What are we going to talk about today?

• The Office of Postdoctoral Affairs (OPA)
• The Postdoctoral Association (PDA)
• The postdoc experience at UIC
• Resources
• Administrative considerations
• Answer any questions you have!
The Office of Postdoctoral Affairs (OPA)
The Office of Postdoctoral Affairs (OPA)

Joanna Groden, PhD
Vice Chancellor for Research

Joseph Lutz, PhD
Associate Director of Postdoctoral Affairs

Administrative Office Building
1737 W. Polk St
Suite 310 (3rd floor)
Room 311E

312-413-0059
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The postdocs!
The Office of Postdoctoral Affairs (OPA)

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Administrative support
Career development
Measuring success
Community building
The Office of Postdoctoral Affairs (OPA)

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Administrative support
- Advocate for postdocs
- Develop recommendations and practices for postdoc hiring, orientation, and policies
- Provide resources to navigate UIC, benefits, and conflict resolution

Career development

Measuring success

Community building
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Administrative support

Career development
- Provide research career and professional development activities for postdocs
- In close partnership with the PDA

Measuring success

Community building
The Office of Postdoctoral Affairs (OPA)

Meet Joseph Lutz, PhD
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Administrative support

Career development

Measuring success

- Analyze data regarding postdocs to create reports on topics impacting UIC postdocs
- Benchmarking best practices, national trends, and funding agencies initiatives
- Track postdoc alumni success

Community building
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Administrative support
Career development

Measuring success
Community building

• Build a vibrant and engaged postdoc community within UIC
• Develop external relations to area institutions to expand opportunities for postdocs in the Chicago area
The Postdoctoral Association (PDA)
The Postdoctoral Association (PDA)
Empowering postdocs, building careers

• Started in 2009
• Volunteer organization
  • i.e. leadership opportunities
The goals of the PDA and OPA are well aligned

<table>
<thead>
<tr>
<th>PDA</th>
<th>OPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide a collective voice and serve as liaison among postdocs, faculty, and administrators</td>
<td>Develop recommendations and practices for postdoc hiring, policy handbook, orientation</td>
</tr>
<tr>
<td>Provide access to effective training and career counseling</td>
<td>Provide research career and professional development activities for postdocs</td>
</tr>
<tr>
<td>Collect, develop, and disseminate useful information including funding opportunities, job announcements, seminar notices, and other resources to the postdoc community</td>
<td>Analyze data regarding postdocs to create reports on topics impacting UIC’s postdocs, including benchmarking best practices, national trends and funding agencies initiatives</td>
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<tr>
<td>Promote postdoc professional and social networking</td>
<td>Develop external relations to area institutions to expand opportunities for postdocs in the Chicago area</td>
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</table>
The postdoc experience at UIC
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 his or her choosing.

From the National Postdoc Association
Why are you a postdoc?

• Pair share
  • Introduce yourself to the person next to you
  • Talk about why you are a postdoc here at UIC
  • 5 minutes
Why are you a postdoc?

• Don’t spend the next 5 years ‘just working’
  • Why did you take this postdoc?
  • What do you plan to learn and accomplish?
  • How is this going to help develop your career?

• Important detail at UIC
  • You can only be a Postdoctoral Research Associate for 5 years
  • There are no limitations on Postdoctoral Research Fellow
What are your long term career plans?

From the UIC PDA survey in 2018

- Academic Research: 59%
- Industrial Research: 24%
- Academic Teaching: 9%
- Research Administration: 3%
- Consulting: 1%
- Government/Non-profit: 2%
- Science writing/Publishing: 2%
- Consulting: 1%
- Academic Research: 59%
## Interest in pursuing a career in the following sector(s)

From Feb 2019 registration

<table>
<thead>
<tr>
<th>Sector</th>
<th>Undecided</th>
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<th>Some interest</th>
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<tr>
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*n=9*
Interest in pursuing a career in the following sector(s)

From Nov 2018 registration

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$n=26$
### Interest in pursuing a career in the following sector(s)

**n=35**

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<tr>
<td>Research administration</td>
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<td>15</td>
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<td>3</td>
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</tbody>
</table>
PhDs vs Faculty positions
Goals and expectations

• Talk to your PI about this now, often, and regularly!
  • Commit to regular evaluations
  • Align your expectations (yours and your PIs)

• Individual Development Plan (IDP)
  • http://myidp.sciencecareers.org/
  • https://www.imaginephd.com/
Who we are!
Total = 220 postdocs

College of Medicine: 129
College of Dentistry: 7
College of Pharmacy: 24
College of Engineering: 13
College of Applied Health Sciences: 10
School of Public Health: 6
Liberal Arts & Sciences: 24
Other: 7
# What the OPA & PDA actually do!

