

THE YALE POSTDOCTORAL ASSOCIATION MONTHLY MEETING



Tuesday, October 10, 2023 | 6:00 PM



CHECK-IN

YPA OPEN FORUM 2023/10
TUESDAY, OCTOBER 10 AT 6:00PM



<https://cglink.me/2dA/c2235731103114833>

Chairs [4 min]

- Welcome
 - The YPA Open Forum occurs the second Tuesday of every month. Committees present planned events for the month, and at the end of the meeting 15 minutes are reserved to field questions and concerns from the Yale Post-doc community.
 - Chairs encouraged new attendees to reach out to coordinators if they are interested in joining any committees.
- YPA Bylaws
 - The YPA Bylaws were approved last month, after going through the yearly review process (outlined [here](#)). There two major modifications are detailed below.
 - Two new committees were created: (1) Belonging and (2) Secretary.
 - A new section entitled “Accessibility at YPA events” was created.
 - Chairs asked coordinators to keep the policies outlined in this section in mind when planning events. The goal of these policies is to make sure that YPA events are accessible to everyone, and to provide resources to facilitate this.
- Open Co-chair position
 - Cintia’s term as Co-chair ends in December. There will be an election for a new Co-chair next month. If interested in running, eligibility requirements are outlined [here](#) and [here](#).
- Reminder- New Co-Coordinator for each committee
 - Chairs reminded attendees that committees will need to look for new coordinators soon. Co-coordinator term is one year, and each co-coordinator overlaps with the other by six months, to facilitate transfer of knowledge.

- Trainee Accommodation Committee (TAC) Meeting on October 31st, 2023.
 - TAC was created during the COVID pandemic. The goal of this meeting is to create a time for the YPA co-chairs and the Advocacy committee coordinators to meet with Yale leadership (i.e. Deans from the different colleges) and advocate for trainee needs.
 - The current agenda for this meeting is to address Postdoc/ARS safety issues, and further discuss the recent salary increase.
 - If anyone has other topics they feel should be included in the meeting agenda, please email the chairs (c.sagawa@yale.edu and sudheesh.allikkaparambil@yale.edu).

Secretaries [2 min]

- YPA Google Drive Organization ongoing
 - Secretarial Co-coordinators encouraged other coordinators to check their folder's new organization and provide feedback to the secretarial committee.
- Working on room bookings for committees
 - Coordinators are in the process of designing a Room Request Form. This will be advertised to the YPA once it is created.
- Be mindful of the time requested for Open Forum presentations.
 - This is to ensure that there is enough time for open discussion at the end of the Open Forum.

Treasury [4 min]

- Update on the current budget status.
 - The latest budget numbers can be found [here](#).
 - The National Postdoc Association conference will be held next year. The YPA provides funding to send various committees to present the work their committee has done. This year the Community and Networking Committee will send representatives to present their accomplishments. Last year a representative from the Advocacy committee presented. And the year prior the Symposium committee presented.
 - Treasurers encouraged coordinators to submit their budget proposals ASAP, so that all proposals can be consolidated and sent to the OPA.
- Updates on order placement:
 - The OPA will be handling some orders (mostly Grubhub and Amazon) and we will need to start asking for orders 1-2 weeks in advance.
 - All orders (except for food delivery) will have to be delivered to OPA now and they will need to pick it up in person. Alternatively, the use of a physical P-card will be allowed. The instructions will be in the PPT sent to the coordinators.
 - Please plan your orders in advance and read the emails about the order status, we usually process the order on Monday mornings.

Community and Networking Committee [5 min]

The goal of this committee is to organize events that allow Yale postdocs and ARS to connect with one another in informal settings, and many of these events are hosted in collaboration with the [OISS](#).

