

THE YALE POSTDOCTORAL ASSOCIATION MONTHLY MEETING



Yale
Postdoctoral
Association

Tuesday, 13th, 2026, | 6:00 PM

CHECK-IN

YPA OPEN FORUM JANUARY 2026

TUESDAY, JANUARY 13 AT 6:00PM



<https://cglink.me/2dA/c231366415133045>

<https://yale.zoom.us/j/93403440269>

Chairs [3 min]

Welcome & Introductions

- Welcome new co-chair and new co-coordinators

Next Executive Board meeting

- Executive Board meeting will be held in person on Tue. Feb. 10th after Open Forum

Members' list

- Review the list of your committee's members and update the spreadsheet on the Jan. 2026 page

Committee Handbook

- Update the handbook to streamline organization (do not delete, please update the version or send us the latest document).
- This will be especially helpful for a smooth transition to new co-coordinators.

Google Drive – Running out of space.

- Please review your folder in the YPA Google Drive and remove any outdated or unnecessary files (old photos, flyers, videos, repeated documents, etc.)
- For Example: Community/networking has a Bunch of data (remove repetitive images)
- Delete procedures that are not in use anymore

Resources for Postdocs

- **Counseling and Support**
 - o Yale offers confidential counseling services through Optum, available 24/7 at 1-866-416-6586.
 - o Visit the Your Well-Being website (<https://your.yale.edu/working-at-yale/benefits/your-well-being>) for additional information and resources.
- **Reach out for help**
 - o If you are experiencing treating situations, please look for help. YPA is happy to share resources and **won't leave you alone!**

YPA Chairs: ypa@yale.edu

(For any support pls contact the Chairs, we are here for you)

For any questions related to OPA pls contact Chairs first and always have YPA email in cc while contacting OPA)

Secretaries [1 min]

- Contact secretaries for Yale venue booking
 - o Contact us as early as possible with minimum of 10 business days in advance
- Open Forum Agenda
 - o Please make sure **Friday** before Open Forum all agendas are submitted.
- New Coordinator Role Available

Please reach out to Harshini (harshini.sureshkumar@yale.edu) and Guishi (guillermina.kubaczka@yale.edu) if you are interested in joining the secretary team.

YPA Secretaries: secretaries.ypa@yale.edu

Treasury [5 min]

- **Potential new Treasury member:** We would like to put forward **Nikita Dewani** for the group's consideration, as a potential new member of Treasury. (Nikita may be in person/online and will say a few words about herself).
- Nikita elected as new co-coordinator – Welcome Nikita!
- **Event tracker:** thank you everyone who has helped me get receipts together for the treasury records.

Next committee meeting (Date & Time): Jan (In person), Online with Yahaira Jan. TBC

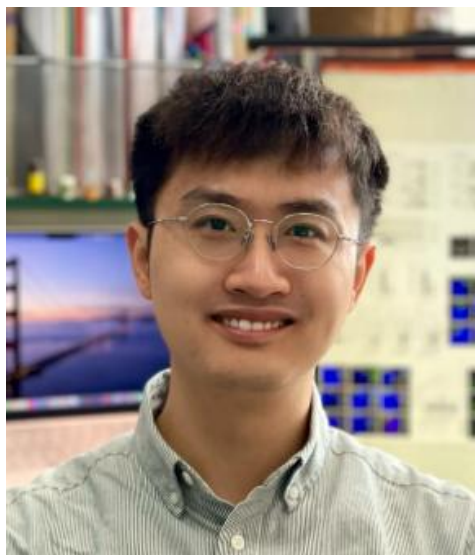
Contact Cecilia (cecilia.romaro@yale.edu) and Jane (jane.hallam@yale.edu) if you have any questions or would like to get involved.

YPA Treasury: treasury.ypa@yale.edu

Belonging Committee [7 min]

New Committee Coordinator: Tianyu Zhu has volunteered to serve as the Belonging Committee's next Coordinator (alongside continuing Coordinator Merrill Asp) now that Peng is starting his new role as YPA Co-chair. Welcome, Tianyu!

- Tianyu was elected as new co-coordinator - Welcome Tianyu!



