Do you need a stress outlet during the pandemic?

Are you interested in relief from stress during the Coronavirus pandemic? Here are a few ideas to assist you while working remote.

- Take advantage of Meditation Mondays that the Center for Global Exchange is offering. For more information please visit: https://calendar.fsu.edu/event/meditation_mondays?utm_campaign=widget&utm_medium=widget&utm_source=Florida+State+University+Calendar#.XqrsKKhKhPY.

- Even though the Leach center is closed, they are offering a variety of classes via zoom. Find out more information here.

- If you just need to speak to someone, or get more information on how to handle stress during a pandemic, consider contacting the Employee Assistance Program staff.

- Also do not forget that your advisor is also there to help you make it through during this time.

**FFCRA Leave Provisions Highlights**

Postdocs are eligible for emergency paid sick leave if they are not able to complete their work/research remotely. Postdocs that are performing essential duties, such as maintaining labs, are ineligible for the Emergency Sick Leave under the Governor’s Safer at Home Order and would have to designate a different reason (see required form to submit below).

**Emergency Paid Sick Leave – Includes Postdoctoral Scholars**

- **Eligibility:** Available to employees when remote work is not available or job duties cannot be performed remotely, including OPS employees.

- Provides fulltime employees up to 80 hours of paid sick leave when the employee is unable to work because the employee is quarantined and/or experiencing COVID-19 symptoms and seeking a medical diagnosis.

- Provides fulltime employees up to 80 hours of paid sick leave at two-thirds the employee’s regular rate of pay if the employee is unable to work onsite or work remotely due to the need to care for an individual subject to quarantine or care for a child whose school or childcare provider is closed or unavailable for reasons related to COVID-19.

- May be used in addition to or in conjunction with the Emergency FMLA Expansion.

- **Application:** Emergency Sick Leave and the School/Childcare Certification form.
Emergency Family Medical Leave Act (FMLA) Expansion

• **Eligibility:** An employee must be employed for a minimum of thirty (30) days and is unable to work remotely due to child care needs related to COVID-19 day care and school closures.

• Provides employees with up to twelve (12) weeks of emergency FMLA. The first two weeks are unpaid followed by ten (10) weeks of paid emergency FMLA at two-thirds an employee’s rate of pay.

• **Application:** [Emergency FMLA](#) and the [School/Childcare Certification form](#).

These leave benefits are available to employees with a qualifying reason when remote work cannot be performed. Supervisors and department heads are responsible for evaluating the ability of an employee to work remotely, even on a part-time basis.

**COVID-19 Adjustments = Upcoming FSU Postdoctoral Professional Development Events, Hiring, PPFP Appointments, and Travel Awards**

Due to the Covid-19 pandemic, the **Spring Event** typically held the first week of May has been **cancelled**. We plan to organize similar content (Branding Yourself for the Job Market) during a special workshop during the Summer or Fall, once restrictions have been lifted regarding social distancing. The **New Postdoctoral Welcome** that is scheduled for April 27th at noon will be held by zoom conference. Details will be included with registration and will be posted at the events section of the OPDA website. All new postdocs on campus will be receiving communication with regards to the Welcome.

The PPFP evaluation committee has been delayed in reviewing annual progress reports, requests for third year funding, and new appointments for PPFP incoming scholars. We are back on track now and hope to release decisions for current and new PPFP applications around April 15th.

If you received a Postdoctoral Professional Development Travel Award in January 2020 and did not have the opportunity to use it, your scholarship will still be applied to a future event of your selection. We request that you try to use this award by December 2020, but it will be possible for you to extend the use of the award through June 1, 2021 (end of the 2021 fiscal year). Due to the precariousness of domestic and international travel, there will be no Travel Award Opportunity for the July 2020 cycle this year. The next Travel Award Opportunity will be set for January 1, 2021.
We are all undergoing adjustments to the modified research and teaching demands of our job duties. Many of you have been asked to help your laboratories design predictive research measures and some of you have been thrown into the world of online education and instruction. It is a difficult time in which we cannot map out the future or plan well for our careers. I know many of you had planned to search the job market in the next year or were in the process of interviewing, and this disruption of the economy could have not been more poorly timed. It will all pass, and there will be changes. I know what postdocs miss the most is the collegiality of being with your research group and intellectual daily exchange. This is what we can look forward to while we are largely working from home.

