

## Welcome to a very large university!

32,838 Undergraduate Scholars

11,143 Graduate Scholars

229 Postdoctoral Scholars

1,155 Tenure-track Faculty

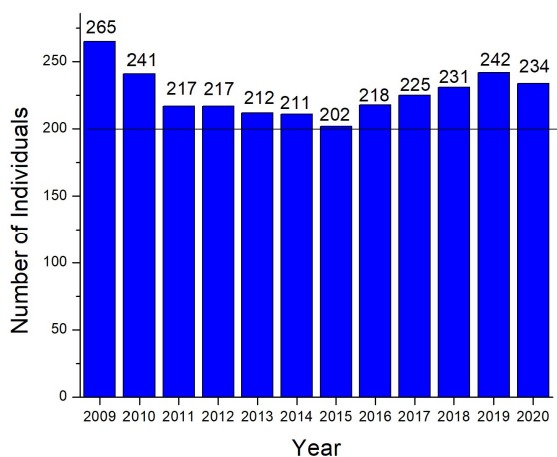
788 Instructors

5,504 Support Staff and Facilities

\$279 million Contracts and Grants

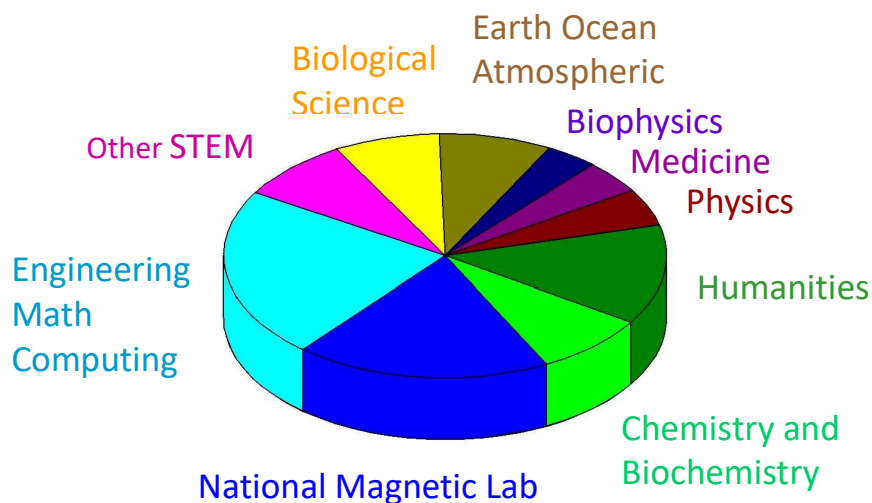
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## What is your presence on campus?



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## Which units house our postdocs ?



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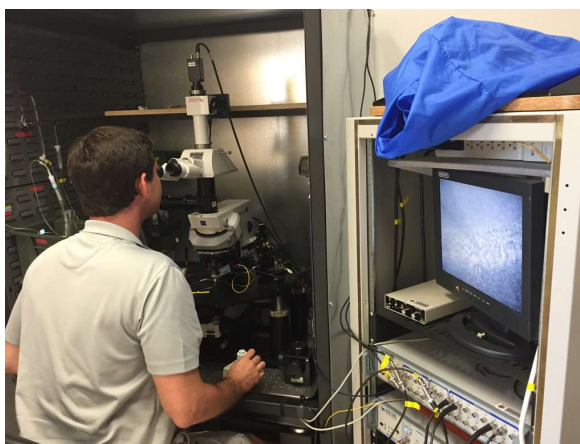
## Exciting and challenging time to be a fellow...

