

COLUMBIA UNIVERSITY POSTDOCTORAL SOCIETY (CUPS) NEWSLETTER



Welcome to the first edition of 2018! Last year was full of “The Good, the Bad and the Ugly “ – basically full of life. As life, we go on learning, teaching, and looking forward to a better future. This newsletter attests to most these endeavors. Read on... And most importantly, become part of the next issue. We are constantly looking for your input and direct involvement by becoming a member of the editorial committee. Share your opinions, jokes, articles, interviews, book reviews, etc. Reach us at: cupostdocnewsletter@gmail.com

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<https://postdocsociety.columbia.edu/>
<https://www.facebook.com/ColumbiaPostdocs>
<https://twitter.com/cupostdocs>
<https://www.linkedin.com/groups/8594785>

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cupostdocnewsletter@gmail.com

URPostdocs

Underrepresented Minority Postdoc Group

Email to Join: URPostdocs@columbia.edu

Postdoc Affinity Groups

PostdoQs

LGBTQIA Postdoc Group

Email to Join: PostdoQs@columbia.edu

We've restarted the NYC-wide postdoctoral coalition together with representatives from NYU, Mount Sinai, Rockefeller, Albert Einstein, Memorial-Sloan Kettering and Weill Cornell (<https://www.facebook.com/groups/859257324215592/>).

This issue brought to you by:

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PhD, Anna Cieślak, PhD (CUPS notes, edition), **Revathi Balasubramanian, PhD, Ericka Peterson, PhD,**
Anna Womack, PhD, and others

Pictures courtesy of CUPS members/others

In this issue ...

The Columbia University Postdoc Society (CUPS) is pleased to announce the first 2018 issue of our newsletter. Welcome to new Columbia University (CU) community members (page 3)! CUPS is a volunteer organization led by postdocs for postdocs and supported by the Office of Postdoctoral Affairs (OPA). It aims to develop a more cohesive community among postdoctoral professionals at CU. We provide programming specifically tailored to our needs across the three different committees: Advocacy, Research and Professional Development and Networking & Community Building.

To serve as a liaison between postdoctoral trainees, faculty and administration of CU, the group is committed to CU Senate sessions. CUPS has an elected postdoctoral Senator (Regina Martuscello, rm3419@cumc.columbia.edu). Together with CU Research Officers Committee, CUPS recently prepared a report promoting mental well-being for CU postdocs – which you can find on page 17.

Within professional and career development activities, the CU postdoctoral community broadly participated in Immigration Information session, Science Communication workshop, Communicating Your Competence, Postdoctoral Seminar Series, reaching 2nd edition in the current year (page 22). For more details we invite you to explore recent CUPS social events and our website (<https://postdocsociety.columbia.edu/>).

This issue is full of information on things to do in NYC, our achievements such as awards/published papers, a career advice (Univ. Professorship, page 14), an interesting interview with a postdoctoral researcher Holly Hunsberger, PhD (page 18) – and, sadly, we prepared “In memoriam” section to honor our dear friend and colleague, Carlos Rueda Diez, who was extremely active in CUPS and whom we lost last October last year (page 7). We also lost another valued member of our community, Xiaowei (Sean) Chen, PhD (page 9)

Have a nice reading and thank you for your contribution!

CUPS: JoinCUPS@columbia.edu

Newsletter: cupostdocnewsletter@gmail.com

NOT TO BE MISSED In the City of New York

March

[New York International Children's Film Festival](#) FEB. 23 – MARCH 18, 2018

[St. Patrick's Day Parade in New York City](#) SATURDAY, MARCH 17, 2018

[Macy's Flower Show](#) MARCH 25, 2018 - APRIL 8, 2018

[The Orchid Show at the NY Botanical Garden](#) MARCH 3, 2018 -APRIL 22, 2018

Read "TimeOut New York's [The 101 best things to do in NYC](https://www.timeout.com/newyork/things-to-do/101-things-to-do-in-new-york)
<https://www.timeout.com/newyork/things-to-do/101-things-to-do-in-new-york>

For anyone interested in FREE and EXCITING events in the city, subscribe to **The Skint** (<https://theskint.com/>). They send out a daily newsletter highlighting cheap events that most people are otherwise unaware. Enjoy!

Welcome to Columbia

The Office of Postdoctoral Affairs (OPA) welcomes new postdocs at the University every other month by holding a new postdoc orientation with a postdoc coffee hour or happy hour immediately following. We welcome to the University the following new postdocs who have joined us over the last few months:

Isabelle	Zaugg	A&S ICLS Research	Samyoung	Yun	OPH Ophthalmology
Selina	Makana	A&S IRWAG Research	Melvin	Makhni	ORT Orthopedic Surgery
Leo	McGilly	A&S Physics Research	Quynhhoa	Nguyen	ORT Orthopedic Surgery
Rumela	Sen	A&S Political Science Research	Martin	Pham	ORT Orthopedic Surgery
Xueying	Tang	A&S Statistics Research	John	Sielatycki	ORT Orthopedic Surgery
Teneka	Jean-Louis	ANE Education	Maria	De Rosa	PED Molecular Genetics
Rafik	Neme Garrido	BMB Biochem & MolecBiophysics	Alicja	Skowronski	PED Molecular Genetics
Upasana	Roy	BMB Biochem & MolecBiophysics	Adrienne	Strong	PFH HDPFH
Juen	Zhang	BMB Biochem & MolecBiophysics	Rosemary	Cater	PHY Research
Qi	Feng	BST Biostatistics	Theanne	Griffith	PHY Research
Mayuri	Chaturvedi	BUS Economics	Giacomo	Parisi	PHY Research
Gwennaelle	Monnot	DRM Christiano Lab	Kalpita Rashmi	Karan	PSY Behavioral Medicine
Julia	Gittler	DRM Clinical Rsch Unit	Elie	Aoun	PSY Central Department
Allison	Kupsco	EHS Environment Health Science	Ramon	Burgos	PSY Central Department
Byungjin	So	EIM Columbia Water Ctr (CWC)	Katherine	Cahn-Fuller	PSY Central Department
Maria	Fernandez	EIM Post Doc Program	Matthew	Dominguez	PSY Central Department
Shu	Zhu	ENG Biomedical Engineering	Simon	Dosovitz	PSY Central Department
Xiaowei	Xu	ICG Zhang Lab	Luis Filipe	Gomes Pereira	PSY Central Department
Jinfeng	Lu	IGM Inst for Genomic Medicine	Viral	Goradia	PSY Central Department
Emily	Dixon	JRN Centers	Sasidhar	Gunturu	PSY Central Department
Michael	Elsen-Rooney	JRN Centers	Patrick	Haenlein	PSY Central Department
Micah	Maidenberg	JRN Centers	Jinny	Kim	PSY Central Department
Decca	Muldowney	JRN Centers	Samuel	Kolander	PSY Central Department
George	Rosenberger	JSB Systems Biology	Kavita	Rampersad	PSY Central Department
Behnood	Bikdeli	MED Cardiology	Kimberly	Resnick	PSY Central Department
Wei-Chun	Chang	MED Cardiology	Jennifer	Severe	PSY Central Department
Yuanfeng	Gao	MED Cardiology	Faizan	Syed	PSY Central Department
Mordechai	Golomb	MED Cardiology	Katherine	Taylor	PSY Central Department
Marc	Waase	MED Cardiology	Mylene	Wilhelmy	PSY Clinical Therapeutics
Noemie	Druelle	MED Endocrinology	Courtney	DeAngelis	PSY DCAP
Yuichi	Ariyoshi	MED Immunology	Yun	Wang	PSY DCAP
Nathaly	Llore	MED Immunology	Abhishek	Jain	PSY Law, Ethics & Psychiatry
Peter	Szabo	MED Immunology	Marcella	Fornari	SRG Breast
Puspa	Thapa	MED Immunology	Marisa	Cevasco	SRG CT
Elisa	Delbarba	MED Nephrology	Denise Tai	Lee	SRG GI/Endo
Chiara	Criscuolo	NEU Mov Dis Clinical Rsch	D'Artagnan	Debow	SRG Liver
Selma	Amrane	OBG Education	Zhixia	Rong	SRG Liver
Nigel	Madden	OBG Education	Jennifer	DeFazio	SRG Pediatrics
Maria	Ruiz	OBG Education	Antonio	Frasca	SRG Surg Science
Emily	Spurlin	OBG Education	Robert	Hartley	SSW Individual Rsch & Initiat
Chetna	Arora	OBG GSS	Cooper	Benson	URO Urology
			Chung Yiu	Tang	ZUC Costa Lab