If you have concerns during this hibernation period regarding postdoctoral training, please feel free to reach out to me. There is a weekly Research Zoom meeting held by the VP for Research every Tuesday at 1:30 pm if you want to join in to understand the nature of changes to research on campus (Meeting ID is posted and updated here - https://news.fsu.edu/announcements/covid-19/2020/03/27/update-on-research-continuity/).

All the best,
Debi
dfadool@bio.fsu.edu

FSU POSTDOCTORAL ASSOCIATION BUDDY PROGRAM

Become a Buddy!

Are you interested in helping new postdocs settle in at FSU? The Postdoctoral Association is looking for current FSU postdocs to volunteer to become a Postdoc Buddy.

Don’t worry – it is not a large time commitment and can really help a new scholar adjust to their new academic community! Postdoc Buddies will be paired with an incoming postdoc to help answer a few questions before their arrival concerning life in Tallahassee and what it’s like to work at FSU. Once the new postdoc arrives, you show them where to grab a bite or where to find the best hiking trails! It is up to you and your buddy how much to be in contact – from a few emails, to skype calls, to meetings in person. It is a nice way to experience being an academic mentor. If you’re interested in becoming a Postdoc Buddy to help future FSU postdocs settle in, sign up here! You will be notified by the President of the PDA as to your matched buddy.

ACCOMPLISHMENTS – ACHIEVEMENTS – RESEARCH
Congratulations to Lorenzo Ruffini who has received the 2020 Undergraduate Research Opportunity Program (UROP) Mentor Award. Lorenzo is a postdoctoral scholar and member of the Postdoctoral Association and guides UROP researchers in the Department of Mathematics. FSU gives three awards per year to recognize UROP mentors, one in each of the following categories: faculty, postdocs, and graduate students. Lorenzo is the 2020 awardee in the postdoc category. Congratulations, and thank you for guiding the next generation of mathematics researchers! To read more about Dr. Ruffini and his research/teaching missions, please follow his website - https://sites.google.com/view/lorenzo-ruffoni.

Postdocs, would you like help to disseminate your research, service, and mentoring achievements to a broader audience via the @FSU Postdocs Twitter account? If you have exciting new findings, just been published, received a grant or award, got hired for a new position, or have other accomplishments you would like to share for yourself or your mentees, please share them with us.

Just send the content to be tweeted to Biological Science postdoc Matt Holding at mlholding@fsu.edu and it will be shared on @FSU Postdocs.

Use the following guidelines to prepare your content:

Send links to papers or websites, photos of the activity, or other material that isn’t just text. Tweets get more traction if they contain content other than text alone.

Provide less than 280 characters of text for the tweet describing the activity. Include Twitter handles for your colleagues/collaborators where appropriate, if you know them, and any #hashtags to which the tweet can link. We can also retweet content you put out on our own Twitter account if you drop us a line with your Twitter handle and the specific tweet we should retweet.

**Fellowships**

**Army Research Laboratory Distinguished Postdoctoral Fellowships**

The ARL Distinguished Postdoctoral Fellowships will provide the opportunity for recipients to pursue independent research of their own choosing that supports the mission of ARL. The Fellow benefits by having this opportunity and by working alongside some of the Nation's best scientists and engineers. ARL benefits by the expected transfer of new science and technology that enhances the capabilities of the U.S. Army and the warfighter in times of both peace and war. Click title link for more information and to apply.
Helen Hay Whitney Foundation – Biomedical Research
Application deadline: July 1, 2020

Mathematical Sciences Postdoctoral Research Fellowships (MSPRF)
Deadline: October 21, 2020

Postdoc Research Funding Opportunities in Germany
Application deadlines vary

Index of Postdoc Fellowships in the Life Sciences (Broad Institute)

EPA Research Grants

EMBO Life Sciences – Short/Long Term Fellowships

JOBS

Below is a sampling of open positions in the United States –
Postdoctoral Positions Available -

FSU Program in Neuroscience Postdoctoral Research Position. A postdoctoral research position is open and available in the lab of Dr. Alan Spector, Department of Psychology and Neuroscience.