Recent Events

- Monday Sept 11th – Campus Tour with Molly from the OISS **Rescheduled to October 3** (30 registered, wait list)
- Wednesday, Sep 13th – Tour of the Marsh Botanical Gardens (14 registered, wait list)
- Thursday Sept 21st – Happy Hour / Pint of Postdoc (74 checked in attendees)
- ~~Saturday Sept 23rd – Day trip to Bronx Zoo Canceled due to inclement weather~~
- Saturday October 7 – YPA One-shot Roleplaying Game Gathering (6 Attendees)

Upcoming Events

- October 12th – 5:30-8:30 PM YPA Board Game Night at the OISS
- Friday October 13th – ~7:00pm Women's Volleyball game
- Friday October 20th – Halloween Party at Luce Hall (Family Friendly)
- Saturday October 21st – Day trip with OISS to Essex Steam Train and Riverboat
- November 2nd – 5:30-8:30 PM YPA Board Game Night at the OISS
- December 5th – 5:30-8:30 PM YPA Board Game Night at the OISS

Tentative

- Peabody Behind-the-Scenes tour
- Yale Music Event
- November – Yale Sports match

All events advertised through newsletter and are on [Yale Connect](#). Please register and join!

Upcoming Community and Networking Committee meeting

- **Time** – 6-7pm
- **Date** – Tuesday, November 6th
- **Location** – TBD
- **Contact emails** – gemma.vidal-pedrola@yale.edu and pranav.sanghavi@yale.edu
 - This meeting may be rescheduled, so please email coordinators to get the updated time if you are interested in attending.

Professional Development Committee [4 min]

The goal of this committee is to provide the YPA community with opportunities for professional growth, networking tools and opportunities, assistance with grant writing, tools for negotiating salaries, advice on time management, and opportunities to present research in both formal and informal settings. Check the newsletter to register for all events! And if interested in presenting for Pint of Postdoc (Which can be added to a CV under invited speaking opportunities!), please check the YPA newsletter/Yale Connect for the link to apply.

Past Events

- Pint of Postdocs (Sept 21st): 70 participants
- Orientation Workshop for Postdocs with Yale Medical Library (Sept 26th): 30 participants
- Workshop on Drug Development with scientists from Merck (Oct 5th): 25 participants
- Career Conversation with Merck Scientists (afternoon event, Oct 5th): 25 participants

Future Events

- Career Cafe, Overview Workshop on Developing your own brand (Oct 13th) on Zoom.
- Emotional Regulation and stress management at work (Nov 2nd) - zoom event with Ally Wise
- Next Pint of Postdocs (Nov 30). Gryphon's room booked with 50 drink tickets. We have 1 speaker and are looking for the second.

Next committee meeting will be October 26th on Zoom

Contacts: laura.santos@yale.edu and bianka.mecaj@yale.edu

Communications Committee [2 min]

The Communications Committee organizes the newsletter, the YPA website, and the YPA social media accounts. They also oversee designing and selling YPA merchandise.

Updates

- Official YPA T-shirts and Jackets:
 - Distribution is ongoing.
 - There are leftover items, so the committee is making plans about how to distribute them. An email will be sent to those with outstanding orders containing further details on when and where to pick up items.
 - The committee is looking for volunteers to organize another order (potentially with the new YPA logo)
- YPA Canva account
 - We have purchased a Premium subscription to enhance communication efforts.
 - The login & password has been shared with all Executive Committee Members via email & Slack.
 - All committees should have separate folders to create their ads.
 - We highly recommend using Canva which will help you smoothen your work for the YPA.

- If your committee is unsure about how to get started with designs on Canva (e.g. a banner for a Yale Connect event or a Flyer for the newsletter etc) feel free to reach out to Anne and we can have a look together and set something up!

General

- Ads form
 - The bit.ly/YPAads form has two options: one for Twitter/Newsletter, and another for Instagram/Facebook.
 - If you want to advertise your event in the Newsletter/Twitter as well as Instagram/Facebook, you will have to **fill the form twice** – this is because the form asks for different information for each platform.
 - **Timeline: Submit by Friday 5:00 pm to include something in the next week's newsletter.**
 - Contact Orchid (orchid.allicock@yale.edu) for special requests regarding the newsletter.
 - Message the Instagram account for special requests there.
- Website requests: fill out the form bit.ly/YPAwebsite
 - Links to these forms will be included in all meeting agendas so easy to access for committee members.
 - The Chairs will communicate with the OPA about sending the email advertising the Open Forum separately, so that it has maximal impact.

