



University of California
San Francisco

Postdoc Orientation

July 27, 2017

Christine Des Jarlais, EdD
Office for Postdoctoral Scholars

POSTDOCS.UCSF.EDU

Before we get started

Do some networking!

1:30-1:45

Talk with someone you don't know and ask:

- What's your name?
- Where did you grow up?
- Where did you do your doctoral degree?
- What are your hobbies or interests outside the lab?

Then switch.....

Agenda

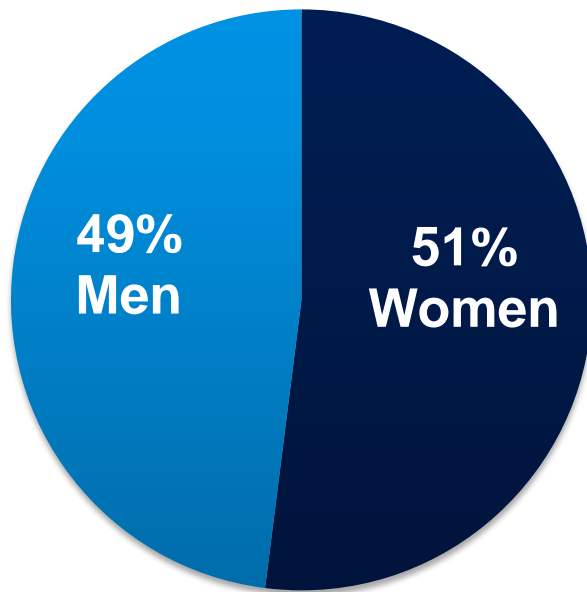
- 1:30 – 1:45 Networking & Welcome
- 1:45 – 2:10 Office for Postdoctoral Scholars (Chris Des Jarlais)
- 2:10 – 2:15 PSA (Elena Minones Moyano/Guilherme Oliveira Barbosa)
- 2:15 – 2:20 Office of the Ombuds (Maureen Brodie)
- 2:20 – 3:20 Planning for Success After UCSF (Bill Lindstaedt)
- 3:20 – 3:35 Refreshments & Networking
- 3:35 – 4:05 Human Resources Postdoc Unit (Kristin Vogt)
- 4:05 – 4:25 Library Research Resources (Ariel Deardorff)
- 4:25 – 4:30 Evaluation
- 4:30 – 5:00 UAW presentation (Union leaders)