CUPS Quick Updates

Website

Recently we launched our new website: <https://postdocsociety.columbia.edu/>

Lots of dedicated time and efforts from hard working CUPS members resulted in our very own CUPS website. Here, you will find all the information about CUPS and what you need to enhance your experience at Columbia like opportunities for your professional development and social networking events. So, don't forget to keep checking out our website for updates!

Dia:Beacon

Only a 90 minute train ride from 125th Harlem train station lays Beacon, a popular location for day trips and art lovers. Here, Dia:Beacon is the place to be if you are into modern art dating from 1960 to present. This former box printing factory on the banks of the Hudson River, provides with its industrial architecture, the perfect setting for the many exhibitions presented here. Each gallery is specially designed for the optimal presentation of the artists' work. The works of the many artists vary from light shows to recycled materials to huge walk-in projects.

15 Columbia University postdocs, and a 3.5 year old future Columbia University postdoc ;), joined the Dia:Beacon trip. After spending about 3 hours at the museum, almost the entire group joined us for a walk into Beacon town. There we walked a bit through the main shopping street and from then on, bit by bit people went back home or enjoyed a few beers at a local brewery.

The trip was a big success. People were enthusiastic and had a good time. All the more reasons to organize more events like this in the future. Any suggestions of where to go next? Let us know! cups_networking_community@columbia.edu

Trivia Night

Shout out to all Trivia enthusiasts! E-mail us at cups_networking_community@columbia.edu and join other CU Postdocs on a monthly Trivia Night at a bar nearby!



Don't forget to follow us!

Bookmark our website and join us on our social media channels. Make sure you follow our activities so you won't miss that motivating talk or inspiring workshop you were interested in!

Website: <https://postdocsociety.columbia.edu/>

Facebook: <https://www.facebook.com/ColumbiaPostdocs>

Twitter: <https://twitter.com/CUPostdocs>

Jeroen

In the City of New York

Theatre/Music



- Celebrate Brooklyn
www.bricartsmedia.org/events-performances/bric-celebrate-brooklyn-festival
- Summer stage
www.cityparksfoundation.org/summerstage/
- Concerts
www.timeout.com/newyork/music/summer-concerts-in-nyc?
- Theatre
www.newyorkcitytheatre.com/

Sports



- Soccer
- Basketball
- Baseball
- Hockey
- NYC Mayor's cup
www.meetup.com/NYCWorldCup
- NYC Marathon
www.tcsnyymarathon.org
- Sports News
www.nycgo.com/sports

Science/Art festivals



- Annual World Science Festival
www.worldsciencefestival.com
- USA Science and Engineering Festival
www.usasciencefestival.org
- NY Events & Festivals
www.timeout.com/newyork/things-to-do/events-festivals

Movie events



- Rooftop Films
rooftopfilms.com
- Summer outdoor movies
www.thrillist.com/entertainment/new-york/outdoor-movie-nyc-calendar
- Park Events
www.nycgovparks.org/events/free-summer-movies
- NY Film Festivals
www.filmlinc.com

Exhibits and shows



- Javits center events
www.javitscenter.com/events/events/
- TimeOut New York best museum exhibitions
www.timeout.com/newyork/attractions/best-museum-exhibitions-in-nyc
- NYC shows
www.broadway.com

Greetings, Postdocs! *From Anna Womack*



My name is Anna Womack and I am the new Assistant Director for the Office of Postdoctoral Affairs here at Columbia. I'm very excited about this position and the opportunity to work with all of you!

I'd like to share a little about my background with you as well as my goals for my work within OPA. I'll start with a bit about my background. While I was an undergraduate student, I developed an interest in career management and development. During that time, I volunteered for three years at my alma mater's peer facilitated career guidance office. Following completion of my Bachelor's degree, I wanted to expand more on this interest and my desire to help others. So, I relocated to Mississippi to complete my PhD in Counseling Psychology at the University of Southern Mississippi.

During my graduate training, I continued to build upon my career management interests by joining a research lab focusing on career development and career choice. More specifically, my research examined factors (e.g., satisfaction, involvement) that make one more likely to commit to a particular career path. I also focused on career counseling in my one on one and group work with clients. After finishing my PhD, I completed a postdoctoral fellowship at the Gulf Coast Veteran's Healthcare System. During that time, I worked with Veterans regarding a variety of mental health and wellness concerns. I also served as the Diversity Coordinator for our facility.

In this role, I worked with other postdoctoral training programs to organize and coordinate a monthly training series for postdocs focusing on various issues of diversity while working within the VA. It was a highly enjoyable experience and something that I was eager to expand on. So, that led me to pursue jobs in which I could combine my interests in working with postdocs, enhancing wellness, and focusing on career development.

It seems like I have found the perfect fit here within OPA! As the Assistant Director of OPA, I hope to be able to combine these interests with my expertise to enhance postdoctoral success. I view success as a wide-ranging concept to include all roles that an individual holds, including career and personal roles.

In regards to career success, I believe that thoughtful exploration is essential to long-term success, so I hope to offer programming that allows for the opportunity to consider a variety of career paths, including alternative options outside of academia, while building a set of competitive, highly marketable skills and application materials. In regards to personal development and growth, I hope to develop programming that supports the mental health and wellness needs of the postdoctoral community.

The Wellness Wednesday Series is a movement towards emphasizing whole person wellness for postdocs and I hope to see you at one of our upcoming events! I also hope to use my position as an opportunity to advocate for continued improvement in resources available to postdocs through Columbia University.

In closing, I am very happy to be here and hope to be a beneficial resource for you! Please don't hesitate to email me at ajw2208@cumc.columbia.edu if there is anything I can help you with or if you have any questions. I'd also love to hear some of your ideas for career development or wellness related programming!

Cheers!

In memoriam *↻ A celebration of life ↻*



Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.

~Dalai Lama

Carlos Rueda Diez, PhD

It was with great sadness that we learned our dear friend and colleague, Carlos Rueda Diez, passed away on October 27, 2017. Carlos was a postdoctoral fellow in the Department of Neurology working on a joint research project in the laboratories of Darryl De Vivo, M.D. and Umrao Monani, PhD. Since 2015 he studied the molecular mechanisms in a pediatric neurodegenerative disease caused by a Glut1 deficiency. His untimely passing is a great loss for our community and all who knew him.

Carlos was a committed member of CUPS and was without a doubt one of the best! He chaired the Research & Professional Development subcommittee and led the group as they successfully organized many great events, which were well attended. Everyone enjoyed working with Carlos. He had the ability to move mountains and always did it with a smile. His passion and dedication for teaching led him to work alongside the Senate Research Officers Committee to promote changes to Columbia's current teaching policy. Together with the OPA, CUPS has continued Carlos' advocacy for better teaching opportunities for postdocs, and have been making progress. By staying positive, looking forward and with the deepest motivation, we will ensure that Carlos' vision is realized.

