

Postdoc Orientation Welcome!

Gillis Building, Conference room 104

OR

<https://uky.zoom.us/my/postdoc>



The Office of Postdoctoral Affairs



Collaborators



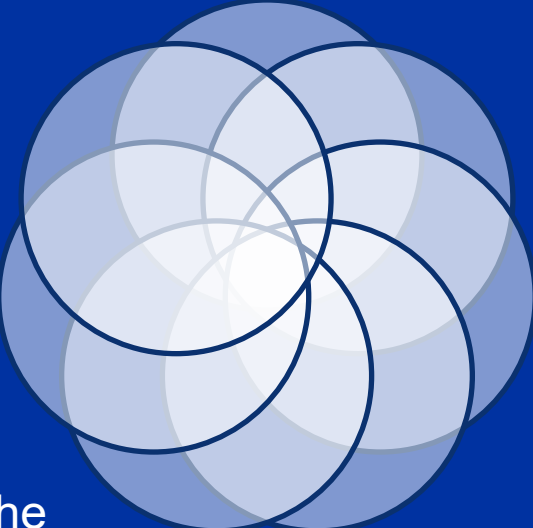
Graduate Student Congress

Graduate School Professional Enhancement

Markey Cancer Center



Stuckert Career Center



Office of Biomedical Education



International Center

UK Research



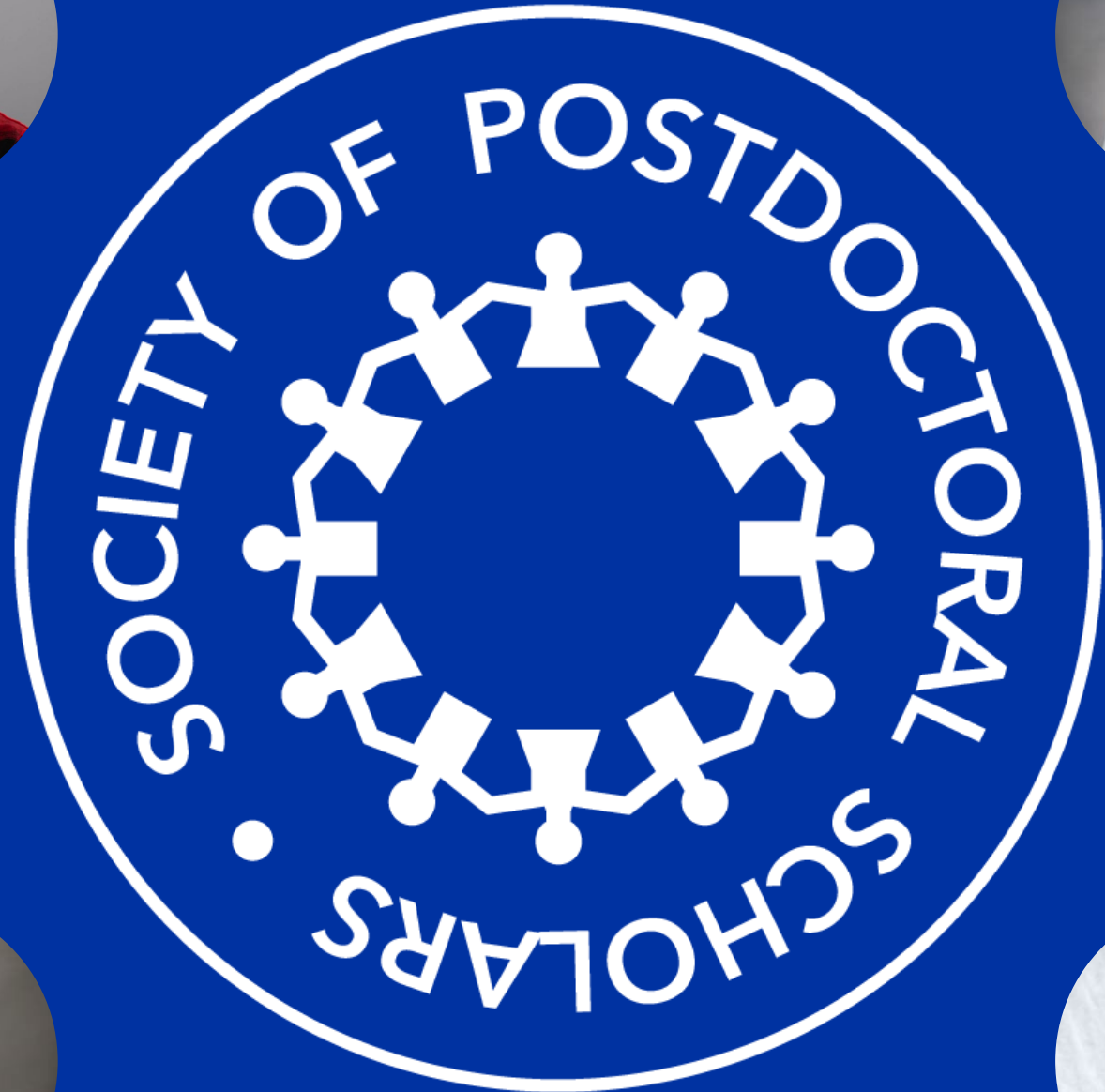
Center for the Enhancement of Learning and Teaching