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
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</tr>
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<tbody>
<tr>
<td>08/20/18</td>
<td>Inauguration of the OPA</td>
<td></td>
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<tr>
<td>Aug 2018</td>
<td>PDA Annual BBQ</td>
<td>Social</td>
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<tr>
<td>Sep 2018</td>
<td>Second Annual UIC PDA Career Development Symposium</td>
<td>Symposium</td>
</tr>
<tr>
<td>Nov 2018</td>
<td>Job Searching with Purpose</td>
<td>Workshop</td>
</tr>
<tr>
<td>Nov 2018</td>
<td>Postdoc Orientation (held quarterly)</td>
<td>Orientation</td>
</tr>
<tr>
<td>Nov 2018</td>
<td>CHlentist 4th Annual Connections Matter</td>
<td>Networking</td>
</tr>
<tr>
<td>Dec 2018</td>
<td>Holiday party</td>
<td>Social</td>
</tr>
<tr>
<td>01/17/19</td>
<td>Finding and securing your academic job <em>(Your Future in Science collaboration)</em></td>
<td>Panel</td>
</tr>
<tr>
<td>02/04/19</td>
<td>Managing your data and reputation <em>(kindly coordinated by UIC Library)</em></td>
<td>Workshop</td>
</tr>
</tbody>
</table>

*Part of the Holistic Postdoc Workshop Series*
CDS 2018

Keynote address: Melanie Sinche, author of Next Gen PhD
CDS 2018

Panel discussions
• Business and entrepreneurship
• Science communication
• Careers in academia
• Careers in industry
CDS 2018
Reception
## Upcoming Postdoc events

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Type</th>
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<tbody>
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<td>02/11/19</td>
<td>Postdoc orientation</td>
<td>Orientation</td>
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<tr>
<td>03/06/19</td>
<td>Women in Science</td>
<td>Panel</td>
</tr>
<tr>
<td>03/14/19</td>
<td>Finding funding <em>(in collaboration with Research Development Services)</em></td>
<td>Workshop</td>
</tr>
<tr>
<td>03/28/19</td>
<td>Propel Careers seminar (Life science recruitment firm)</td>
<td>Seminar</td>
</tr>
<tr>
<td>04/25/19</td>
<td>Immigration seminar</td>
<td>Seminar</td>
</tr>
<tr>
<td>05/17/19</td>
<td>Teaching fundamentals</td>
<td>Workshop</td>
</tr>
<tr>
<td>05/15/19</td>
<td>Postdoc orientation</td>
<td>Orientation</td>
</tr>
<tr>
<td>07/11/19</td>
<td>Leadership and interpersonal styles</td>
<td>Workshop</td>
</tr>
<tr>
<td>09/13/19</td>
<td>Third Annual UIC PDA Career Development Symposium</td>
<td>Symposium</td>
</tr>
</tbody>
</table>

*Part of the Holistic Postdoc Workshop Series*
How to stay informed

- **postdoc@uic.edu** listserv
  - To subscribe:
    - Email **listserv@uic.edu**
    - No subject
    - In the body of the email type:
      - “Subscribe postdoc firstname lastname”

- Visit our website
  - [https://postdoc.uic.edu](https://postdoc.uic.edu)

- Facebook [@UICPostdoc](https://www.facebook.com/UICPostdoc)
- LinkedIn **UIC Postdoc Association**
- Twitter [@UICPostdoc](https://twitter.com/UICPostdoc)
Get involved!

• Have a great idea?!
• Want to organize an event?!
• Get involved!!

• The PDA holds monthly planning meetings
• Open to all postdocs to attend
Other career/professional development opportunities on campus

- Your Future In Science (YFIS) seminar series
  - [http://www.ccts.uic.edu/content/your-future-science-seminar-series](http://www.ccts.uic.edu/content/your-future-science-seminar-series)

- Responsible Conduct of Research (RCR) training
  - Required for some fellowship recipients (F32, K series, T32 spots)
  - [http://research.uic.edu/research-integrity/training](http://research.uic.edu/research-integrity/training)

- KL2 Clinical and Translational Science (CATS) Scholars Program
  - For translational scientists
  - [http://www.ccts.uic.edu/content/kl2-clinical-and-translational-science-cats-scholars-program](http://www.ccts.uic.edu/content/kl2-clinical-and-translational-science-cats-scholars-program)
National Postdoc Association (NPA)

- [https://www.nationalpostdoc.org/](https://www.nationalpostdoc.org/)
- UIC is a sustaining member
  - You can become an **affiliate member** for **free**
National Postdoc Association (NPA)

• Affiliate membership
  • Subscription to
    • NPA e-alerts
    • News announcements
    • The POSTDOCKet
    • Monthly newsletter
• NPA member groups
  • Connect & network with NPA members
• Leadership opportunity
  • Serve and contribute your expertise on a NPA committee
• Access to Career Center!!
National Postdoc Association (NPA)

Core competencies from the National Postdoc Association (NPA)

1. Discipline-specific conceptual knowledge
2. Research skill development
3. Communication skills
4. Professionalism
5. Leadership and management skills
6. Responsible conduct of research
Chicago area organizations