Postdocs by the numbers

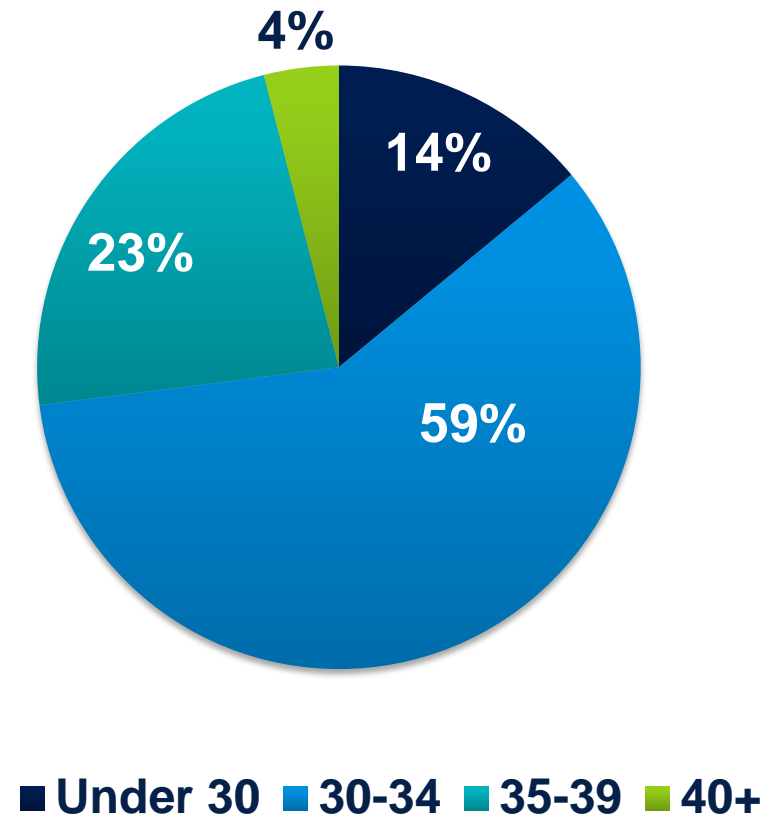
UCSF: 1,100

UC System: 6,500

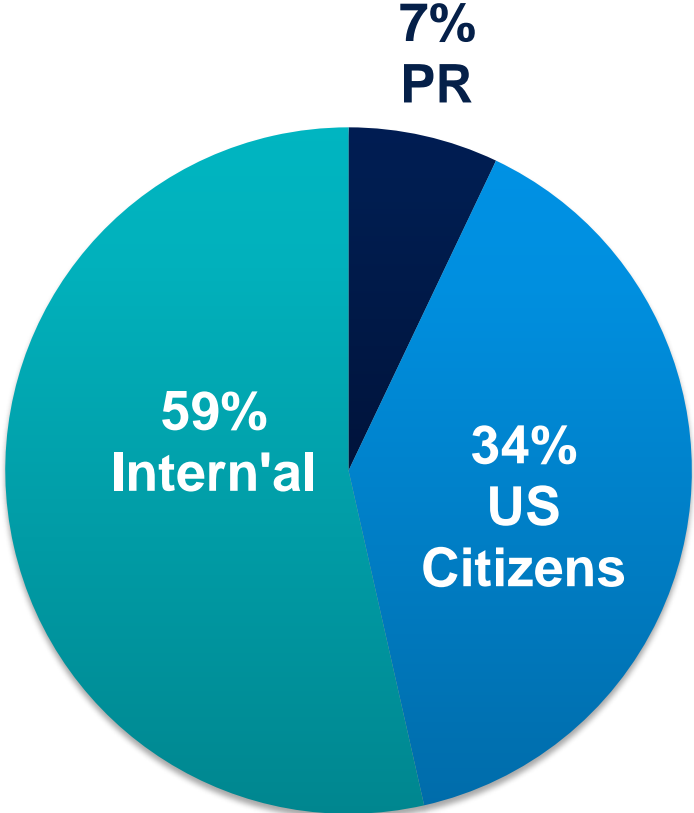
Gender



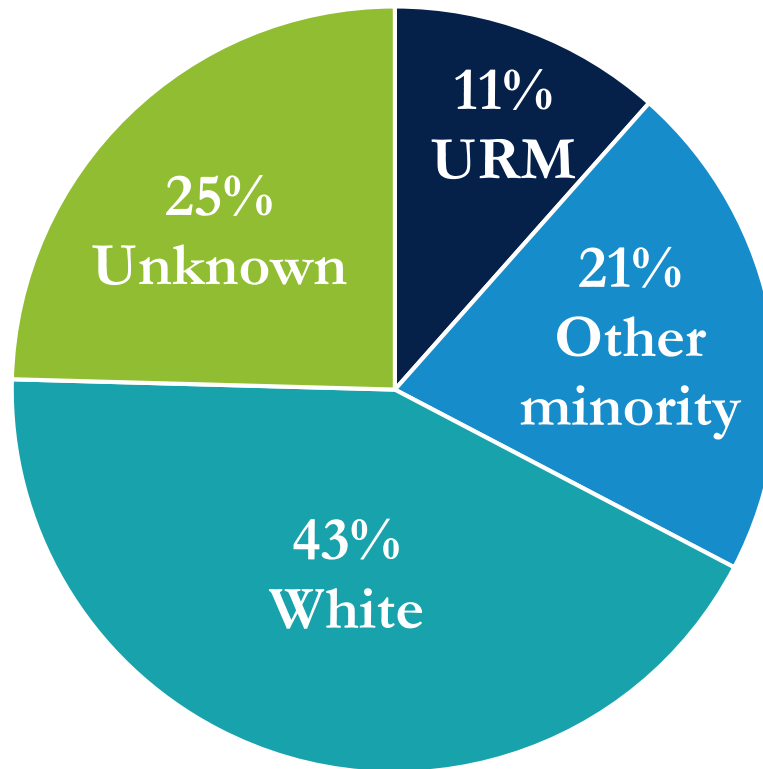
Age



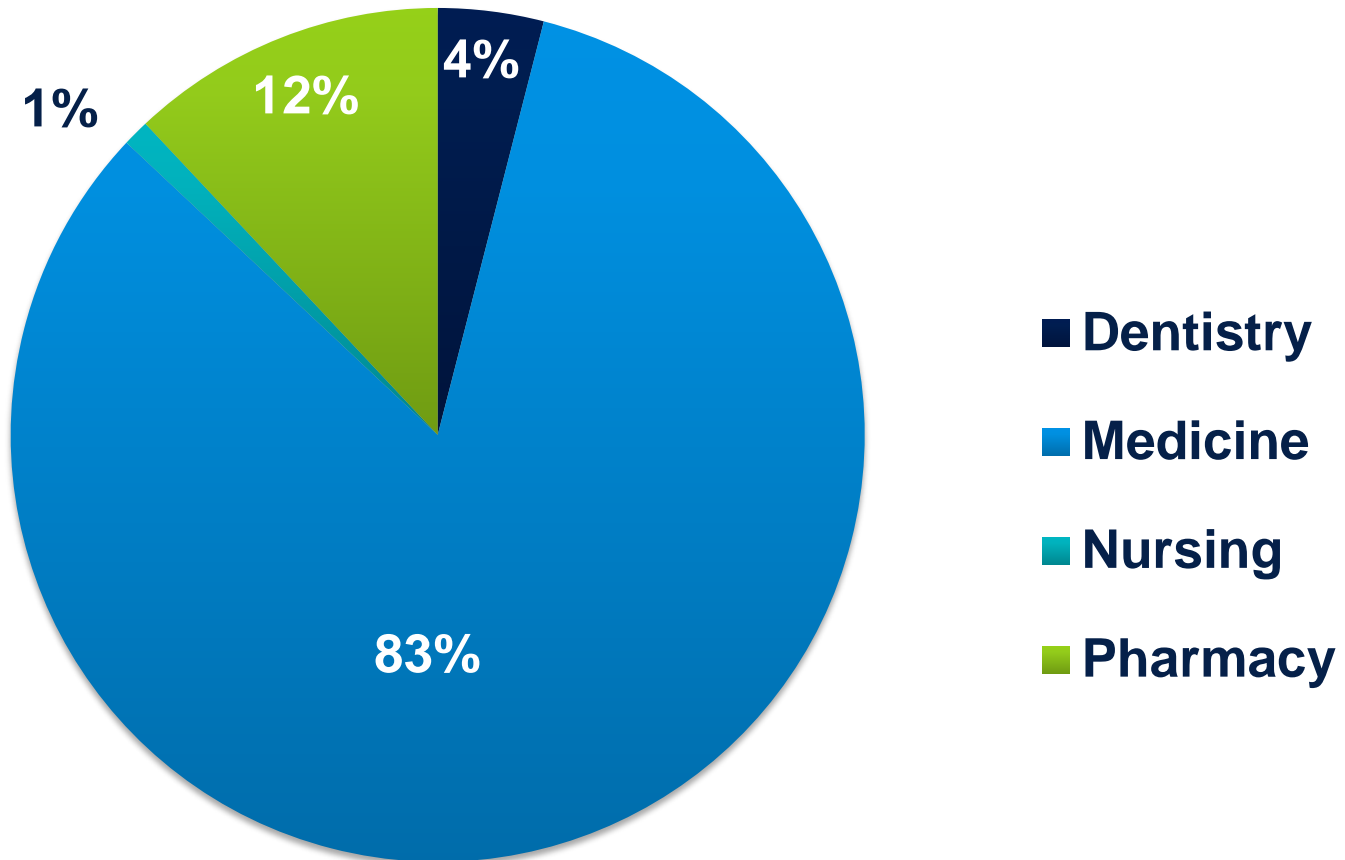
Citizenship



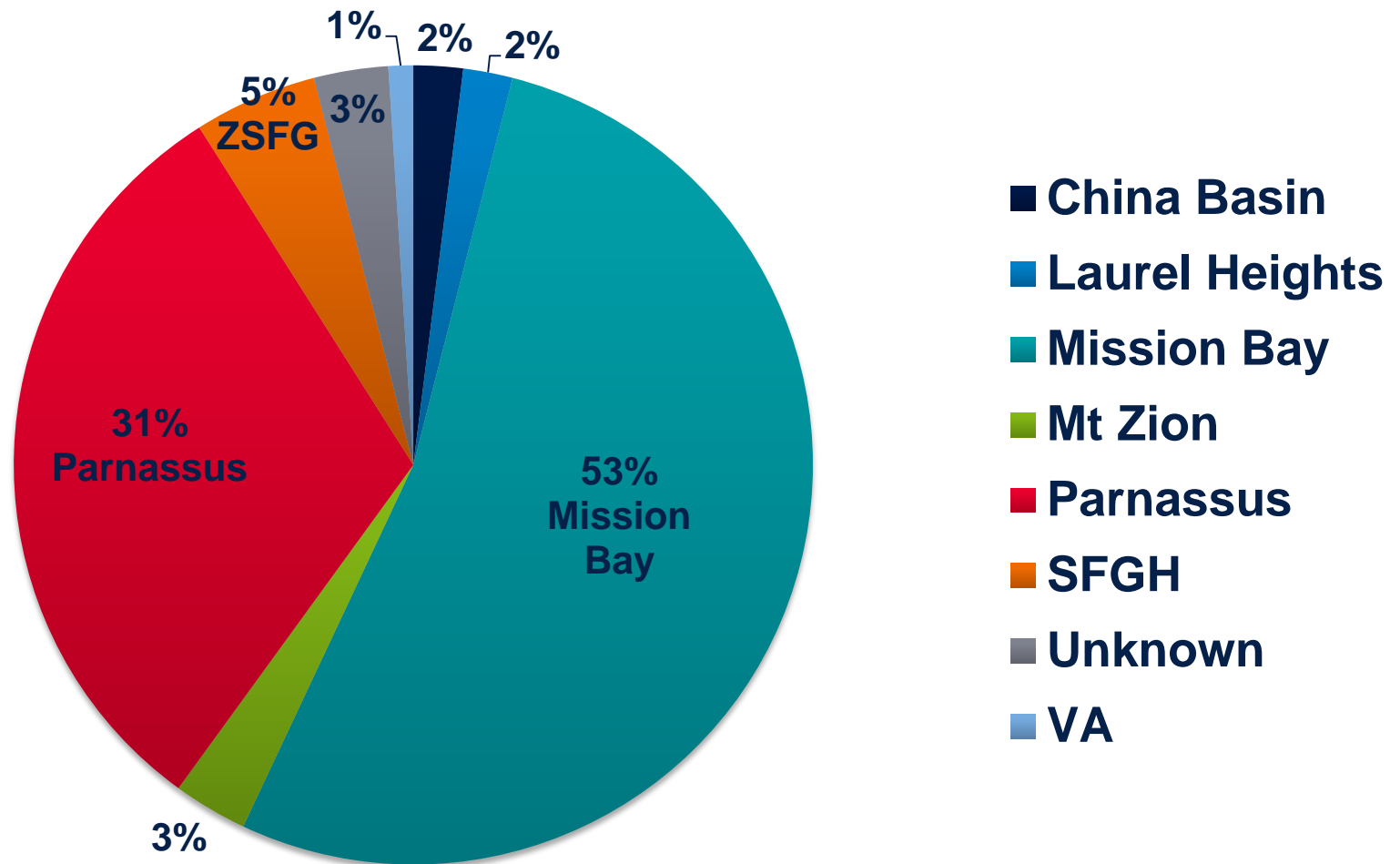
Race/Ethnicity of US/PR



School



Location



Administrative Contacts for Postdocs

- Dean, Graduate Division and VC, Student Academic Affairs, Dr. Elizabeth Watkins
- Office for Postdoctoral Scholars ([OPS](#)), Assistant Dean, Dr. Christine Des Jarlais
- HR Postdoc Shared Services, Director Esther Carter
- After you leave UCSF: Graduate Division Alumni Association

Office for Postdoctoral Scholars

Mission Bay
Rutter Community Center
Suite 310 (Graduate Division)



Dr. Christine Des Jarlais
Assistant Dean for Postdocs and
Career Development
Christine.DesJarlais@ucsf.edu



Roberto Banuelos
Graduate Division
Administrative Analyst



What does OPS do?