Recent Events:

- Our second Postdoc **Storytelling Night** featured personal stories from Oksana Goroshchuk and Luis Mestre, food, and companionship in the Humanities Quadrangle.
 - **We are looking for our next set of speakers!** Any postdoc can reach out to merrill.asp@yale.edu if interested.
- The 5th annual **Winter Care Packages** giveaway was one of our largest to date! With donations from individuals, the Yale Black Postdoc Association (YBPA), and local businesses, we raised over **\$2000** and prepared **150** care packages that we gave out in front of Trinity Church on the New Haven green.
 - Committee members and other volunteers helped pack and distribute the packages
 - Each packaged contained 17 essential items, from emergency thermal blankets, hand & body warmers, to beanies, gloves, socks, hygiene supplies, snacks, and more
 - While our partners at the Downtown Evening Soup Kitchen (DESK) distributed hot meals, our group of five volunteers handed out packages to everyone waiting in line



Committee meeting: January 12, 1:00 pm~2:00 pm (zoom meeting)

Contact Merrill (merrill.asp@yale.edu) if you have any questions or would like to get involved. And you can always find the [DEI Toolkit here](#).

Community and Networking Committee [5 min]

Last month's events:

- Dec 3: YPA Board Game Night
- Dec 17: YPA Christmas Party 2025 ([pictures!](#))

Upcoming Events

- Feb 4: YPA Board Game Night at YSB 153

Next committee meeting:

Always looking for new members! Email Devika (devika.gireesansudha@yale.edu) or Behzad (behzad.zareian@yale.edu) for more information.

Communications Committee [2 min]

- Co-coordinator and newsletter manager role
- Manager role required only 5-10 mins a week – looking for new co-coordinator
- Who to direct photos (for posting on social media) to
- A google form will be shared with all the coordinators
- Reach out to the communication committee to post story or post regarding any event – 2000/post (high engagement)

Next Committee meetings: TBD

Coordinators: Jennifer (jennifer.j.park@yale.edu) and Danielle (danielle.sohai@yale.edu)

Professional Development Committee [3 min]

Jon will be (sadly!) leaving Yale and stepping down as co-coordinator. Juan Velasco has expressed interest in becoming the next PD co-coordinator.

- Juan elected as the new co-coordinator – Welcome Juan!

Upcoming events:

1. Pint of Postdoc: In East Rock Brewery — January 27th (arranged by Yanrong, Jon, and Rafael)

Room booked and speakers confirmed. Planning to get fewer tickets (30-40) than usual to compensate for prices.

2. Double workshop and lunch: Strategic and intentional career planning, and Communicating strengths and skills of International Scholars — February 13th (Eman and Rafael)

Organized by OCS, the PD committee will help with promotion and on-site during the day.

3. New Event series: Movie screening and open discussion: Themes around work culture, finding meaning in work, setting boundaries...— March TBA (Rafael)

Open to collaborating with Community, Advocacy, and other committees

4. Career cafe — March TBA (arranged by Juan and Sandeep)

One speaker confirmed, looking for a second for an industry-focused moderated discussion.

Trying to co-ordinate with OCS – continue doing it if it works well in the future

Since some people left recently, we are looking for new members to join the Professional Development Committee. Join us, we have cookies!

Next committee meeting: Thursday 29th of January at 6 pm.

To discover more about the PD committee, please contact Rafael (rafael.bayarri.olmos@yale.edu) and Jon Bell (jon.bell@yale.edu)

Advocacy Committee [6 min]

1. Advocacy Updates

- Ongoing discussions with YPA Chairs and OPA on:
 - Increasing annual PTO
 - Improving Yale Shuttle routes and reliability
- Development of a stable postdoc mentorship plan - revise the IDP and include professional development time

2. Advocacy Priorities for 2026

- Improved childcare subsidy structure
- Revision of the grievance procedure
- Development of a stable postdoc mentorship plan
- Stronger mental health benefits
- New postdoc compensation proposal (submitted and under review)
- Establishment of a hardship fund
- Enhancements to retirement benefits

- Health Insurance Coverage for Women's Health/ cryopreservation
- Gender Harassment and workplace equity