On November 2, a memorial service was held in Carlos' honor. As the number of attendees grew, it became clear that Carlos had an enormous impact on the postdoc community at Columbia and across the city. On behalf of his wife Elia, his family, CUPS and the OPA we would like to sincerely thank everyone for the outpouring of support throughout the event. Knowing that Carlos was loved by so many helped everyone get through this difficult time.

We lost a friend whose memory will live on. Carlos will always be remembered for his dedication to science, his passion for teaching, his tireless community service, for being an inspiration to many, and above all, for being a great friend.

Dear Carlos, on behalf of the Columbia postdoc community we would like to thank you from the bottom of our hearts for your effortless dedication and for what you have been able to accomplish for us. Your efforts have significantly contributed to our opportunities to develop into respected teachers, leaders and scientific professionals! That you may forever rest in peace. We miss you!

The CUPS Executive Committee.

En memoria *~ Una celebración de vida ~*



Así como las ondas se propagan cuando una sola piedra cae al agua, del mismo modo las acciones de las personas pueden tener efectos de gran alcance.

~Dalai Lama

Carlos Rueda Diez, PhD

Con profunda pena y tristeza nos enteramos que nuestro querido amigo y colega, Carlos Rueda Diez, falleció el 27 de Octubre del 2017. Carlos era un investigador postdoctoral del Departamento de Neurología que estaba trabajando en un proyecto conjunto de investigación en los laboratorios de Darryl De Vivo, M.D. y Umrao Monani, PhD Desde el 2015, allí estuvo investigando las bases moleculares de las enfermedades neurodegenerativas en niños, causadas por el déficit del receptor Glut1. Su prematura partida, es una gran pérdida para nuestra comunidad así como para todos aquellos que lo conocieron.

Carlos siempre fue un comprometido integrante de CUPS y fue sin lugar a dudas uno de los mejores. Él presidió el subcomité de Investigación y Desarrollo Profesional, bajo su dirección este grupo logró organizar una gran variedad de eventos, los cuales tuvieron gran convocatoria. Trabajar con Carlos fue siempre un gusto. Él tenía la capacidad de mover montañas para lograr lo que fuese necesario y siempre lo hizo acompañado con una sonrisa. Su pasión y dedicación por la enseñanza lo condujo a trabajar junto con el Comité de Investigación del Senado para promover cambios en la política actual de la enseñanza en la Universidad de Columbia. Junto con la OPA, CUPS han continuado el esfuerzo de Carlos en mejorar las oportunidades de enseñanza para los investigadores postdoctorales, hecho que esta dando progresos.

Manteniéndonos muy positivos, mirando siempre hacia adelante y con la motivación más profunda, nos aseguraremos que la visión y esfuerzo de Carlos sea un hecho real.

El 2 de Noviembre, se llevó a cabo una ceremonia en honor a Carlos. La gran asistencia nos dejó claro el enorme impacto que Carlos generó en nuestra comunidad de postdoctorantes de Columbia, así como en la ciudad. En nombre de su esposa Elia, de su familia, de CUPS y de OPA queremos dar nuestras sinceras gracias a todos los presentes por el ferviente apoyo a este evento. Es indiscutible que Carlos fue amado por muchos porque siempre estaba listo a ayudar a todos.

Hemos perdido a un gran amigo pero su memoria siempre vivirá entre nosotros. Carlos siempre será recordado por su dedicación a la ciencia, su pasión por la enseñanza, su incansable labor de servicio a la comunidad, por haber sido una inspiración para muchos y sobretodo, por ser un excelente amigo.

Querido Carlos, en representación de la comunidad postdoctoral de la Universidad de Columbia desde el fondo de nuestros corazones te agradecemos por tu dedicación y esfuerzo y sobretodo por lo que lograste por nosotros. Tu esfuerzo fue una contribución invaluable para nuestras oportunidades de desarrollo para ser unos dignos educadores, líderes y profesionales científicos! Gracias por siempre y que descanses en paz. Siempre te recordaremos!

El Comité Ejecutivo de CUPS.

❧ Our dear friend Carlos ❧ A nuestro querido Amigo Carlos ❧

We all saddened by the passing of our friend and hero Carlos Rueda Diez, Ph.D, a postdoctoral fellow in the Department of Neurology. A native of Spain, Dr. Rueda Diez was working on a joint research project in the laboratories of Darryl De Vivo, M.D. and Umrao Monani, PhD, to understand the molecular mechanisms of Glut1 deficiency, a pediatric neurodegenerative disease. He began his postdoc in 2015 after completing his PhD and M.Sc. in molecular biomedicine from the Universidad Automona de Madrid.

A talented young investigator with 12 scientific publications to his credit, Carlos quickly earned the respect and friendship of his colleagues at Columbia. In addition to his scientific work, he was active in the Columbia University Postdoctoral Society (CUPS), where he chaired the Research and Professional Development Committee. Last summer he mentored a student in the De Vivo lab and volunteered in the Zuckerman Institute's Brain Research Apprenticeships in New York at Columbia (BRAINYAC) program, where he taught and mentored high school students from Upper Manhattan and the Bronx who are interested in careers in science. Carlos loved to teach and he was great at it.

Carlos is survived by his wife, Elia Lopez Bernardo, and by many family members and friends in Spain. Our hearts go out to the. Carlos will be sorely missed by all of us.

On behalf of Drs. Richard Mayeux, Darryl De Vivo, and Umrao Monani to Dept. of Neurology
Erica Peterson, PhD, Director of the Office of Postdoctoral Affairs



❧ Remembering Xiaowei (Sean) Chen, PhD ❧

We are also grieved by the sudden passing of another Postdoc, Xiaowei (Sean) Chen, PhD, on April 20, 2017 at the young of 36.

Dr. Chen grew up in China, completed his B.S. and M.S. there, followed by a PhD degree from Chinese University of Hong Kong, and then moved to the U.S. in July 2011 to finish his graduate training and then to undertake postdoctoral training in the laboratory of Dr. Timothy Wang, Professor of Medicine and Chief of Digestive & Liver Diseases at Columbia University Medical Center. He was promoted in 2015 to the rank of Associate Research Scientist at CUMC. His research was focused on the development of myeloid cells (neutrophils and macrophages), and the regulation of hematopoietic stem cells by histamine. He was extremely productive, publishing eleven papers during his time at Columbia, and recently moved to the laboratory of Dr. Siddhartha Mukherjee, Assistant Professor in Hematology-Oncology, to continue his research in hematopoietic stem cells and their potential role in leukemia. Sean's career was clearly on a rapid upward trajectory, and he was well respected by all of his colleagues.

He survived by his wife, Ling Wang, and a young daughter, Bella. He will be sorely missed.

PR/CUPS/OPA,

Research Resource Highlights: Zuckerman Institute

Growth is inevitable — especially in New York City (?). One of the newest and most ambitious expansions is Columbia University's 17-acre [Manhattanville campus](#) in West Harlem. Located on what was once an industrial zone, the new campus reimagines the traditional academic setting. When completed, it will be a center of discovery, ideas, and discussion – nestled within the heart of the city. The Manhattanville campus will have accessible green spaces, art galleries, performance venues, and community education and wellness centers, connecting West Harlem to the revitalized Hudson River waterfront.

When you walk along Broadway, north of West 125th street, it's easy to wonder about the exceptionally modern-looking buildings taking shape before your eyes. You would be forgiven for confusing them with high-priced office space, maybe a fancy condo or even a museum. No. This is the growing Manhattanville campus. The glass building that opened its doors earlier this year is the [Jerome L. Greene Science Center](#), home to Columbia's [Mortimer B. Zuckerman Mind Brain Behavior Institute](#).