- Central resource office for all PD, faculty, and staff who work with postdocs
- Career & professional development activities specific to postdocs
- Facilitates the building of a postdoc community
- Works with PD Interest Groups (PDIGs)
- Advocates for postdoc inclusion in campus organizations

What does OPS do?

- Review/approve requests for exceptions to standard policy (e.g. length of appointment, part-time appointments)
- Advise/counsel individual postdocs
- Work with the HR Postdoc Unit to ensure that campus postdoc policies comply with Union contract
- Quarterly postdoc orientations
- Participate in UC-wide postdoc workgroup
- Implement entrance survey and track career outcomes

PROGRAMS

Responsible Conduct of Research

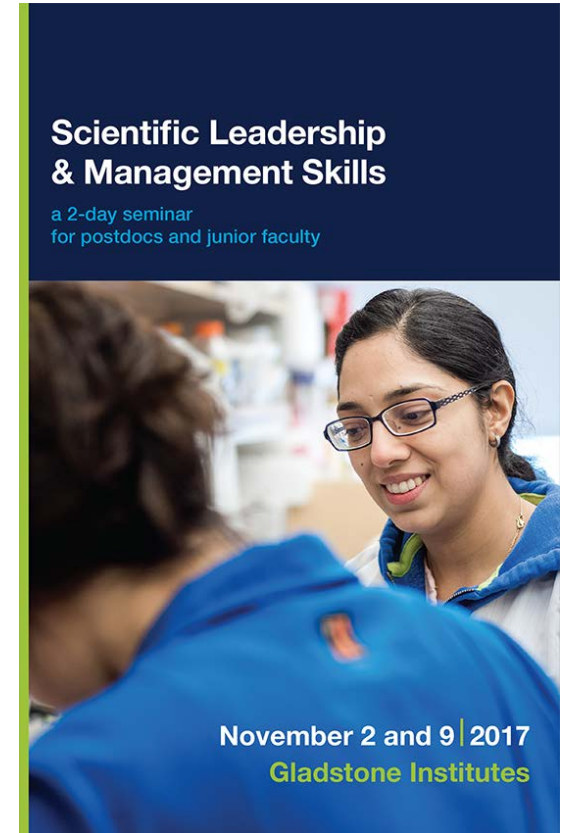
- 2018 course Jan-March, 6 sessions
 - Parnassus & Mission Bay
- Postdocs supported by F32, T32, K12, or K99 (and other) grants required to take RCR
- <http://rcr.ucsf.edu/>