Joy of Discovery

Independent Creativity

International Community

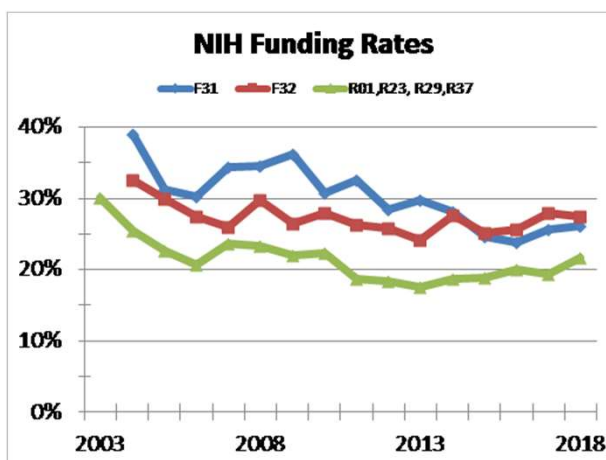
Driven by Intellect



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## Exciting and challenging time to be a fellow...

Economic  
Reality  
  
Global  
Pandemic  
  
Broad Career  
Path  
  
Strong  
Competition



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## What are the expectations for postdoctoral training?

1. To have a close apprenticeship by an expert in your field to acquire the professional and technical skills needed to pursue a career path in academia, industry, government, or other high demand organization.
2. To achieve independence as an investigator, researcher, and/or instructor.
3. To become a colleague by the conclusion of your training interval rather than a mentee.

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## What is the typical time progression?

Dependent upon field and technical skill acquisition  
Determined by your level of ability for oral and written communication

Within 3 months = General project determination

By second year = Independently lead work and strong knowledge base in new field

End of second year = begin seeking funding for your research

Continual progress towards your targeted goals and take on more responsibilities

*Element of luck, yet discovery favors the prepared mind*

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## What are some best practices?

- Two-way communication with your advisor to understand in writing their expectations and your professional and research goals
- Periodic and consistent evaluation of your progress and measurement of your productivity
- You are responsible for continuously seeking opportunity to advance your career
- Not too many projects simultaneously, but not too few
- Understanding of what research trajectory you may continue to pursue and launch following your training at FSU

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## What is the OPDA and what is its purpose?

Central office to establish policies, coordinate opportunities, and guide postdoctoral training across campus.

Director interfaces with the Postdoctoral Advisory Board and the Postdoctoral Association.

Provides institutional resources for award programs, professional development, and training events.

<http://opda.fsu.edu/>

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## Who decides postdoctoral policies?

### Postdoctoral Advisory Board

- Meets quarterly to recommend training and hiring policies to the Provost
- Composed of faculty, postdoctoral officers, members of the Provost and VP for Research offices, the Director of Postdoctoral Affairs, Human Resources, and the Dean of the Graduate School

*Current Board = Mark Riley, Debra Fadool, Renisha Gibbs, Kay Jones, Tim Megraw, Richard Nowakowski, Luna Hiron, Mohammad Nooranidoost, Kawana Johnson, Wei Yang, Munir Humayun, Jarrett Terry, Rebecca Peterson, Christine Conley, and Jeanette Taylor.*

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## Is there a handbook for Postdoctoral Scholars?

1. Four-year duration for the appointment
2. Extension of appointment under special considerations by the Provost and OPDA
3. Must work under the supervision of an advisor to obtain substantial advanced career training to include research, scholarship, or teaching, or a combination
4. Must be provided a letter of hire using templates available at the OPDA with final approval by HR and OPDA
5. Must demonstrate English competency as established by a variety of optional metrics if supported on a J1 Visa



<http://opda.fsu.edu/policies-and-hiring/postdoctoral-manual>

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## What are the current hiring policies?

1. FSU Scholar Definition
  - A. Within 5 years of a PhD
  - B. Temporary training of 4 years duration
  - C. Supervision by a mentor
2. Minimum Salary - \$47,658
  - A. Beginning November 18, 2016
  - B. Bridge funding program
  - C. August 1, 2016 – budgeting of all new proposals
3. Access to other standard employee/staff benefits –  
examples = computer store, bookstore, leach center,  
bus fares, library access, parking, Florida pre-paid college
4. Annual Review (July 15) and IDP

<https://opda.fsu.edu/policies-and-hiring/information-fsu-postdoctoral-administrators-and-pis>

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## What policies have recently been approved?