The Zuckerman Institute was established to “explore how the brain develops, performs, endures and recovers.” With more than 50 labs, it will be home to neuroscientists, engineers, statisticians, psychologists and scholars from across Columbia and the medical center devoted to understanding how the brain works—and gives rise to mind and behavior.

Even if you haven't joined a Zuckerman Institute lab, postdocs at Columbia can benefit from the intellectual activities of the Institute, through collaborations and attending talks and study groups in the Greene Science Center. The Institute already hosts regular seminars and symposia (for example, the new [Systems, Cognitive and Computation Neuroscience Series](#)) aimed at fostering dialogue and sparking the conversations that drive science forward. You can sign up for the seminar series and other public lectures on the Zuckerman Institute's [website](#).



Saturday Science at the Zuckerman Institute's Education Lab

... next page ...

Credit: Michael DiVito/Columbia University

Research Resource Highlights: Zuckerman Institute

The Zuckerman Institute also seeks to sponsor professional development activities for postdoctoral and graduate student trainees. Visiting Scholar Carla Shatz spoke on November 17, 2017, in the Greene Science Center on Careers and Women in Science; more such gatherings are planned, as well as sessions on becoming independent researchers and practicing interviews and chalktalks. In the new Extramural Postdoctoral Seminars, initiated last spring by Ed Au at CUMC, senior postdoctoral researchers from institutions outside of Columbia were invited to present their work, meet with faculty, and interact with postdocs at Columbia. The seminars serve two goals: giving postdocs who have directly conducted the experiments the chance for a “practice” interview, while providing Columbia faculty and resident postdocs a preview of young scientists who will be starting research groups of their own and shaping their field for years to come. In 2018, some of the talks are slated to take place in the Greene Science Center, depending on the topic.

While the Greene Science Center (at 3227 Broadway) was designed to advance brain research, it was also developed with the Manhattanville community in mind. The Institute’s [public programs](#) harness the basic science discoveries of the Institute and beyond in creative ways for school children, families, after-school groups, teachers and adults. Designed with feedback from the community, the free programs take place in the community Education Lab, whose design mirrors the labs above. The Institute hosts monthly Saturday Science programs; an intensive internship for high school students called BRAINYAC; a public Brain Insight Lecture Series and an accompanying teacher scholar program, and more. Postdocs can volunteer and participate in many of the Zuckerman Institute’s hands-on brain science programs. Please contact [Kelley Remole \(ker40@columbia.edu\)](#), who directs outreach and public programs, if you’d like to participate.

These public outreach opportunities are an ideal setting for postdocs to develop and hone their teaching and communication skills – an important part of training for many postdocs. In addition to the programs mentioned above, postdocs can also get involved by teaching after school classes, mentoring high school students over the summer, and demonstrating experiments to families on the weekend. The on-site location of these programs allows for robust participation by scientists.

A team of administrators and scientific resources also support the Institute. The administrative team is comprised of development, education & outreach, communications, human resources, operations, budget and finance, grants support, scientific resources, and research computing professionals.

You can find much more on the [Zuckerman Institute website \(https://zuckermaninstitute.columbia.edu/\)](#). And you can follow them on [Facebook](#), [Twitter](#) and [Instagram](#) to keep up to date on new scientific discoveries.

----- Leadership:

Codirectors: [Eric Kandel, MD](#), [Richard Axel, MD](#), and [Thomas M. Jessell, PhD](#)

Associate Director and Chief Executive Officer: [Rui Costa, DVM, PhD](#)

Executive Director and Chief Operating Officer: [Giancarlo Bonagura](#)

Our gratitude to Carol Mason, PhD, Jaclyn M Jensen, PhD, Amy P. Weil, Kelle E Remole, PhD, and other JLG associates for help with this article.

Muiugeta

Recent Awards



Isabelle Zaugg, PhD, a postdoc fellow in Global Language Justice at the Institute for Comparative Language and Justice; in 2017 her film "The Strong Force" won an Audience Award at the Southern Colorado Film Festival, won the Festival Heart award at Intendence Film Festival, and was an Honored Film at the District Cinema Student Film Festival.



In September 2017, **Holly Hunsberger, PhD**, won a Alzheimer's Drug Discovery Foundation Young Investigator Award. She also received Children's Hospital of Philadelphia Translational Neuroscience and BrightFocus Foundation Travel Award (International Learning and Memory Conference)



In May 2017, **Revathi Balasubramanian, PhD**, was granted a research grant by the Knights Templar Eye Foundation



Postdocs On The Move



Jenny Robinson, PhD, joined the Department of Chemical and Petroleum Engineering and the Bioengineering Graduate Program at the University of Kansas as an Assistant Professor in January 2018. Dr. Robinson's lab focuses on soft-to-hard tissue engineering, etiologies of sex differences in musculoskeletal tissue, and the development of sex- and age-dependent biomaterials. At Columbia University, she was a NIDCR K12 and F32 postdoctoral fellow in the Department of Biomedical Engineering and College of Dental Medicine. Jenny was also involved in the founding of CUPS, served as the inaugural Secretary, and was instrumental in both the Community Building and Research and Professional Development committees.



Michael Inkpen, PhD, left Columbia University at the end of September 2017 to conduct the final year of his Marie Skodowska Curie Fellowship at the Universite de Rennes 1, France. During this transitional period, the best email address to contact him on is michael.s.inkpen@gmail.com.



Allison Anacker, PhD, has been a Postdoctoral Research Fellow at CUMC in the Department of Psychiatry for 3 years. She conducted research on the genetics of autism spectrum disorder and social behavior in the laboratory of Jeremy Veenstra-VanderWeele, MD. She served on the Research and Professional Development Committee of CUPS. She is now a full-time Lecturer for the undergraduate Neuroscience Program at the University of Vermont.



Alex Saez, PhD, recently started a career as a data scientist after a postdoctoral fellowship in electrophysiology in the Department of Neuroscience. He left Columbia to become a fellow at Insight Data Science, an 8-week program that helps PhD graduates transition into data science in industry. He now works at AbleTo, a behavioral-health startup in New York City.

Recently Published

D. Zhao, **V. Gimenez-Pinto**, A. M. Jimenez, L. Zhao, J. Jestin, S. K. Kumar, B. Kuei, E. D. Gomez, A. Prasad, L. S. Schadler, M. M. Khani, B. C. Benicewicz, **Tunable Multiscale Nanoparticle Ordering by Polymer Crystallization**, ACS Central Science DOI: 10.1021/acscentsci.7b00157 (2017)

Abstract:

While ~75% of commercially utilized polymers are semicrystalline, the generally low mechanical modulus of these materials, especially for those possessing a glass transition temperature below room temperature, restricts their use for structural applications. Our focus in this paper is to address this deficiency through the controlled, multiscale assembly of nanoparticles (NPs), in particular by leveraging the kinetics of polymer crystallization. This process yields a multiscale NP structure that is templated by the lamellar semicrystalline polymer morphology and spans NPs engulfed by the growing crystals, NPs ordered into layers in the interlamellar zone [spacing of (10–100 nm)], and NPs assembled into fractal objects at the interfibrillar scale, (1–10 μm). The relative fraction of NPs in this hierarchy is readily manipulated by the crystallization speed. Adding NPs usually increases the Young's modulus of the polymer, but the effects of multiscale ordering are nearly an order of magnitude larger than those for a state where the NPs are not ordered, i.e., randomly dispersed in the matrix. Since the material's fracture toughness remains practically unaffected in this process, this assembly strategy allows us to create high modulus materials that retain the attractive high toughness and low density of polymers.