Von Allmen Center for Entrepreneurship

Proposal Development Office



UK Innovate



What is a postdoc?

What is a postdoc?

“A postdoctoral scholar (“postdoc”) is an individual holding a doctoral degree who is engaged in a temporary period of mentored research and/or scholarly training for the purpose of acquiring the professional skills needed to pursue a career path of their choosing”

From the National Postdoc Association

“A postdoc is not a career goal”

Melanie Sinche, Next Gen PhD

Mission Statement

Develop the next generation of independent scientists and scholars by supporting postdocs needs and preparing them for a successful transition to a career of their choosing.

Administrative
Services

Measuring
Success

Postdoc
Development

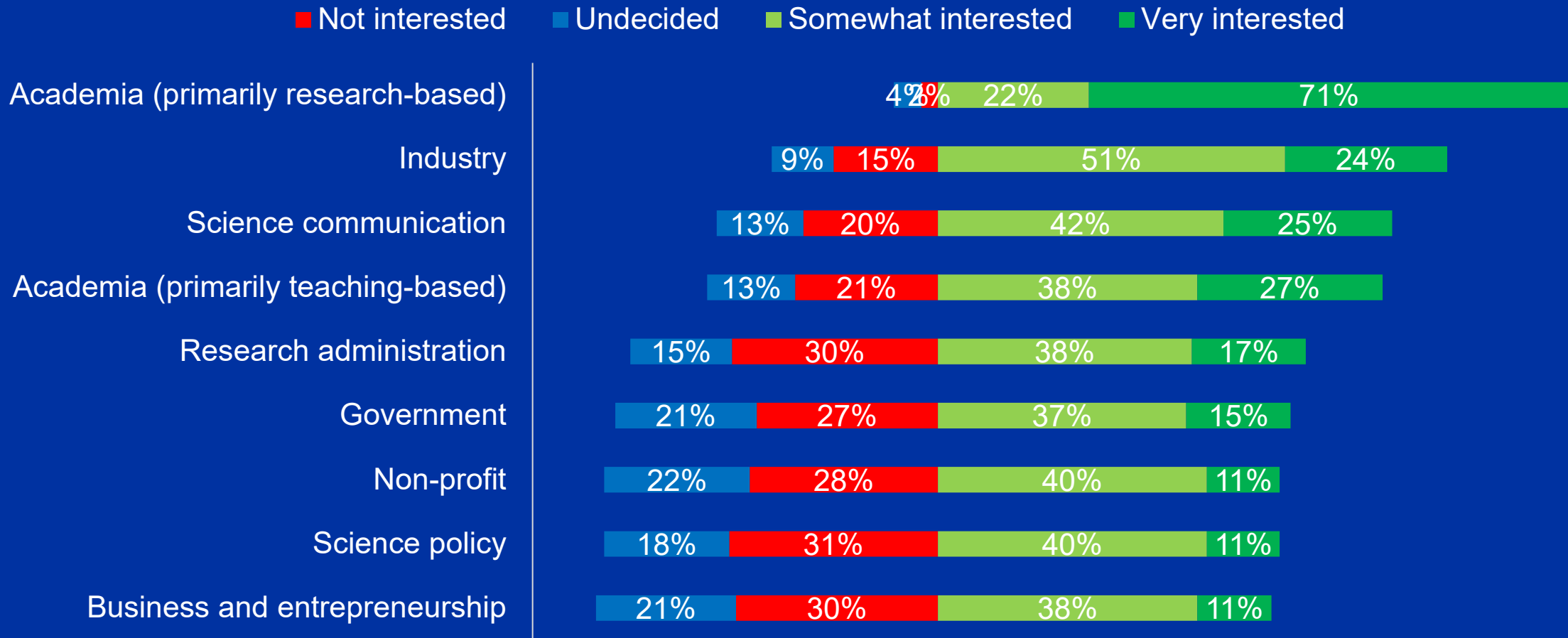
Community
Building

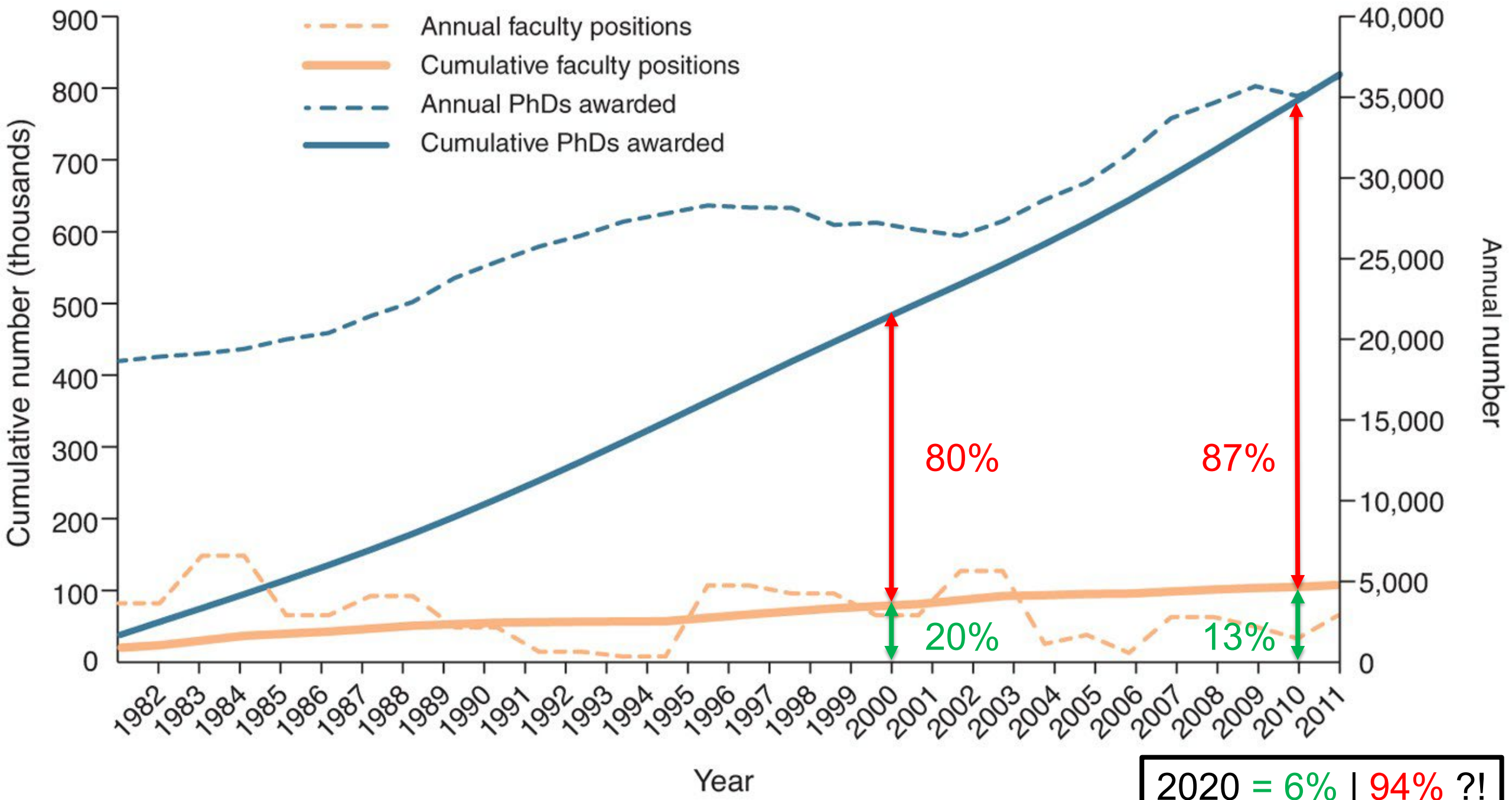
How do you measure postdoc success?

