Welcome to our first newsletter! I may be a familiar name to anyone who attended professional development sessions offered through the Faculty of Graduate Studies and Research. I am currently on a 1 year secondment to look at the professional development portfolio for postdocs. I look forward to communicating events and news items that will enhance your professional development. Please drop by the Postdoctoral Fellows Office to say hello.

With warm regards,
Renee Polziehn, PhD

Postdoc News

Postdoctoral Fellows Professional Development Facebook Group

Staying ahead or even just keeping ahead of your research reading is already a challenge, so how can you keep up with what is going on with postdocs nationally, career building, events, and networking? The Postdoctoral Fellows Professional Development Facebook group is one way to do this—and if you don’t have a Facebook page, here is a good opportunity to create a professional site for yourself or make a point to visit it regularly. This group allows everyone in the postdoc community to post articles, events, and comments to build a more connected campus.

Upcoming Events

1. **Communicating our Research through Media** - Lessons learned working with/in print and digital media for the public good - March 1
2. **Discover the Entrepreneur Within** - Find out how you may be suited to be an entrepreneur - March 2
3. **Pitch your Plan at DiscoveryLab** - Do you have an innovative idea to pitch to friendly dragons? - March 6

4. **Introduction to Mindfulness** - Be present and be more productive - March 7

5. **Happiness: Moving to Wellness** - Live a meaningful and enriching life - March 13

6. **Banting Postdoctoral Fellows Scholarship** - Information session and Q&A to be more successful with your application - March 14


8. **Mock Interviews in a Canadian Context** - gain valuable interview experience by participating in a mock interview with industry professionals - March 17

9. **Imposter Syndrome** - Explore the common tendency to feel like an impostor or a fraud in academia - March 20

10. **Pageviews, Downloads, Comments, Shares: Upgrade your researcher profile** - Looking for a new way to promote your work and raise your profile as a researcher? - March 21

11. **Getting your IDP started** - Reflect on the soft and technical skills you bring to the workplace - March 26

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

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

**Resource Sheet**

Want to attend sessions related to teaching, research, mental wellness, or professional development? Check out this new resource posted on the [PDF website](#).