Vianney

Alessia Mastrodonato, Saviana Antonella Barbati, Lucia Leone, Claudia Colussi, Katia Gironi, Marco Rinaudo, Roberto Piacentini, Christine A. Denny & Claudio Grassi, **Olfactory memory is enhanced in mice exposed to extremely low-frequency electromagnetic fields via Wnt/ β -catenin dependent modulation of subventricular zone neurogenesis**, Scientific Reports volume 8, Article number: 262 (2018) doi:10.1038/s41598-017-18676-1

Abstract:

Exposure to extremely low-frequency electromagnetic fields (ELFEF) influences the expression of key target genes controlling adult neurogenesis and modulates hippocampus-dependent memory. Here, we assayed whether ELFEF stimulation affects olfactory memory by modulating neurogenesis in the subventricular zone (SVZ) of the lateral ventricle, and investigated the underlying molecular mechanisms. We found that 30 days after the completion of an ELFEF stimulation protocol (1 mT; 50 Hz; 3.5 h/day for 12 days), mice showed enhanced olfactory memory and increased SVZ neurogenesis. These effects were associated with upregulated expression of mRNAs encoding for key regulators of adult neurogenesis and were mainly dependent on the activation of the Wnt pathway. Indeed, ELFEF stimulation increased Wnt3 mRNA expression and nuclear localization of its downstream target β -catenin. Conversely, inhibition of Wnt3 by Dkk-1 prevented ELFEF-induced upregulation of neurogenic genes and abolished ELFEF's effects on olfactory memory. Collectively, our findings suggest that ELFEF stimulation increases olfactory memory via enhanced Wnt/ β -catenin signaling in the SVZ and point to ELFEF as a promising tool for enhancing SVZ neurogenesis and olfactory function.

Alessia

Career Focus: University Professor

Interview with anonymous major university professor
– for which CUPS expresses great appreciation

• How/why did you become an academic?

• I simply did the work that I was drawn to without thinking too much about other possibilities, as I was doing what I wanted to do. I switched fields about 3 times and still do this as it keeps me interested and on my toes. I do keep several lines of research ongoing as well.

• Most postdocs feel there are no positions left, or are harder to get. Are there similar opportunities for postdocs –still?

• I think in general things always seem easier for others, or that the grass is always greener on the other side. I still see opportunities, we have three in our department right now, but I have heard that things were easier in the past for funding. At the same time, the older folks I know of also worked incredibly hard. They seemed to also be doing what they wanted to be doing, which I think is the main point. If you like the work and see it

• How was the transition from postdoc to professor? Easy, hard, heart-breaking?

• For me it was easy, I transitioned in the same place I did my post doc into a tenure track faculty position. I know this is not necessarily the norm, but all the people I worked with coming up also found positions quickly. We did come from well-known labs, which is very helpful. Make sure you network at meetings and every chance you get. I can't stress how important this is. I wished I had done more of this when I was younger, and even now, but we can't all be out going.

• What did you have to do to get the job? Chalk interview? Just a seminar? How much did you have to study? How was the interview process and was it fair?

• See above. I have since taken on a new position and did have to go for a full interview process = seminar,

• What is it like being a professor. i.e. how do your days go? What is your job responsibility?

• This really depends on if you are at a Med school, or in a college of engineering etc. Also, can be very different from school to school. My first position was at a med school. In general, that means you are responsible for more of your salary from grants. Now I'm at a school of engineering = more teaching than at the med school, but more hard money = not as much comes from grants.

• What was difficult to learn/adjust to?

• Being a boss is the hardest thing to learn and teach I think. Learning to teach well and write grants is also difficult and takes time. You should start writing grants as a graduate student as far as I'm concerned. If you can get grants you are in a GREAT position!

• Why is becoming a professor prestigious? Perks such as moving expenses, etc.

• Hmm, well I can say that becoming a professor in NYC didn't feel very prestigious at all. In most areas, it is a very good living, and these days we are all given a lot of freedom to start companies or do consulting work at least 1 day out of the week, something to keep in mind.

• What is the culture, say in your institution? Collegiality, etc. say compared to your grad school/postdoc institution?

• Really depends on the department. The one I'm in now is great and the people all seem very nice and easy to get along with.

... next page

Career Focus: University Professor

• What makes a great Professor? ,,such as technical ability, creativity, etc.

• Well, in order to get tenure, more or less you have to be able to do everything well. I think that is what makes professors interesting is that we work on doing so many jobs well, such as teaching, writing grants, which is conveying your ideas in written context, writing papers and books, doing interviews, starting companies, public speaking at conferences etc.

• What makes a great postdoc? ,,such as punctuality, dependability, technical ability, creativity, etc.

• In short, everything you would need to be able to do for becoming a professor, just at the level of a post doc, and most likely teaching is not something you need to do at that stage.

• What is the work, vacation culture for professors?

• Vacation, not sure what that is, oh, you mean conferences ;-)

• Can you say a few things about the current state of publishing? Vs. older times, such as Open source environments. Is it true that publishing is harder now? What is being done to change it?

• I really don't think publishing is harder at all. If the work is good and sound it should get published just fine. Getting into high level publications may very well require some back and forth, but that should be expected, as it is very rare that one would think of everything themselves without input from reviewers.

• What is the best and worst part about professorship?

• Best, you can more or less set your schedule and pick what you want to work on as long as you can convince someone to give you grant funds, or company money etc. Worst part, at first, writing grants and dealing with A LOT OF REJECTION. You get accustomed to this and learn not to take it personally, or at least you should.

• What is professorship's and your future?

• It is hard to say of course, but I don't think things will change too drastically as profs conduct multiple jobs in essence, research, teaching, writing etc. Even if the school systems change with online courses etc., the research still needs to be done, either with grants or with companies. Of course, if we generate AI that is able to generate more than we are in terms of ideas and products, then, well, not sure what anyone will be doing if such systems are not kept in check.

Getting into high level publications may very well require some back and forth, but that should be expected, as it is very rare that one would think of everything themselves without input from reviewers.

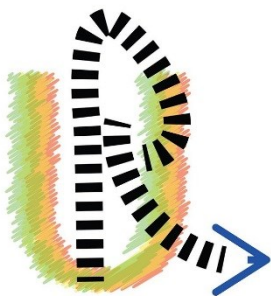
Make sure you network at meetings and every chance you get. I can't stress how important this is. I wished I had done more of this when I was younger, and even now, but we can't all be out going.

What is the work, vacation culture for professors?

Vacation, not sure what that is, oh, you mean conferences ;-)

URPostdocs (Underrepresented Postdocs group at Columbia University)

URPostdocs



Underrepresented Postdocs
group at Columbia University

[https://www.facebook.com/
groups/URPostdocs/](https://www.facebook.com/groups/URPostdocs/)

URPostdocs@columbia.edu

[https://www.linkedin.com
/groups/13520289](https://www.linkedin.com/groups/13520289)

Established in 2016, the Columbia URPostdocs seeks to unite underrepresented (UR) postdocs (Women, Latinos, African-Americans, Native Americans, and persons with disabilities, etc.) into one group. Despite the diverse background of the members, the mission of the group is to form a cohesive network that will work together to highlight URPostdocs distinct contributions, promote awareness of issues that are important to all URPostdocs and encourage participation and recruitment of new members. The group is committed to advocate and find means to improve recruitment, retention and mentoring of URPostdocs to aid in the development of successful careers both in academic and non-academic settings. With the same commitment that URPostdocs seeks to educate within the Columbia community, the group also seeks to educate the public through outreach activities. An important goal of the URPostdocs group is to provide a platform for the participating members to develop a variety of skills crucial in any career, such as confidence, leadership, teamwork, communication, teaching and networking among others.