What is important to you?

What is important to future employers?

Interest in pursuing a career in the following sector(s)





Planning is key!

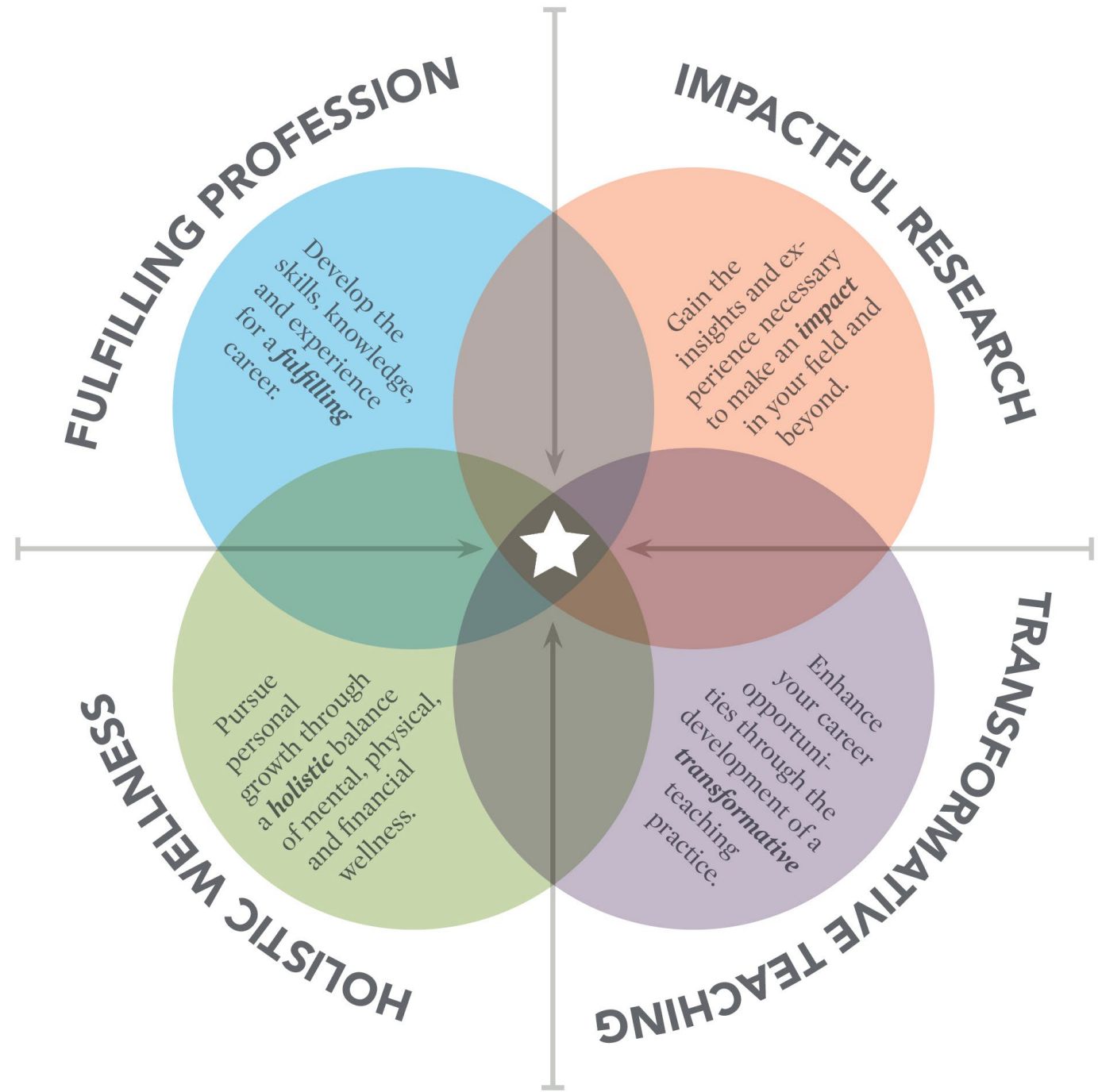


Graduate Student Success Pathways

Launching your journey (early)

Gaining momentum (mid)

Navigating your transition (late)





NATIONAL
POSTDOCTORAL
ASSOCIATION

15800 Crabbs Branch Way | Rockville, MD 20855
Ph: 301.984.4800

A POSTDOC'S GUIDE TO THE POSTDOC TIMELINE

(c) 2019

A postdoc's guide to the postdoc timeline

- First year (acclimation)
 - Career exploration
 - Identify skills
 - Initiating network
- Intermediate year(s) (development)
 - Choose career
 - Develop skills
 - Enhance network
- Final year (career transition)
 - Job search
 - Use network
 - Apply

IMAGINEPHD

A CAREER PLANNING AND EXPLORATION TOOL FOR THE HUMANITIES AND SOCIAL SCIENCES

IMAGINEPHD.COM





Science Careers

INDIVIDUAL DEVELOPMENT PLAN



ACRA

Academic Career Readiness Assessment

Winner of the First Prize 2019 AAMC Innovations in Research and Research Education Award

Clarifying Training Expectations for Future Faculty in the Life Sciences

Laurence Clement, PhD
Jennie Dorman, PhD
Rick McGee, PhD

Developed with the support of Burroughs Wellcome Fund

UCSF Office of Career and
Professional Development
Student Academic Affairs

Academic Career Readiness Assessment (ACRA)

- Provides information needed to explore, plan for and apply to faculty positions
- Different types of institutions