Symposium Committee [3 min]

This committee plans the yearly YPA symposium. The symposium is the largest event that the YPA organizes. All postdocs and ARS across Yale are invited to attend and present. There are short and long format talks, poster sessions, panel discussions, and a keynote speaker. There is also a professional photographer hired to provide YPA members with free headshots.

- Recap of previous committee meeting [2 min]
 - Occurred October 2nd. Many committee members are not returning this year, so the committee needs new members! Please reach out to Matteo (matteo.rizzuto@yale.edu) or Jay (dhananjay.bhaskar@yale.edu).
 - Sub-committee leads are finalized.
 - Member bios have been updated on the [website](#).
- Proposed budget for next year [1 min]
 - Committee is asking for \$2000 more for breakfast, lunch, and snacks. The budget for supplies has been reduced. The budget for the photo art competition prizes has been increased. These photos will be included in the abstract booklet.
 - Committee is asking for \$13,600 this year. There were 178 registrants last year, which corresponds to \$67 spent per person. 2025 budget assumes constant attendance and proposes to spend \$75 per person.

Next meeting: Monday, November 6, at 5:30 PM ET

Mentorship Committee [3 min]

- First Buddy program party since COVID19 a success - 70% of attendance
- Fall edition of Modern Instructor series has started - 3 instructors upcoming in Nov/Dec
- Mentorship training program with OPA collaboration is set for mid - November evenings over zoom. Registrations to follow soon.
- Registrations for the Faculty-postdoc mentoring program are now open.
 - [Email Co-coordinators for more information.](#)
- Mentorship committee meeting on 10-6-23.

Looking for new members to join our committee. If interested, please get in touch via email marija.markicevic@yale.edu and swapna.naik@yale.edu.

Advocacy Committee [4 min]

The advocacy committee focuses on bringing community together and advocating for postdoc and ARS needs. The committee is working with the OPA to get increased sick leave and subsidized gym memberships for postdocs and ARS and advocating for increased child-care resources.

Advocacy committee coordinators expressed sympathy and concern for all those affected by the current situation in Palestine and Israel. Coordinators encouraged those who are struggling to reach out to the advocacy committee for support.

- **NPAW events recap and feedback**
 - **Doga with Heidi** (Sept 18th, 4pm) Doga with Heidi (Sept 18th, 4pm)
 - Coffee and snacks with OPA (Sept 20th, 3-5pm, various locations)
 - Navigating difficult situations as a post doc with OPA (Sept 20th, 6pm)
 - How to find a therapist: Hands on session (22nd Sept, 12pm)
 - Postcards for Postdocs
- **Upcoming events:**
 - **Mind-full or Mindful? Self-care and self-advocacy for postdocs** (Tuesday October 10th at 2 pm on Zoom)
 - Resources from this event can be found on the [advocacy page](#) of the YPA website.
 - **Chronic Illness Journey as a Postdoc & ARS: Aware, Share, Care** (November 3rd, Friday afternoon)
 - Postdoc spotlight
 - Twitter NPAW chain
- **GoFundMe for Ayse:**

- Ayse is a Yale postdoc suffering with chronic illness, who would like to have her family from Turkey visit.



- If you are struggling with issues and feel like you are falling through the cracks, get in touch and we will try and help.

If you want to join the advocacy committee, please contact Ishita Arora (ishita.arora@yale.edu) to receive invite for our next meeting (TBD).

Belonging Committee [3 min]

- Thank you note and introducing new members: Chile, Jo
 - This committee was formerly known as the Racial Justice Subcommittee. The current coordinator thanked the Advocacy Committee for their work in conjunction with the RJS, and expressed happiness to be a new committee that aims to make all Postdocs and ARS feel welcome.
 - The belonging committee already has 8 members.
- Voting for new co-coordinator: Sabrina Ghadaouia
 - There were no objections to Sabrina's nomination!
 - Sabrina will shadow for Azmi for few months and then start officially in the next term in January.
- Upcoming events:
 - Thursday October 26th 1-2:30 PM - Bystander Intervention Training for Postdocs & ARS
 - Relevant case studies will be presented. This training is presented in conjunction with Title IX office. This event will be held in person because of the sensitive subject matter and the desire for participants to feel safe and engaged. Coordinator encouraged postdocs/ARS, especially new ones, to register here: cmlink.me/2dA/r2230342