1. Paid time off (PTO)
2. Access to enrollment in courses or parallel degree seeking while pursuing postdoctoral training
3. University-coordinated childcare – Copeland, \$675 to \$1000 depending upon age of child
4. Postdoctoral meal plan with Seminole Dining – 20 meals/\$120 –
5. Use of university career center

[https://seminoledining.campusdish.com/MealPlans/Category?cat=Post-Doctoral\\_Memberships\\_6680&lid=6680](https://seminoledining.campusdish.com/MealPlans/Category?cat=Post-Doctoral_Memberships_6680&lid=6680)

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## Approved Personal Leave Policy

1. PTO = Paid Time Off
2. Can be applied to sick, vacation, parental leave
3. **Will accrue 4 hours per 2 week pay period (= 13 days/year).**
4. Can roll over to the next funding year on a similar project, but cannot retain more than 104 hours (or 13 days).
5. Must have prearrangement with supervisor/mentor and any permissions from their funding agency or VISA requirements.
6. Also allowed University Recognized Federal Holidays and any days in which the University President specifies the campus is closed ("season days", hurricane, campus emergency).
7. Can switch PTO if experimental demands require presence on a holiday or campus closure.
8. Family Medical Leave Act (FMLA) – 12 UNPAID work weeks
9. Tracking is performed by HR.
10. No terminal leave is permitted when separated from FSU.

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## Are there suggested guidelines training?

1. Are encouraged to publish scholarly work with your advisor during the period of their training
2. Are encouraged to seek independent funding for your research and creativity under the guidance of your advisor
3. Termination guidelines follow the employee separation checklist

<https://opda.fsu.edu/policies-and-hiring/information-fsu-postdoctoral-administrators-and-pis>

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## What are associated benefits?

Two Classifications of Postdoctoral Scholars =

1. **Postdoctoral Scholar** = Regular FSU employee working more than 30 hours/week is covered under the Affordable Care Act. This type of scholar is typically paid by FSU or a grant administered by FSU. Access to faculty insurance plan options

Bencor Retirement

Twelve-week Family Leave Policy (without pay)

2. **Postdoctoral Courtesy Appointment** = Non-faculty visitor at FSU whom is not paid by FSU but rather home country, institution, or other program. This classification also comprises scholars appointed on NIH training grants. Access to wellness center student insurance plans

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## Fair Labor Standards, Title XI, and Title II

*"No person in the United States, shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." - Title XI*

Pregnancy is an example for which the female sex should not be discriminated or excluded from research, teaching, or learning activities under Title XI.

*FSU is required by Title II of the American Disability Act (ADA) to make all of its activities, programs and services equally available to persons with disabilities.*

Some health-related issues that stem from pregnancy may be an example of a temporary disability and fall under the umbrella of the Americans with Disabilities Act (ADA).

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## Reasonable Accommodation for Family Planning and Pregnancy

Thepregnantscholar.org – Guidelines for PhDs and Postdocs  
Advanced Planning is Very Important!

Does your research require exposure to chemicals (mutagens, radioactivity)?

Does your research require field work (Zika)?

When do you plan to interview (birth, feeding)?

Do you need accommodation (parking, lactation room)?

NIH (F32/T32) - 60 days paid leave

NSF - \$12,000 salary replacement support

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## What is the Postdoctoral Association (PDA)?



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## Intramural Awards and Career Development

- **Postdoctoral Travel Awards**

(July 1 and Jan 1)

<https://opda.fsu.edu/awards-and-fellowships/travel-awards>

- **Three-parts Grant Workshop**

(Feb to July)

Stepwise construction of an extramural grant application  
Completion of an internal mock study section review  
Intramural award of \$1,000 for research supplies upon submission to an agency



- **Postdoctoral Fall Symposium and Spring Career Workshop**

<https://opda.fsu.edu/events-workshops/upcoming-events>

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## Postdoctoral Governing Groups and Communication

- Postdoctoral Association (PDA)
  - <https://opda.fsu.edu/fsu-pda>
- National Postdoctoral Association – free membership
  - <https://www.nationalpostdoc.org/default.aspx>
- FSU Postdoctoral List Serv
  - <https://lists.fsu.edu/mailman/listinfo/postdoc-careerprog>
- Weekly Digest
  - <https://opda.fsu.edu/newsletter>