- No prior understanding needed of the intricacies of the U.S. education system
- Independent of mentoring quality

Side note on aligning expectations

“A shared understanding of what each person expects is critical to establishing effective mentor-mentee relationships. Challenges arise when mentors and mentees have misunderstandings about expectations in the relationship, which naturally changes over time. Therefore, ongoing reflection and communication about expectations is needed to maintain positive and productive mentor-mentee relationships.”



Center on the Improvement of
Mentored Experiences in Research

Compacts

- Intended to initiate discussion about the postdoc-mentor relationship
- Used to define commitments necessary for a high quality relationship

Compact Between **Postdoctoral Appointees** and Their **Mentors**

A framework for aligning the postdoctoral appointee mentor-mentee relationship

January 2017

Career exploration lens

- (some) Career exploration is the foundation of postdoc success
- Having a plan B is critical in a hypercompetitive job market



Make time

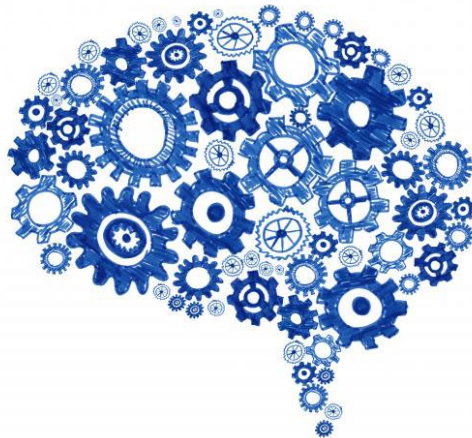


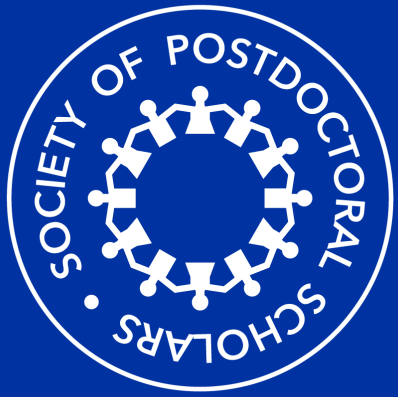
Postdoc Development Opportunities



Intensives

- Postdoc Mentoring Training (5 part) Spring
- NIH Becoming a Resilient Scientist Program (6 part) Spring
- Fundamentals of Career Exploration (6 part) Summer
- Leadership & Management in Action Program (6 part) Fall
- Fundamentals of Funding (5 part) Fall