Network, network, network

- CHIentist - http://chientist.com/
- C2ST - https://www.c2st.org/
- SoapboxScience - http://soapboxscience.org/
- ChiTownBio - http://chitownbio.org/
- 500 Women Scientists Chicago POD - https://500womenscientists.org/
- Analytics lounge - http://www.analyticslounge.org/
- ChiPy - http://www.chipy.org/
- Habitat 2030 - https://habitat2030.org/
UIC Career Services
http://careerservices.uic.edu/

- Career advising
  - For UIC students and alumni
  - Not for postdocs

- Career Fairs
  - Some are open to the public
  - Postdocs can attend

- Career Workshops
  - Generally open to postdocs
  - Especially the ones advertised by the PDO
Campus resources
Office of international Services (OIS)

[Contact OIS if you have any immigration-related questions while at UIC]

Check-in required before beginning employment
- J-1s: Monday or Thursday, 2:00pm
- H-1Bs: by appointment
- All others: via drop-in or email

Office Hours:
- Mon-Fri, 8:30am-5pm

Open advising hours:
- Mon-Thur, 10:30am-3:30pm
- or by appointment
Office of Access & Equity

http://oae.uic.edu/

- Sexual misconduct
- Nondiscrimination
- Dispute Resolution Services (DRS)
  - Confidential consultation
• Collections  
  • Articles  
  • Books  
  • Journals  
  • Digital images  
• Workshops  
• Resources  
  • Data management  
  • Citation management  
• Make an appointment with a librarian!
UIC Libraries locations
Research Development Services (RDS)
Maryfrances Miley
Associate Director
mileym@uic.edu

Sarah O’Brien
Associate Director
sobrie1@uic.edu

• Goal is to increase external funding
• Identify funding opportunities
  • Funding search tools & training
    • Pivot
    • Grant Resource Center
• Limited submissions
• Work with Corporate and Foundation Relations to identify alternative funding streams

http://research.uic.edu/funding
Campus Recreation
http://recreation.uic.edu/

- Both east and west campus facilities
- $28.34/month payroll deduction (pretax)
  - ~$340 annual membership
- Pools and gyms
- Club sports
- Intramural
- Outdoor adventures
Other campus resources

- Women’s Leadership and Resource Center
  - [https://wlrc.uic.edu/](https://wlrc.uic.edu/)
- Illinois Webstore
  - [https://webstore.illinois.edu/](https://webstore.illinois.edu/)
- Survey Research Lab
  - [http://www.srl.uic.edu/](http://www.srl.uic.edu/)
- Office of Applied Psychological Services
  - [https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/](https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/)
Administrative considerations
Benefits eligibility

• Source of funding
  • PI grants (Postdoc Research Associate)
  • Your own grant (Postdoctoral Fellow)
    • You become ineligible for benefits provided by UIC when you directly receive funding that provides your own salary

• Immigration status
  • To be eligible for UIC benefits you need to have met the substantial presence test
Benefits

Benefits eligible
- *Postdoc Research Associates*
- *Meets SPT*
  - Health, dental, vision
  - Life, disability
  - Retirement
  - Holidays
  - Vacation and sick
  - Tuition waiver

Not benefits eligible
- *Postdoc Research Fellow*
- *Case by case*

Happy to answer any questions about this!
System Human Resource Services

My UI Info

My UI Info enables University employees to securely view and update their personal and employment information.

For additional paper forms necessary to make certain changes, see HR Forms.

Not sure where to start? See Life Events for changes you may need to make with major events like moving, marriage/divorce, or having a baby.

https://www.hr.uillinois.edu/myinfo

My Profile

Manage your contact addresses and personal profile information through "My Profile".

- My Profile

My Pay

- Direct Deposit
- Earning Statement
- W-2/1042-S Tax Statement
- W-4 Form

My Benefits

- CMS MyBenefits
- Accidental Death & Dismemberment Insurance
- Long Term Disability Insurance
- Shared Benefits
- 403(b) Supplemental Retirement Plan
- Transit Benefit Program

My Employment

- Civil Service Appointment Information
- Employment Verification System
- Notice of Appointment (NOA)

My Compliance

- ANCRA Training
- Education Loan Default
- Positive Time Reporting
- Temporary Employee Ethics Training

My Education

- Education & Certification History
- Tuition Waivers
Transit and parking benefit update

• Used to be pre-tax benefits
  • i.e. deducted before tax reducing your taxable income

• Starting 2019
  • These will be deducted after-tax
    • i.e. you will be taxed for your full income
  • Due to the federal Tax Cuts and Jobs Act
Postdoc Coffee Hour

• Every Thursday at 10am
• Current location:
  • Leaf and Bean Cafe
  • Library of the Health Sciences
  • 1750 W Polk St
Comments from registration

• Responsibilities and opportunities
• Which grants are available for postdocs working on J1 VISA.
• CTA passes

• Networking
• Connect with the community
• Opportunities to build network
• New to Chicago and looking to connect socially and professionally with other postdocs
Questions? Comments? Concerns?