3. New Events:

- Reading circles for gender harassment in academia

4. Need new members!

Miscellaneous Information

a. Information for International Scholars

- Review recent immigration updates [via the OISS website](#).
- OISS can connect you with legal support, including habeas counsel.
- Always consult your OISS advisor before traveling.
- Key areas to monitor: J-1 policies, H-1B updates, F-1/OPT regulations.
- Reach out if you need assistance navigating any of these issues.

b. Well-Being and Support Resources for Postdocs

- [Access to the Employee Assistance Program](#) (Optum), Talkspace, and Magellan Counseling (for Yale Health members).
- [Confidential individual counseling sessions](#) available through Yale Signature Benefits.
- "[Chat with a Chaplain](#)" is available for non-denominational pastoral support.

Contact us if you would like to get involved with postdoc well-being!
Next Committee meeting (Zoom) Date Time: TBD

Email Afsheen (afsheen.nasir@yale.edu) and Ammara (ammara.talib@yale.edu) to join.
 If you are struggling with any concerns, such as disability accommodation, bullying, etc., please get in touch with the advocacy committee and we will advocate for your needs.

Symposium Committee [1 min]

Working on the Symposium program. We will have more updates for you soon.

- We have 13 members on the committee so far
- Brainstorming and exploring ideas

Next committee meeting: TBD

Please reach out to coordinators Eunete (eunete.gallardo@yale.edu) and Nebal (nebal.abuhussein@yale.edu) if you are interested in joining the symposium committee, or if you have any questions.

Mentorship Committee [4 min]

- Modern Instructor Program
 - 25 Submissions
 - Registration still open
- More info: <https://ypa.yale.edu/committees/mentorship-committee/modern>

- Train postdocs to give classes, can choose audience too, 16 mins sessions, present several sessions, also chair or tie up with a colleague
- Second survey will be sent this Friday
- Buddy Program
 - Help new postdocs by sharing your experience and join as a mentor!
 More info: <https://ypa.yale.edu/committees/mentorship-committee/buddy-program>
 Sign up: <https://cglink.me/2dA/s41702>

Next Committee Meeting (Zoom) Date Time: TBD

Reach out to coordinators Caroline (caroline.muiler@yale.edu) and Fatema Hasan (fatema.hasan@yale.edu) if you would like to get involved or have questions.

Associate Provost for Postdoctoral Affairs [6 min]

1. **English Language Program Spring 2026 courses now open:** [Courses](#) | [Center for Language Study](#)

2. **Upcoming Events from Office of Career Strategy (OCS):**

- PhD Career Strategy Essentials Bootcamp: <https://cglink.me/2dA/r2313452>
- Careers in Writing, Editing and Publishing (Humanities & Social Sciences PhD Pathways): <https://cglink.me/2dA/r2313391>
- Acing the Academic Interview: From Job Talks to Informal Conversations (Academic Job Search Series): <https://cglink.me/2dA/r2313390>
- Thriving in the Job Market as an International Scholar: <https://cglink.me/2dA/r2313373>

3. **Upcoming National Postdoc Association Events:**

- Academic Publishing Webinar
- Financial Literacy: Home Buying Tips
- Navigating the Mentorship Spectrum
- Leadership Series
- More info here: nationalpostdoc.org/view.aspx?messageId=a9097e6e03c84ccc912f3d110fbb001c.

4. Call for volunteers - Yale Postdoc Recruitment Event

The Office for Postdoc Affairs is hosting its annual [Virtual Postdoc Recruitment Event](#) on February 20 in which potential postdocs will learn more about postdoc experiences and opportunities at Yale.

We are looking for several current Yale postdocs to join us on Zoom on Friday, February 20, from 3-4pm ET to participate in a virtual networking hour in which potential postdocs will join you in a breakout room to hear about your own experience (as you feel comfortable!) and to ask you questions.

If you are interested in participating, [please fill out the questionnaire here](#). We appreciate your help!

Questions or issues with registration? Please reach out to Victoria (victoria.hallinan@yale.edu)

Open Forum - Questions/Comments [5min]

- The book club is on Jan 29th – CNC missed it
- Re-organizing the open forum (chair discussion)
- Add some photos for next open forum
- Make slide instead of PDF