For more information, or if interested in applying, please click here for complete information, or contact Dr. Alan Spector at: spector@psy.fsu.edu.

Looking for motivated Postdocs to research mechanisms involved in regulated remodeling of muscle T-tubule membranes in fly models of human myopathy with funding for immediate start date!

For more information, please click here to view flyer. Please contact Dr. Amy Kiger, Section of Cell & Development Biology University of California San Diego at akiger@ucsd.edu.

POSTDOCTORAL AND RESEARCH SCIENTIST POSITIONS

The Kaczorowski Lab at The Jackson Laboratory is seeking Postdoctoral and Research Scientist Level personnel to investigate mechanisms underlying susceptibility and resilience to normal aging and Alzheimer’s disease (https://www.neuro-central.com/2018/09/19/risk-resilience-understanding-role-genetics-alzheimers-disease/).

Dr. Kaczorowski is an Associate Professor and the Evnin Family Endowed Chair in Alzheimer’s Research at the Jackson Laboratory – a research institution specializing in genetics and genomics in order to discover solutions for disease.

Projects leverage new translational mouse models, electrophysiology, circuit mapping and genome engineering to decipher how genetic and environmental factors interact to influence learning and memory abilities, cognitive aging, neurodegeneration, and Alzheimer’s. Sources of support include NIH, Bright Focus, and The Glenn Foundation for Medical Research, as well as generous philanthropy awards in support of research and innovation in areas of normal aging and Alzheimer’s disease.
Exceptional candidates will have the opportunity to apply for the prestigious JAX Scholar award, which supports promising early-career postdoctoral associates conducting cutting edge biomedical and basic biological research at JAX. The award includes an independent research and travel budget and a salary above our standard postdoctoral scale [https://www.jax.org/education-and-learning/pre-and-postdoctoral-program/jax-scholars](https://www.jax.org/education-and-learning/pre-and-postdoctoral-program/jax-scholars).

To apply, please submit (1) a cover letter describing past research accomplishments, research interests, and career goals, (2) a current CV, and (3) the contact information of three references to catherine.kaczorowski@jax.org

**Florida College System seeks to fill a position for Executive Director, Florida Student Success Center.**

The Florida Student Success Center (FSSC) serves as an intermediary between colleges, and provides greater opportunities for colleges to collaborate and learn from one another. The Executive Director works under the supervision of the Chancellor of the Florida College System. For more information on the role of the position, qualifications and to apply please, click [here](https://www.jax.org/education-and-learning/pre-and-postdoctoral-program/jax-scholars).

**Florida Conservation Corps - Opportunities**

FLCC is recruiting for two exciting project areas.

The mission of the Florida Conservation Corps is to develop natural and cultural resource leaders by connecting them to areas of critical need in conservation, preservation, interpretation and resource based recreation. Click [here](https://www.floridastateparks.org/florida-conservation-corps) to download flyer.

For more information about FLCC, please visit their webpage at [https://www.floridastateparks.org/florida-conservation-corps](https://www.floridastateparks.org/florida-conservation-corps).

**Ph.D. level Protein Scientist needed**

QuarryBio ([https://quarrybio.com/](https://quarrybio.com/)) is an early stage company that is developing a novel, mass spec based approach for *in vitro* measurement of membrane protein binding interactions and structure changes.

Our technology will provide a high-throughput alternative to X-ray crystallography and cryo-EM, and can be performed directly on living cells. We are relocating our lab to Tallahassee, and are seeking a Ph.D. level protein scientist to help us finish the development of this new technology and launch commercially.