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## Resources

<https://opda.fsu.edu/resources>

Core Facilities across campus =  
<http://opda.fsu.edu/Resources/FSU-Resources>

Grant Support Letters =  
[opda-info@fsu.edu](mailto:opda-info@fsu.edu)

Scientific Writing (proofing and grant content checks) = Tracy Ippolito at [tippolito@fsu.edu](mailto:tippolito@fsu.edu)

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## Professional Development & Networking



PD Socials = Last  
Thursdays of month)  
All Postdocs and  
Colleagues

Tonight at Moes  
Outside, 5 pm!  
Family, friends, labmates  
All welcome

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## Fall Symposium – National Appreciation Week

September 19 - 23, 2022

#NPAW2022

SAVE THE DATE! =

Tuesday, 20 September 2022

**National Postdoctoral Appreciation Week & Fall Symposium**

**FIVE MINUTE RESEARCH POSTER COMPETITION**  
Announcing the Fifth Annual  
**5 MINUTE RESEARCH & POSTER COMPETITION**

The 5 Minute Research (SMR) Competition encourages postdocs to be creative by allowing participants to share their research using any style and format they chose in five minutes! Preregistration in a practice round is required for anyone wanting to be a participant in the SMR Competition.

Fall Symposium Date: Tuesday, September 20, 2022  
12:30 PM Poster Competition  
1:45 PM Dr. Sharon Nicholson - Grantsmanship  
3:00 PM Staff Guest Speaker - FSU Grant Submission Portals  
3:45 PM Finalists for the SMR Competition  
5:30 PM Awards and Outdoor Reception

**5MR Awards**  
1st Place \$1000  
2nd Place \$750  
3rd Place \$500

Sign up for a required Practice Session.  
Open Session Dates: August 24, 31 or September 7.

**National Postdoctoral Appreciation Week**  
September 19 - 23

Join us in the third week of September for the National Postdoc Appreciation Week #NPAW2022. On Tuesday, we will host a judged poster competition (\$500 prizes in three research categories), followed by two professional development lectures on grantsmanship and navigating submissions at FSU. Then we will highlight the finalists in the 5MR Competition with live speakers and options of live or virtual audience. All awards will be presented in an outdoor reception! All Tuesday events will be conducted at the FSU Alumni Center. On Friday, we will have a coffee and pastry truck for postdocs and their mentors on Lands Green near the library so come on out and treat your postdoc on us!

To register or for more information visit:  
<https://opda.fsu.edu/upcoming-events-workshops>  
The Office of Postdoctoral Affairs | Florida State University

5MR Required  
Practice Sessions =  
24 Aug,  
31 Aug, or  
7 Sept 2022



Tuesday = 5MR Competition, Open Bar and  
Awards Ceremony Following Outside

Friday = Coffee & Pastry Truck for PDs and  
their Advisors

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## Dr. Zoe Ayres

[https://www.amazon.com/Managing-your-Mental-Health-during/dp/3031141938/ref=sr\\_1\\_1?crid=3CK7AGYO1Q9YB&keywords=zoe+ayres&qid=1660303953&srefix=zoe+ayres%2Caps%2C74&sr=8-1](https://www.amazon.com/Managing-your-Mental-Health-during/dp/3031141938/ref=sr_1_1?crid=3CK7AGYO1Q9YB&keywords=zoe+ayres&qid=1660303953&srefix=zoe+ayres%2Caps%2C74&sr=8-1)

Zoë Ayres is an analytical scientist, and is currently Head of Research and Development at Figura Analytics. Despite now working in industry, in her "spare" time Zoë is also a mental health advocate, working towards improving mental health in research settings, primarily focusing on academic mental health. She is co-founder of Voices of Academia, a blog for academics at all career stages to share their mental health experiences, and she raises awareness of the common issues academics face through various campaigns and initiatives. Zoë is also the author of the upcoming book "Managing Your Mental Health During Your PhD: A Survival Guide".

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