- 3rd Annual Winter Care Package for New Haven's Unhoused (w/ Advocacy and YBPA).
 - This event is in partnership with the Downtown Soup Kitchen. Every year the YPA asks this organization what they need so that this campaign directly addresses the needs of the unhoused community.
 - Donations will be collected over the course of a month. The OPA will be sending out flyers advertising how to get involved.
 - We have a goal of 200 care packages this year.
 - Collecting donations via Amazon Wishlist ([tinyurl.com/2023winterpacks](https://www.amazon.com/wishlist/ref=aw_wishlist_invite)) or Venmo (@Anna-York-8)



- Other events on-campus:
 - Oct 17 at 12 PM - Breaking Bread at 367 Cedar St (event with all affinity groups!)
 - The goal of this event is to bring people with similar cross-intersectional identities in contact with one another. This is open to all members of Yale's various affinity groups, not just postdocs/ARS.
 - Oct 25 at 5:30 PM - YBPA Community Gathering at 100 College St - Rm 180B
 - Oct 27 at 12 PM - Belonging at Yale Series - Belonging: Do we need a deeper exploration?

Next committee meeting: October 27th at 3 PM. Contact azmi.ahmad@yale.edu

Associate Provost for Postdoctoral Affairs, Erin Heckler [5 min]

Neither Erin Heckler or Victoria Hallinan were able to attend the meeting, so Cintia briefly presented the OPA agenda items.

- OIEA is scheduling a meeting with the postdoc office to discuss accommodation requests to identify barriers and solutions.
 - The OIEA addresses discrimination and harassment based on protected identities.
- New resources on mentoring from the Postdoc Academy – Productive Postdoc Conversations <https://www.postdocacademy.org/mentoring/>
- Update on faculty mentoring resources from the Assoc Provost for Academic Initiatives:
 - Biological & Biomedical Sciences grad school faculty and PIs on NIH Training Grants can participate in 6-hour mentoring workshops (the NIH is starting to require mentor training for faculty on T32s)
 - SEAS faculty workshops piloting this semester
 - Faculty mentoring awards from the grad school and postdoc office, the grad school hosts a panel with awardees
- Upcoming postdoc programming includes:
 - “Communicating Effectively as a Leader: An Interactive Workshop” – Wednesday, October 11, 2-3:30pm in Humanities Quadrangle. Details and link to register: <https://cglink.me/2dA/r2234640>
 - Monthly Postdoc and Postgrad Write Together: Time, Space and Motivation to work on a writing project in community – kick off session on Wednesday, October 25, 1-4pm in Poorvu Center Room 120A (locations and time will vary month-to-month to accommodate a variety of schedules). Details and link to register: <https://cglink.me/2dA/r2236871>
 - Strategies for a Dual Job Search – a series led by OCS
 - Applying for Faculty Positions AND Jobs beyond the Academy (STEM PhDs and Postdocs) – Monday, 10/23, 1-2pm on Zoom. Details and link to register: <https://cglink.me/2dA/r2226462>
 - Applying for Faculty Positions AND Jobs beyond the Academy (Social Science PhDs and Postdocs) – Thursday, 10/26, 3-4pm on Zoom. Details and link to register: <https://cglink.me/2dA/r2233644>

Open Forum - Questions/Comments [15 min]

Chairs reminded all attendees that the OPA emailed today’s agenda out to all postdocs/ARS and all the links for the events mentioned today can be found there.

A question was raised about where to ship purchased items for the winter care packages. Answer: When you access the YPA Amazon Wishlist (QR code provided in the Belonging Committee’s section) there is an option to ship the item to Azmi.

A question was raised about whether the YPA can implement a standardized way of collecting money for various events.

Answer: Treasurers will work with the OPA to implement a process, maybe utilizing Yale Connect in a way similar to the way that OISS collects money. Perhaps the YPA can make a YPA Venmo account that is linked to the YPA email.

A question was raised about how to register for the events that the OPA organizes.

Answer: They can be found posted on the OPA Yale Connect page.