**Essential Skills:** Chemical modification of proteins, strong understanding of binding kinetics, sample preparation and LC/MS/MS analysis of proteins (buffer exchange, affinity purification, reduction/alkylation, and proteolysis).

Analysis of bottom-up mass spec data analysis with proteomic search engines. Experience with a variety of basic techniques to assess protein integrity, oligomeric/aggregation state and binding interactions. Mammalian cell culture techniques with an emphasis on plasmid construction, transfection, protein expression/purification, and extraction of proteins from cellular membranes. Adherent and suspension cell culture methods.
Ability to work in a fast-paced team-oriented environment.

**Helpful skills:** SDS-PAGE, SPR, DLS, CD, IF, DSC/DSF, and SEC HPLC analysis. Project management and familiarity with programming languages such as python, R, or java. Protein structure visualization with PyMol or equivalent.

**Ph.D. level Scientist needed**
We are seeking someone with experience in Mammalian cell culture techniques with an emphasis on plasmid construction, transfection, protein expression/purification, and extraction of proteins from cellular membranes, SDS-PAGE, Western blots. Adherent and suspension cell culture methods. Ability to work in a fast-paced team-oriented environment is a must.

Project management a plus. Please direct inquiries for either job to eric.graban@quarrybio.com.

**Oak Ridge National Laboratory Opportunities**

Faculty Opportunities – Summer Research, Sabbatical Research Experiences 
[https://orise.orau.gov/ornl/faculty/default.html](https://orise.orau.gov/ornl/faculty/default.html)

Postdoctoral Opportunities - [https://jobs.ornl.gov/](https://jobs.ornl.gov/)

**National Development Council (NDC)**

NDC seeks to hire part-time, graduate school level interns to assist NDC field staff in planning, implementing, and evaluating Multicultural Lending activities in the south Florida tri-county area – Broward, Dade and Palm Beach counties.

We seek candidates who embrace our mission and have passion for community development work.

**Research Scientist Position**

The laboratory of Dr. Marlene Bouvier in the Department of Microbiology and Immunology at the University of Illinois at Chicago has an immediate opening for a Research Scientist or Postdoctoral Associate, based on number of years of research experience after PhD, to play an active role in our ongoing studies of the MHC I antigen processing and presentation pathway, including the ERAP enzymes.

We are seeking a highly motivated and passionate researcher with a rigorous training in molecular immunology, biochemistry, or related fields and advanced hands on experience in biochemical assays and biophysical techniques such as SPR, fluorescence anisotropy, electrophoresis, as well as skills in maintenance of mammalian cells and protein expression/purification.

For immediate consideration, please submit a cover letter to mbouvier@uic.edu and a complete resume. Visit our lab website for more information: [https://mbouvier8.wixsite.com/marlenebouvierlab](https://mbouvier8.wixsite.com/marlenebouvierlab)
For more information, please visit: https://ndconline.org/wp-content/uploads/2016/01/NDC-Fellow-Job-Description-Florida.pdf

**U.S. Department of Defense – Research Opportunities**
Please visit click on the titles to visit DOD research opportunities:

- Biometric Sensor Development Research Internship
- Human Physiological Research Support Training in Diving and Hyperbaric Environments
- Computer Vision Scientist/Engineer Internship
- Chemometrics and Laser Spectroscopy Fellowship
- Soil Data Science and Statistics Research
- Molecular Microbiology Internship
- Computational Chemistry Postdoctoral Researcher

To view other opportunities, please click here

*Below is a sampling of open positions around the United States—*

- **Assistant Professor – Biology**
  University of Tampa, Tampa, FL

- **Behavioral Scientist - Psychology**
  Root Insurance Company, Columbus, OH

- **Assistant Professor- Atmospheric Science**
  Oregon State University, Corvallis, OR

- **Scientist – Job Posting: 2020-62765**
  PRA Health Sciences, Lenexa, KS

- **Associate Professor - Biology**
  Claflin University, Orangeburg, SC

- **PhD Physicist - Spectroscopy**
  IEH Laboratories, Seattle, WA

- **Assistant Professor of Geography- Department of Geology & Geography**
  Georgia Southern University, Statesboro, GA