2024-2025 Annual Calendar

What is the Yearly Planner?

- A planner created specifically for postdocs to track key dates and resources
- Helps manage professional goals and personal development
- Includes SOPS event dates and university resources
- **Printed versions available soon!**

What Will Happen This Year?

- Monthly events including hikes, holiday parties, workshops, and more
- Opportunities for professional growth and networking
- Mix of serious career-focused and fun social activities
- Chance to connect with fellow postdocs



2024-2025 Annual Calendar

Year	Month	Event
2024	November	Information Session on Career Resources at UK
	December	Holiday Networking
2025	January	Etiquette Session
	February	Trivia
	March	Data Analysis Workshop
	April	Bowling
	May	Session on Mental health
	June	Talent Show
	July	Session on Faculty Application Package
	August	Summer Networking
	September	Annual Symposium

*FUN!



Annual Research & Career Symposium

Every year during National Postdoc Appreciation Week
(3rd week in Sept)

Features:

- Keynote address
- Career panels
- Postdoc Talk Competition
- Postdoc Poster Competition
- Additional stimulating sessions



2024-2025 Loyalty Program

What is the Loyalty Program?

- A new initiative to **reward engagement** in SOPS events and activities
- Earn points by attending events and participating in community activities
- **Redeem points for prizes** and **gain recognition** in the postdoc community

What's the Fun Part of the Loyalty Program?

- Prizes include **gift cards and SOPS-branded swag**
- Top participants invited to the **annual symposium**
- Build **friendships and enjoy** the community while earning rewards

How to stay informed

SOPS-L@LSV.UKY.EDU

Admin

see blue.™

Administrative considerations

- Administrative regulation 5:1
 - Postdoctoral Scholars, Postdoctoral Fellows, and Visiting Scholars
 - <https://www.uky.edu/regs/ar5-1>
- Postdoctoral Scholars
 - Both employees and students
- Postdoctoral Fellows
 - Students

Benefits

Postdoc Scholars	Postdoc Fellows
<i>Health</i>	
UK employee health plans	UK employee health plans
Basic Life insurance	Basic Life insurance
Optional Life insurance	
Dental insurance	Dental insurance
Vision insurance	Vision insurance
Long Term Disability Plan	
Flexible spending accounts	Flexible spending accounts
University's Blood Donor Program	University's Blood Donor Program
Kentucky Workers' Compensation Act	

see blue.™

Benefits

Postdoc Scholars	Postdoc Fellows
<i>Leave</i>	
Vacation leave (15 vacation days/year)	
Temporary disability leave (1 sick day/month)	
Holiday leave	
<i>Educational</i>	
ID card	ID card
Employee Education Program (EEP)	Employee Education Program (EEP)
Family Education Program (FEP)	Family Education Program (FEP)

Important

Voluntary Retirement Option

- Eligible to participate in the voluntary 403(b) and 457(b) plans
- With either pre-tax or post-tax (Roth) contributions
- Maximum contribution for each plan is \$19,500 per year
- Enroll anytime through Employee Self-Service

Postdoc Fellows & Mortgages

- Fellows are technically not an employee
- Which may cause issues when applying for a mortgage with a bank

Important offices to know

see blue.™



International Center

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[Faculty, Staff & Scholars >](#)

[International Admissions >](#)

[Global Footprint](#)

[Alumni](#)

[About >](#)

Your Journey Starts Here!

WHO ARE YOU?