Scientific Leadership & Management Skills Course

Nov 2 and 9, 2017
Gladstone Institutes

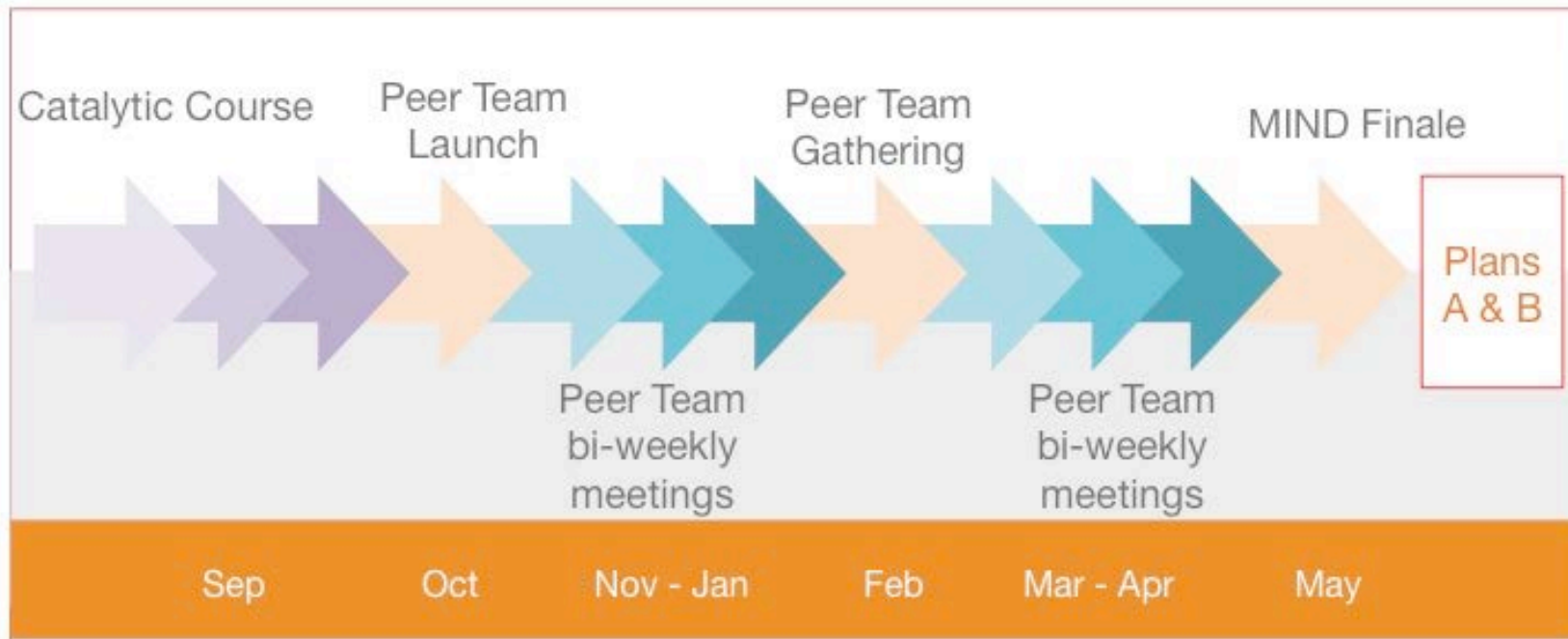
<http://postdocs.ucsf.edu/slms>

Application Deadline:
August 31, 2017



The **MIND** Program

Two main phases - Catalytic Course and Peer Teams



<http://mind.ucsf.edu/>

Funding

- Funding resources: <http://postdocs.ucsf.edu/funding>
- Research Management Services (RMS) can help you prepare, especially budget and sponsor's guidelines
- **RMS must approve** proposal before submission
<http://osr.ucsf.edu/>



Templates for grant applications

LibGuide contains [templates](#) and boilerplate language for use in grant applications

UCSF Research Development Office (RDO): Templates and Guides

[Home](#)[Template Library](#)[Description](#)[Facilities and Resources](#)[Letters of Support](#)[Resources and Data Sharing](#)[Other Regulatory](#)[Multiple PI](#)[Grant Mechanism Guides](#)[Help](#)

Description

The Research Development Office LibGuide contains templates and boilerplate language for use in grant applications. Please note that, while we do update these documents as necessary, it is your responsibility to verify specific information. The date of last update is in the header of each document. Please contact the RDO at rdoinfo@ucsf.edu to inquire about updated information.

The types of language you will find in these pages:

- **Facilities and Resources:** descriptions of the UCSF Campus, Schools, Departments, and other institutional entities
- **Letters of Support:** examples of LOS to express institutional support
- **Resource and Data Sharing:** examples and templates for Resource Sharing and Data Sharing Plans
- **Other Regulatory:** examples and templates for Human Subjects, Authentication of Key Resources Plan, Vertebrate Animals, etc.
- **Multiple PI:** example and template for Multiple PI/PPD structures

To search: Click on the appropriate blue tab on the lefthand side of the screen to expand that section. Use the "find" function of your internet browser (Ctrl+F / command+F) to find the desired resource (this will search in the document title and brief description; at this time, there is no advanced search for within the content of a document).