PostDoQs (LGBTQIA group at Columbia University)



Facebook Group:

[https://www.facebook.
com/groups/PostdoQs
ColumbiaUniversity/](https://www.facebook.com/groups/PostdoQsColumbiaUniversity/)

PostdoQs@columbia.edu

Columbia University's LGBTQIA (lesbian, gay, bisexual, transgender, queer, intersexual, and asexual) group's mission is to promote and stimulate activities for the LGBTQ community at Columbia University and throughout New York City. Our group seeks to become a place where people of diverse sexual and gender expressions feel free to generate discussion, facilitate the distribution of information on health, well-being, and working life at Columbia, as well as build camaraderie and friendship among the members of the community. All are welcome! Our group is based on the respect and celebration of diversity and many activities will focus on increasing visibility and enhancing LGBTQIA social opportunities. Although we are supported by the Office of Postdoctoral Affairs (OPA), we also aim to reach out to all workers and undergraduate students in order to promote strong ties within the academic community and wish to expand professional life as part of LGBTQIA community at Columbia. This way, people with the same affinity will find a safe place where they can express themselves and grow our community.

Promoting Mental Well-being for Columbia Postdocs

The mental health of young scientists has been brought up for discussion for many times in the recent history. In journals like Nature and Science, blogs, columns and articles have been published about the mental health situation of young ambitious scientists all over the world. Living and working under a 'constant pressure' for a long period of time can have serious and negative effects on the mental health of those who are climbing up the academic career ladder. At Columbia University this is not different. Also here there are graduate students, postdoctoral researchers and associate research scientists experiencing high levels of stress, anxiety and depression. When complaints are not addressed properly, this may have serious consequences.

To address this issue, CUPS has joined forces with the Office of Postdoctoral Affairs (OPA), the Senate's Research Officers Committee and the Provost's Office. CUPS has written a report which includes recommendations and suggestions of how the University can address the mental health of young scientists who work here. This full report can be found on the websites of CUPS and the Senate's Research Officers Committee

(http://senate.columbia.edu/committeepages/researchers_folder/postdoc_mental_well-being_20180117.pdf).

MENTAL HEALTH SURVEY

In order to get a more accurate idea of how the current mental health situation is of young scientists at Columbia, and how they deal with mental health issues, CUPS will send out a survey in the near future. Given the seriousness of this issue, we will ask all postdocs and associate research scientists to take a few minutes and fill out this survey. Your input is essential information needed by all parties involved in order to properly address this issue in the near future.

PI MISCONDUCT

Unfortunately, serious cases of PI misconduct have been heard of by CUPS members and the OPA. Such incidents have a strong negative effect on the mental well-being of young scientists and some of these incidents can negatively affect the reputation of Columbia University. Fear for retaliation, blacklisting, loss of visa, and negative recommendations to future employers, are the most common reasons for a postdoc or associate research scientists never to report any incidents. CUPS, OPA, the Senate's Research Officers Committee and the Provost's Office find this very alarming and want to know with what forms of PI misconduct young scientists at Columbia have to deal with. As part of the mental health survey you will have to opportunity to FULLY ANONIMOUSLY report any unacceptable incidents involving you or anyone you know at Columbia University. We would like to emphasize that we are very much aware of the levels of fear people have for their future careers, and therefore we would like to emphasize that all of this will be dealt with fully anonymous without any identifiers like names, labs or departments, so that the information can't be traced back to any person. We would like to know what incidents happen. Not by who. This because it is very important for the university to know what types of incidents occur so that rules and policies can be changed wherever possible.

Our aim is to create a positive and stimulating working environment for all postdocs and associate research scientists and therefore we hope we can rely on you cooperation. If you have any concerns or questions, feel free to reach out to us. We are here to help!

CUPS/OPA

Interview with Dr. Holly Hunsberger

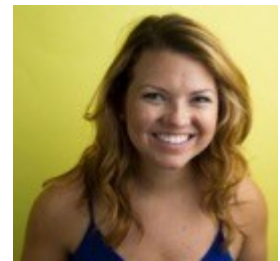
How is your postdoctoral experience at Columbia University? – Dr. Holly Hunsberger

This edition of the newsletter we asked Holly Hunsberger, PhD, a couple of questions regarding her experience as postdoctoral fellow at Columbia University. Holly started her postdoctoral training in November 2016 at the department of Psychiatry after finishing her PhD at West Virginia University. In the year she has been working at Columbia she booked great successes which will hopefully enable her with a great start of a very successful career as independent scientist.

You may know Holly as one of the presenters of the postdoc seminar series in the summer of 2017 or via one the other events organized by CUPS or the OPA. Holly actively contributes to the Columbia postdoc community as active member of CUPS where she holds the position of Secretary in the Executive Committee, and where she contributes to the organization of networking and community building events like the Postdoc Trivia Nights. Below the interview with Dr. Holly Hunsberger on her experience as postdoctoral fellow at Columbia University.

What projects are you currently working on?

How sex and anxiety impact memory and Alzheimer's disease pathology in a mouse model. Social memory and Alzheimer's disease
Metabolomic changes during aging and Alzheimer's disease
Calcium signaling and brain-like organoids



What are the discoveries that have lead up to your current work?

During graduate school, under the mentorship of Dr. Miranda Reed at West Virginia University, I developed memory tasks sensitive to early stage Alzheimer's disease (AD). Since we were able to identify memory impairments early in the disease process, we sought to determine the underlying biochemical causes as a future therapeutic target. Ultimately, we found a unique and innovative tool, the microelectrode array (MEA). I collaborated with Dr. Greg Gerhardt, inventor of the MEA, to show for the first time that glutamate neurotransmission was altered in an AD mouse model and that these neurochemical changes correlated with behavior. My work studying glutamate's role in AD earned me an editorial highlight in the Journal of Neurochemistry and inspired me to take an interest in finding other therapeutic targets for AD. Now as a postdoctoral fellow in Dr. Christine Ann Denny's laboratory, I aim to build upon my AD background by using optogenetics, microscopy, and in vivo Ca^{2+} imaging to dissect the effects of anxiety and sex on the neural circuits that are altered in aging and AD.

Why is your research important? What are the possible real world applications?

Given the economic and personal burden of AD, studying sex differences is essential to create personalized therapeutics. I found surprising increases in anxiety in young female AD mice when compared to young female control and male mice and now believe that anxiety could represent a neuropsychiatric predictor of AD. This could potentially change the way we think about sex-specific AD biomarkers.

Interview with Dr Holly Hunsberger

What question or challenge were you setting out to address when you started this work?

I wanted to address the female population and their susceptibility to AD. Although most AD studies have been performed using male mice, females represent two-thirds of the AD population and are more susceptible to depression and anxiety.

What are your career goals?

Similar to most postdocs, I also struggle with this question. What do I want to be when I grow up? I truly love and have a passion for academia. There is really nothing that matches the joy of discovery or mentoring. I hope to one day lead my own independent laboratory with a clinical and translational approach. Basic science researchers need to transition to clinical research and foster collaborations and communication with doctors who treat these diseases on a daily basis because dementia has become a graveyard for a large number of promising drugs (99.6% of drugs have failed since 2002). I believe this is because there is still significant discordance between preclinical findings and clinical results, especially in the AD and aging fields.

Do you have a plan of action to achieve your goals?

Yes, I have applied for a K99/R00 to help me transition to an independent research position.

When it comes to your professional development, do you feel Columbia University supports and offers you enough opportunities to enhance your skills on different levels?

Yes, I knew I wanted to work for Dr. Denny after my third year of graduate school. Columbia and the New York Psychiatric Institute have offered so many grant opportunities, networking events, and opportunities for collaboration. The one area that suffers is my teaching. There are not many teaching opportunities for postdocs. I have applied for two positions and have been denied, mainly because postdoc paperwork is too difficult to deal with. I'm excited to be a part of CUPS because we are trying to change this policy.

Do you have any extracurricular activities?

Yes, I enjoy sports, running, biking, and singing. In the winter I like to fall while pretending I can snowboard. I sang the national anthem for Columbia basketball when I first started working here.