- **Assistant Professor of Research – Center for Craniofacial Molecular Biology**
  University of Southern California (USC), Biomedical Sciences
Assistant Professor – Clinical Occupational Therapy
University of Southern California, Occupational Therapy

Assistant Professor – Research Emergency Medicine
University of Southern California, Department of Emergency Medicine

Clinical Assistant Professor – Pediatrics
University of Southern California, Department of Pediatrics

Below is a sampling of open positions around the world -

Canada: Assistant Clinical Professor – in Pharmacy & Pharmaceutical Science
University of Alberta, Faculty of Pharmacy & Pharmaceutical Sciences

Tenure Track Assistant Professor – Biomedical or Electrical Engineering
University of Guelph, School of Engineering/Biomedical Engineering

Assistant Professor – REHAB Occupational Therapy
University of Alberta, Department of Occupational Therapy

Assistant Professor – Microbial Science & Micro/Nanomaterials
University of Calgary Canada First Research Excellence Fund

Assistant Professor – Department of Medicine
University of Alberta, Faculty of Medicine & Dentistry

Assistant Professor – Division of Developmental Pediatrics
University of Alberta, Faculty of Medicine & Dentistry

Staff Scientist in Hematology Research
Keenan Research Centre for Biomedical Research of St. Michael’s Hospital

Japan: Assistant Professor in the Graduate School of Biomedical & Health Sciences
Hiroshima University, Graduate School of Biomedical & Health Sciences

Assistant Professor in Medical Education, Pharmacology, Neuroscience
Hiroshima University, Graduate School of Biomedical & Health Sciences

Norway: Head Engineer at Electron Microscopy Core Facility
University of Oslo, Department of Biosciences (IBV)

Singapore: Assistant Professor for Bio-Behaviorist
Duke NUS Medical School, Academic Medicine Research Institute

Assistant Professor – Center for Aging Research & Education
Duke NUS Medical School, Center for Aging Research & Education

South Africa: Associate Researcher in Clinical Micro Infectious Diseases (CMID)
Wits University, School of Pathology, Johannesburg, ZA
Click [here](#) for featured Biology careers

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**ASBMB - American Society for Biochemistry and Molecular Biology**

**CAREER DEVELOPMENT WEBINARS AND BLOGS**

**How to salvage a disastrous day in your Covid-19 house arrest**

Here are three ways to get yourself unstuck on those particularly bad pandemic days.

**To appreciate my role as a scientist, I had to step outside academia**

This Ph.D. student learned that science policy work satisfies her desire to make an impact.

**Webinar | Linking lipids and disease: making the connection between fatty acids, inflammation, and tissue homeostasis**, Wednesday, May 6, 2020, 12 noon Eastern

**How to Be Proactive in Your Mentoring Relationships – National Postdoctoral Association**
[http://www.nationalpostdoc.org/?page=Proactive](http://www.nationalpostdoc.org/?page=Proactive)

**ASBMB - Postdoctoral Education & Resources**

**Versatile PhD**

This site helps graduate students and new PhD’s identify, prepare for, and excel in possible non-academic careers.

Click [here](#) to learn more.  Click [here](#) to join

**Free NPA Membership**

FSU is a sustaining member of the National Postdoctoral Association (NPA). This membership provides free affiliate membership to all FSU postdoctoral scholars. Benefits of joining the NPA include:

- A subscription to the NPA’s official quarterly newsletter
- Reduced registration fees to the NPA Annual Meeting
- Eligibility for the NPA Travel Award Program
- Professional & Leadership Development
- Networking opportunities with colleagues nationwide
If you are interested in joining the National Postdoctoral Association, click here.

Please email opda-info@fsu.edu if you encounter any problems. For previous issues, click here!

If you want to unsubscribe from receiving any postdoc emails, please visit: https://lists.fsu.edu/mailman/listinfo/postdoc-careerprog, scroll to bottom to unsubscribe.