ORCID-

Connecting Research and Researchers

- Global
- Unique digital identifier that distinguishes you from every other researcher
- Supports automated linkages between you and your professional activities to ensure that your work is recognized.
- Researchers use service for no cost – takes 30 seconds to register
- ORCID is a non-profit
- <http://orcid.org/>

Safety – A High Priority



Environmental Health and Safety
<http://www.ehs.ucsf.edu/>

Probably be required to take some training in safety procedures

An EH&S specialist is assigned to work with each department



Take advantage of the Ergonomics Program

Campus Resources

- Campus Life Services: <http://campusliveservices.ucsf.edu/cls/>
**Shuttles, Housing, Childcare, Entertainment Discounts, Fitness Centers
- My Family web portal: <http://myfamily.ucsf.edu/>
- LGBT Resource Center: <https://lgbt.ucsf.edu/>
- Communications and IT: <http://help.ucsf.edu/>
- Events calendar: <http://calendar.ucsf.edu/>
- More resources on OPS website at <http://postdocs.ucsf.edu>

CARE: Campus Advocacy Resources and Education

Who does CARE serve?

Any UCSF Affiliate including postdocs, students, faculty and staff

With What?

***Sexual Assault**, ***Interpersonal Violence** including Domestic Violence, ***Stalking**, ***Sexual Misconduct**, ***Sexual Harassment**, ***Harassment based upon Sexual Preference or Sexual Identity.**

Incident does not have to be recent and does not have to have occurred on campus.

FREE AND CONFIDENTIAL Services Include: Support, referrals, accompaniment, options counseling, academic and employment related accommodations, advocacy and confidential consultation for mandated reporters.

Location: 500 Parnassus, Millberry Union, East Room 233

Phone: 415-502-8802

Cell/text: 415-640-9080

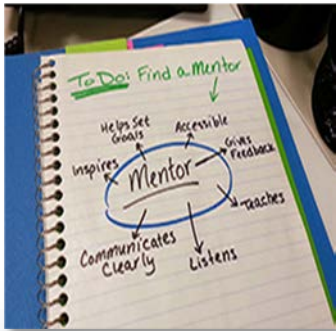
Email: denise.caramagno@ucsf.edu

Groups to Join

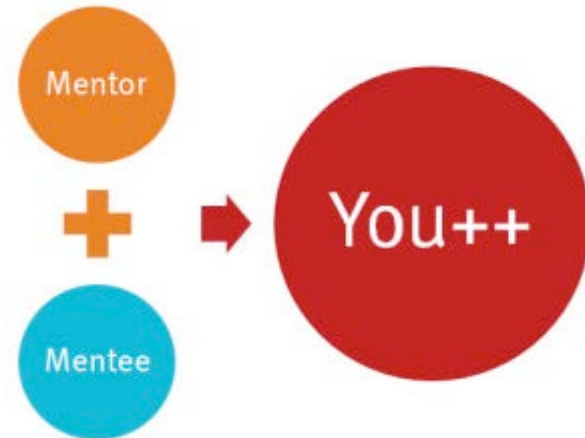
- Postdoc Interest Groups (PDIGs)
- NPA - [National Postdoctoral Association](#) – free [affiliate membership](#)
- RCOs - Registered campus organizations (some focus on social/cultural groups and issues)
 - https://orgsync.com/browse_orgs/617
- UCSF Connect: <https://ucsfconnect.com>
 - current and alumni postdocs



Things to Remember!



YOU are responsible for your mentoring relationships



Resources: <http://postdocs.ucsf.edu/being-mentored>

YOU are responsible for YOUR career

Start thinking about your exit plan



Get out of the lab and
take advantage of many career resources

Don't suffer in silence

UCSF has many resources for postdocs



Self-Care means less stress

Reminder:
Take
Care of
Myself

IMAGECHEF.COM

BUILD YOUR OWN SELF-CARE TOOL BOX



Personal and practical resources:
postdocs.ucsf.edu/resources

Questions?

Email questions to:

christine.desjarlais@ucsf.edu