How do you make sure that your CV/resume stands out from your competition on the future job market?

If you want your CV to stand out: 1) have a unique design (my headings are blue and my font is Helvetica light), 2) Be balanced, be well-rounded, community involvement and mentoring is just as important as the list of publications. Outreach will make you stand out because it shows that you know how to manage your work while also teaching others, and 3) be selfish, list everything and anything that you think is important or defines you as a person. Apply for everything that you possibly can even if it seems foolish. My first couple months here, I was chosen to publish an advice article in Cell. Now I can list this on my CV under the media section.

Interview with Dr Holly Hunsberger

Do you supervise graduate and undergraduate students?

Yes, I supervise graduate students, undergraduates, and high school students.

How many research awards/research grants/travel grants/etcetera have you won since you arrived at Columbia? Can you summarize them by year, if applicable?

I started last November, and I've received 3 travel awards all in 2017. Children's Hospital of Philadelphia Translational Neuroscience Award Alzheimer's Drug Discovery Foundation Young Investigator Award BrightFocus Foundation Travel Award (International Learning and Memory Conference)

Have you published any papers recently? If so, when and in which journal?

Yes, a short advice article in Cell, and a review in Translational Issues in Psychological Science published this year.

Do you have any concerns regarding your future in science?

Funding I believe is a concern for everyone. It is the one concern that could push me into industry.

Do you have any concerns regarding the future of science in general?

Politics aside, I am actually optimistic about science in the future. With all of the new outreach and women in science programs, I think science is becoming "cool". We need to keep talking to the public and communicating our science in approachable ways. I've seen a few high school students volunteer in this lab and it's truly amazing what they can accomplish at such a young age. I'm also excited about the new technologies that are available, especially in neuroscience.

Do you enjoy your time as postdoc at Columbia University?

So far, Yes! I have a very enthusiastic lab and a mentor who really inspires us to think outside the box. I couldn't ask for a better environment or team.

If there was one thing you could change in Columbia University, what would it be?

I would change the teaching policy and salary. I believe that to be competitive, you need to have teaching experience on your resume. I also believe that if you live in an expensive city like New York, your salary should reflect that.

Doing a postdoc can be very stressful. If so, what do you do to relax every now and then?

Working out, music, and travel. If I'm very stressed, I will go for a run outside and this will usually help to clear my head. I also love music and will play guitar or learn a new song to get my mind off of the day. I think leaving the city is also helpful. Time with friends and family is extremely important. I try not to work past 6 pm and try to leave by 5 pm if I can. I don't believe in staying late because for me that's useless. I'm more productive between 8 am and 2 pm. I think it's important to know yourself and when you work best.

BE WELL



WELLNESS SERIES

February Workshops



EMOTIONAL INTELLIGENCE

Emotional Intelligence (EI) is the ability to effectively manage emotions in ourselves and in our relationships. Following this seminar, which is part of the EAP Seminar series through HR, participants will acquire tools for dealing with difficult situations and improve their EI. ****only open to the first 10 participants- register soon!**

February 13, 12-1pm

CUMC, Hammer Health Science Building, Room LL-108A



LIVE WELL, BE WELL

Based on the Healthy Lifestyle Challenge Program, this workshop encourages participants to make positive changes in daily living which can lead to a healthier lifestyle. Topics include self-care, sleep, exercise, among others! Also learn more about programming available to postdocs through the Office of Work/Life. This event is offered on both campuses.

February 21

12-1 pm, MSD, Fairchild Room 700

3:30-4:30pm, CUMC, Hammer Health Science Building, Room LL203



RESILIENCE MEDITATION

In this workshop we will explore breathing, moving, sound meditation, body scan, visualizations, and loving kindness practices for health, healing, and balance. This will be a fun, hands on workshop demystifying Meditation, & giving you tools for creating & maintaining a simple meditation practice.

February 28, 4-5:30pm

CUMC, Vagelos Education Center (VEC), Room 1202

Additional components of this series include weekly yoga and meditation sessions!

Yoga: Thursdays at 6pm in Riverview Lounge

Meditation: Fridays at 12 in VEC 1301A

Stay tuned for details regarding the March Wellness Series Events!

The aim of this series is to bring awareness to various areas related to mental health and well-being, while offering practical tips for focusing on these areas during busy times in your life. The Fall 2017 iteration was highly attended with lots of positive feedback from attendees and we are looking forward to the continuation of this series. Ongoing wellness programming from this series includes yoga and meditation sessions. Make sure to check the OPA calendar to register for these events.

The Spring 2018 iteration of this series will include presentations on topics such as Live Well, Be Well; Meditation and Gratitude; Healthy Eating; among others.

Post-doc Seminar Series

The seminar series featuring talks from various departments from both campuses was held in the summer. The objective of the seminar series was to bring together postdocs from across wide-disciplines to present their research in a common forum. The seminar series was introduced with the expectation that the talks will provide as a primer to the postdocs' job talks. A call for abstract for the seminar series attracted a lot of submissions from a wide variety of fields. Eight abstracts were chosen for presentation by a panel of postdocs from the CUPS Research and Professional development group.

Session I focused on Neuroscience with talks by Holly C. Hunsberger and Deepika Suri from the Department of Psychiatry. Session II featured talks from Electrical Engineering and Data Science presented by James A. O'Sullivan and Inigo Urteaga respectively. Session III focused on topics in Diabetes and Immunology research with talks by Wendy McKimpson and Tomer Granot respectively. Session IV of the series featured talks on Systems Biology and Structural Biology by Eugenia Lyashenko and Shubhasis Haldar respectively.

The seminar series to expected to start again later in the fall semester. Abstract submission is now open (see below). Postdocs interested in using the seminar series as a platform to practice their scientific presentation to a wider Columbia research community are invited to respond to the call-for-abstracts.

Revathi

The Research & Professional Development subcommittee is happy to announce that the Postdoctoral Seminar Series: call for abstracts is now open!

We look forward to hearing about your research – if you consider applying. Please inform/encourage your postdoctoral colleagues about this event.

If you have any questions, please contact Revathi (rb3132@cumc.columbia.edu) or Chiara (cb3249@cumc.columbia.edu).



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Reach us at:
cupostdocnewsletter@gmail.com

Funding Opportunities

Postdoctoral fellowships are available from a variety of sources and across nearly every discipline. Please visit <http://www.postdocs.columbia.edu/funding.html> to view resources available to you that will aid in your search for funding opportunities as well as to see an expansive list of specific postdoctoral fellowship opportunities. Below is a list of NIH and NSF postdoctoral fellowships and career development awards with deadlines in the coming months:

NIH K-awards (career development/pathway to Independence awards):

<https://researchtraining.nih.gov/programs/career-development>

NIH F32 (postdoctoral fellowships):

<http://grants.nih.gov/grants/guide/pa-files/PA-14-149.html>

NSF Astronomy and Astrophysics Postdoctoral Fellowships (AAPF):

<https://www.fastlane.nsf.gov/servlet/fastlane.pdoc.DisplayProgramType>

http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=5291&org=MPS&from=home

NSF Mathematical Sciences Postdoctoral Research Fellowships (MSPRF):

<https://www.fastlane.nsf.gov/servlet/fastlane.pdoc.DisplayProgramType>

http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=5301&org=MPS&from=home

NSF Social, Behavioral and Economic Sciences Postdoctoral Fellowships (SPRF):

<https://www.fastlane.nsf.gov/servlet/fastlane.pdoc.DisplayProgramType>

http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=504810&org=SMA&from=home

NSF Postdoctoral Research Fellowships in Biology (PRFB):

<https://www.fastlane.nsf.gov/servlet/fastlane.pdoc.DisplayProgramType>

http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=503622&org=DBI&from=home

NSF Earth Sciences Postdoctoral Fellowships (EAR-PF):

<https://www.fastlane.nsf.gov/servlet/fastlane.pdoc.DisplayProgramType>

http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=503144

Events from Office of Postdoctoral Affairs (OPA)

IDP PROGRAM MONTHLY CAREER PANEL SERIES

The monthly career panel series portion of the IDP program for postdocs and doctoral level graduate students at Columbia University began on January 19th and will run through April 2018. The goal of this career panel series is to expose postdocs and doctoral graduate students to a broad range of career options and provide a forum to learn about the experiences of individuals who have transitioned into these careers following their graduate or postdoctoral training.