- > I'm a UK student who wants to study abroad
- > I'm an international student interested in applying to the University of Kentucky
- > I'm a new or current international UKY student



Office of Equal Opportunity

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Equal Opportunity





LOGIN

Employees Retirees Supervisors

About HR Benefits Compensation Employee Relations Employment Records Training Work-life and well-being

Mental health

If any concern — big or small — comes up, a variety of our services will have you and your family covered.

Home / [Work-life and Well-being](#) / [Mental Health](#)

Individual therapy for you and your family



IN-PERSON AND TELEHEALTH
APPOINTMENTS AT NO COST TO YOU
[Counseling with a therapist](#)



CURRENTLY \$0 CO-PAY
[Telehealth from LiveHealth](#)

Conduct a video visit with a professional for

Questions?

Additional resources at UK



Thomas D. Clark

GRADUATE STUDY

 The Graduate
School

Located on the 5th floor, west wing, of W. T. Young Library

A scholarly space exclusively for graduate students and postdocs. ID card required for access.

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Professional Enhancement

[Professional Enhancement](#)[Preparing Future Faculty](#)[Graduate Certificate in College Teaching & Learning \(GCCTL\)](#)[GradLive!](#)[New Graduate Student Orientation](#)[Grad Student Pathways](#)[Career Resources](#)

Preparing Future Faculty

[Preparing Future Faculty/Professionals Informational Flyer](#)[Fall 2023 PFF \(GS\) Courses](#)[Graduate Certificate in College Teaching](#)

Overview

The University of Kentucky's Preparing Future Faculty (PFF) Program is part of the national PFF initiative begun in the 1990s (see history below). Its purpose is to provide professional development guidance to graduate students who wish to explore or pursue a faculty career at one of the types of institutions of higher education (research universities, regional comprehensive universities, independent universities and colleges, community colleges, or for-profit universities). The overall focus is on readiness for the dynamics of faculty work in the areas of research, teaching, and service. The program emphasizes discovering individual fit and matching it with institutional fit (the workplace's mission, expectations, culture, etc). The program's entry course, GS 650, offers students the background, language, and tools necessary for understanding and gauging this crucial match.

Students may take GS 650 alone or may follow it with other GS courses, such as GS 610 (College Teaching) or GS 630 (Instructional Technology). These courses will accrue for students who want to pursue a twelve-credit-hour Certificate in College Teaching and Learning (see link to an application and more information). A few academic departments at UK also offer discipline-specific versions of a PFF course, and some offer college pedagogy courses. Students pursuing the certificate may apply some of these departmental hours to their certificate completion (course eligibility is usually determined on a case-by-case basis). The Certificate in College Teaching and Learning curriculum culminates in a mentored teaching practicum, whereby the student is placed as primary instructor of a course (usually at another institution's campus) for a semester's emersion in college teaching, as well as in the culture and character of the specific institution. The practicum is particularly valuable to graduate students who have not had the benefit of serving as a graduate teaching assistant with full responsibility of a course. It also allows students a more complete picture of the institution's work environment and a faculty member's work-life.

Description and History of PFF at The University of Kentucky

Launched in 1994 with 17 cluster groups representing 85 different types of institutions, PFF has rapidly gained support for its role in developing new educational models that introduce graduate students to the day-to-day realities of the professoriate. Students benefit from such opportunities as teaching apprenticeships

UK Libraries celebrates opening of the American Archive of Marina and Anastasia Tsvetaeva

The archive comprises hundreds of scholarly and rare books on the Tsvetaev family, countless research materials related to the sisters' work and literary legacies, as well as more than a dozen personal items belonging to Anastasia Tsvetaeva.

[All News](#)



PENING OF THE AMERICAN ARCHIVE ON MARINA AND ANASTASIA TSVETAEVA WITH A LECTURE BY DR. MOLLY BLASING



LUNCH & LEARN

TRANSFORMING TOMORROW

by Supporting the Research Community

The Office of the Vice President for Research is hosting a series of lunch and learn workshops. Check out slides and videos from past Lunch and Learns at the bottom of this page.

