideration the different needs that postdocs will have beyond that of a PhD student. Depending on the type of research, this could also include expectations beyond the fellowship and take into account demands from research facilities such as work alone requirements, safety training, and ethics.

2. Create a robust website that speaks to all aspects of professional training for postdocs, with particular attention to teaching, research, and career development. Additional website development would provide access to information and resources as needs arise.

3. Develop an optional Individual Development Plan (IDP) specific to the needs of PDFs was unanimously identified as a positive professional artifact that would need to accommodate the accelerated time PDFs have to orient themselves to a career. The IDP could lead to PDFs acquiring feedback required for success in their fellowship.

4. Many postdocs are narrowly focused on improving their research, however they need to move beyond this and think more holistically about what they have to offer, regardless of their career direction. A deliberate and mindful melding of leadership and employability workshops can fit into the diverse landscape of sessions offered by other campus providers and influence the mindset of postdocs.

5. Co-organize an orientation with the Postdoctoral Fellows Association that would familiarize postdocs with available professional development opportunities, websites and other resources available from both offices. This would also provide an opportunity for postdocs to network/socialize. Orientations would be best served in the fall and early spring.

6. Communication with PDF’s to participate in PD activities will require postdocs to see the value of the session for them. Postdocs are limited by time, support of their supervisors, and funding. Several steps are being taken to increase awareness and applicability of opportunities to PDFs on campus.

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