INDUSTRY CAREERS



On January 19th, 5 panelists shared their experiences working in industry. Moderated by CUPS own, **Michael Stokes, PhD**. Topics discussed included typical day at work, transferable skills, negotiation and salary, and general job search advice. Attendees also had the opportunity to interact with panelists one-on-one in a networking reception. Thanks to the wonderful panelists for sharing their valuable insights!

- **Jennifer Chambers, PhD**, Senior Scientist and Education Specialist at Schrodinger
- **Jennifer Haghpanah, PhD**, Senior Scientist at L'Oréal
- **Jennifer Johnston, PhD**, Associate Principal Scientist at Merck
- **Siddhartha Sen, PhD**, Researcher at Microsoft Research NYC Lab
- **Divya Mathur, PhD**, Senior Principle Scientist, Pfizer

COMMUNICATION AND OUTREACH CAREERS

The next panel is scheduled for Friday, February 23, 2018 from 6-8:30pm. Please visit OPA's website to register for this event. The panelists will respond to moderated questions in the first half of the event, after which questions from audience members will be addressed. A networking session will follow the panel session and will provide an opportunity for attendees to interact in more depth with the panelists. The panelists have a variety of training backgrounds such as Biology, Engineering, Biomedical Sciences, Genetics, and Molecular Oncology and Immunology. The panelists include:

- **Sally Burn, PhD**, Director of Marketing Communications at Sema4
- **Jeanne Garbarino, PhD**, Director of RockEDU Science Outreach
- **Angela Welch, PhD**, Publisher at Elsevier
- **Julie Nadel, PhD**, New York Academy of Sciences Next Scholars Program Manager
- **Kwame Oseri-Sarfo, PhD**, Director of Columbia University Bridge to PhD program

CUPS Events

Trivia Night

Shout out to all Trivia enthusiasts! E-mail us at: cups_networking_community@columbia.edu and join other CU Postdocs on a monthly Trivia Night at a bar nearby!

Don't forget to follow us! <https://twitter.com/cupostdocs>

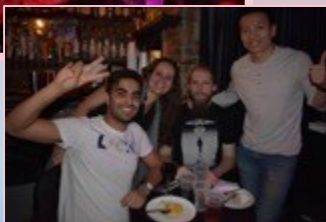
Bookmark our website and join us on our social media channels. Make sure you follow our activities so you won't miss that motivating talk or inspiring workshop you were interested in!

Website: <https://postdocsociety.columbia.edu/>

Facebook: <https://www.facebook.com/ColumbiaPostdocs>

Twitter: <https://twitter.com/CUPostdocs>

Happy Hours



CUPS Events

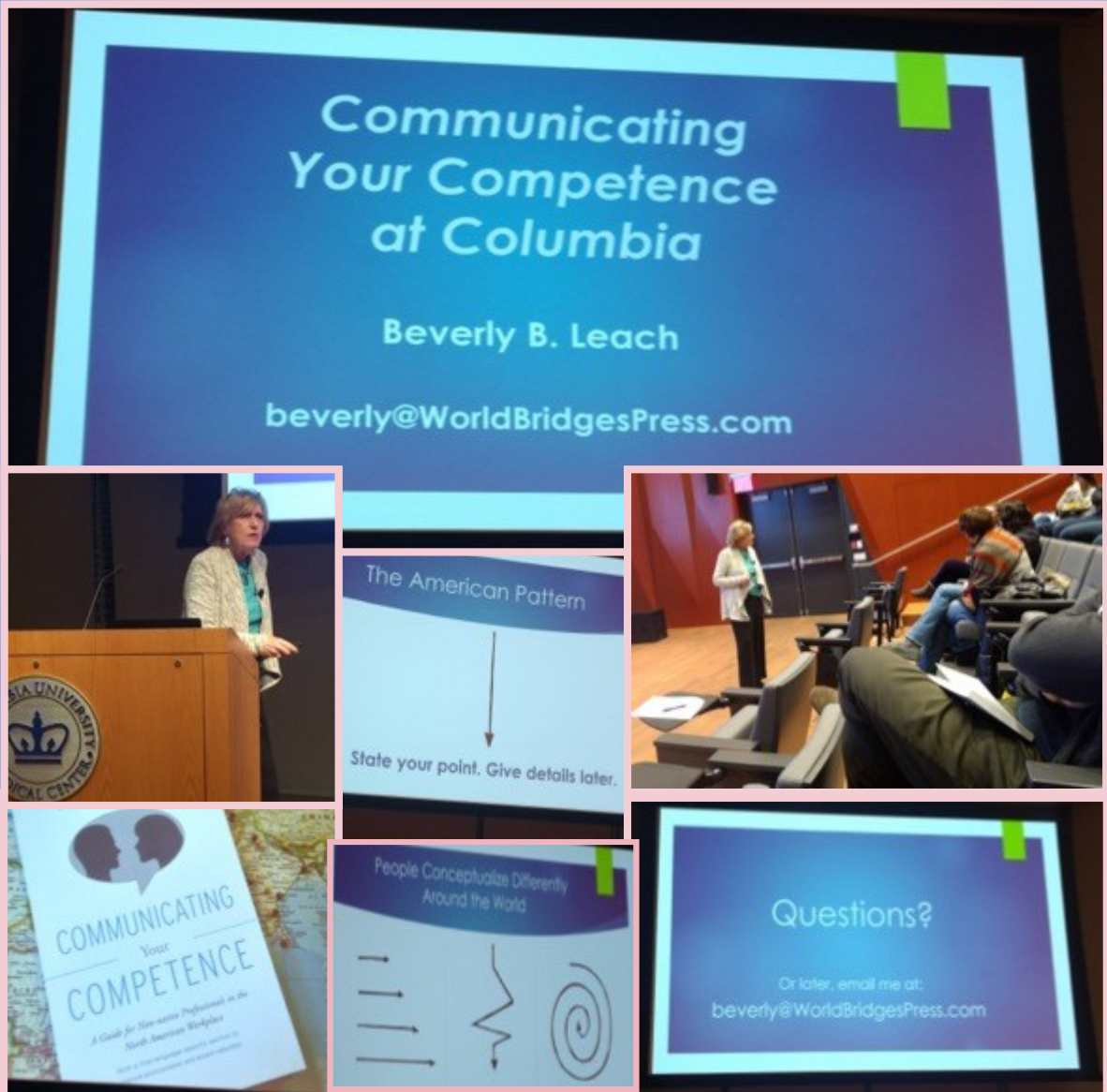
Communicating Your Competence

Wednesday, December 13, 2017

Beverly Leach:

An educator, author and communications specialist, Beverly Leach has taught and coached thousands of non-native academics and professionals from more than 80 countries, to communicate their expertise clearly to the Americans with whom they interact. Participants received a free copy of Dr. Leach's book (COMMUNICATING YOUR COMPETENCE), to further reinforce the lessons of this presentation.

Contact her at: beverly@worldbridgespress.com



Columbia University Postdoctoral Society (CUPS) Newsletter



Zuckerman Institute's Greene Science Center at night: Victoria Benitez/Columbia University

February 2018

Volume 4, Issue 1