All presentations will be live on zoom on Wednesdays: <https://uky.zoom.us/j/87433212500>

Phone: 646-876-9923 Meeting ID: 874 3321 2500

Fall 2024 Lunch & Learn Series

- December 4, 2024
 - Presenter: Katherine Hartmann (Director, Center for Clinical and Translational Science)
 - Title: Resources and Opportunities at the UK Center for Clinical and Translational Science (CCTS)

Previous Lunch & Learns:

Previous presentation slides are also available to UK faculty, staff and students on our [SharePoint site](#) (linkblue login required) and videos are available on [Microsoft Sharepoint](#) (linkblue login required).

- November 20, 2024
 - Topic: Telling Your Story: How to Advocate for and Communicate About Your Research

Wednesdays @ 12 PM
**Join us to learn
about research**

No registration required.

Questions? Contact:

- Nancy Schoenberg, Associate Vice President for Research, nesch@uky.edu
- Sarah Buzo, Senior Administrative Assistant, sarah.buzo@uky.edu



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Stuckert Career Center

- > Use Handshake to connect to events, programming, and potential employers.



Statistics Research / Predictive Analytics and Data Science (PADS) Hub

Predictive Analytics and Data Science (PADS) Hub

The mission of the Predictive Analytics and Data Science (PADS) Hub is to build collaborative bridges between statisticians and other investigators as well as provide training, improve methodology for statistical analyses, and advance research programs both within and outside of the field of Statistics.

The newly revised PADS Hub houses three cores, including the previous Applied Statistics Laboratory (ASL). This hub provides assistance to investigators with statistical, analytic, or data science questions. Please reach out to katherine.thompson@uky.edu if you have any questions!

[Submit a UK-Affiliated Request](#)

[Submit a Non-UK-Affiliated Request](#)

Learn more about the [PADS Hub!](#)

*****Please note that the ASL/PADS Hub Project Submission form has recently been updated, and is now run through Microsoft Forms instead of REDCap*****

Additional resources outside UK

National Postdoc Association (NPA)

<https://www.nationalpostdoc.org/>

- University of Kentucky is a sustaining member
 - Postdocs can become affiliate members for free

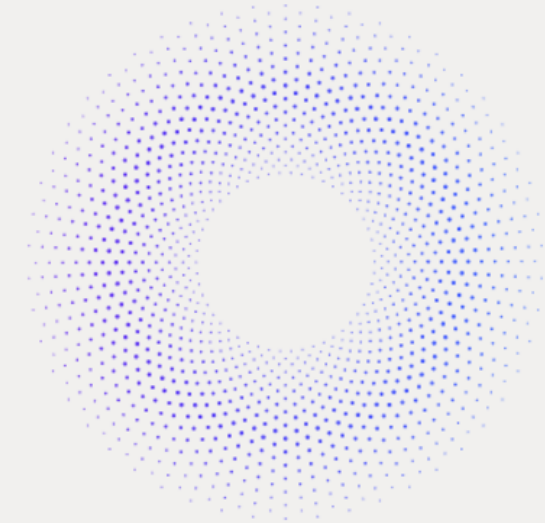




What can I do with my PhD?

PhDs find fulfilling work in a wide range of careers, both in and beyond the academy. This platform is designed to help you **explore your career options, make informed career decisions, and learn proven job search strategies.**

What information are you looking for? ▾



STEP 1: Start your career exploration here

All doctoral students and postdocs should start their career exploration here. Whether you know exactly what career path you want to pursue, or you want to explore your options, **Step 1 of your job search process begins in the DISCOVERY STAGE.** In this stage, you'll clarify what motivates you as an academic so you can explore career options that align with your personal values and goals.

DECIDING BETWEEN AN
ACADEMIC AND NON-
ACADEMIC CAREER

WHO ARE YOU AS A
PROFESSIONAL?

WHAT ARE YOUR
MOST MARKETABLE
SKILLS?

Welcome to the Postdoc Academy!

Professional Development for the Postdoc Community

The **Postdoc Academy** is a comprehensive online and in-person program built on the **National Postdoctoral Association** core competencies to support skill development throughout postdoc training, from orientation to next career step.

Whether you are a postdoc in early, mid-, or late stages of your career, **we offer online courses and mentoring resources to support strategy and skill development** for a well-navigated postdoc experience and successful career transitions!

