



Greetings from the Office of Postdoctoral Affairs! We serve research postdocs in the School of Medicine and offer a variety of resources and services, including research training, policy and benefits information, grant writing workshops, and career counseling. Visit our [website](#) or [contact](#) our office for more information.

Upcoming Events and Announcements

Check out our [list of Professional and Career Development events that postdoctoral fellows are eligible to attend!](#)

The list is updated regularly, so check back for more opportunities about grant and manuscript writing, job search, industry, research, and wellness.

Annalisa Peterson is the new [JHU Ombudsperson for Graduate Students and Postdocs](#). She will serve as a confidential resource for postdoc complaints of mistreatment, lab conflict, and other work-related concerns.

[The Path to Tenure](#) | November 4, 10:00 - 12:00 pm

This workshop from the PDCO is designed to help trainees get funding for their research and navigate the tenure process, featuring Dr. Bob Johnston.

[Best Practices for Data Management and Sharing](#) | November 10, 3:00 - 4:30 pm

Need Responsible Conduct of Research Training credits? This workshop through JHU Data Services provides an overview of backup procedures, data security, documentation, and more.

[K Grant Writing Workshop](#) | December 8, 9:00 am - 1:00 pm

Save the date for this advanced workshop, which is designed for fellows preparing to submit or resubmit a K Award application, and will provide individualized feedback on specific aims.

Funding Opportunity: [HHMI Hanna H. Gray Fellowship](#)

This fellowship is to increase diversity in biomedical research and recruit/retain underrepresented individuals in science. Applications due December 1, 2021!

See more events and announcements on our [website!](#)

Postdoc Kudos!

Check out the [Postdoc Kudos](#) section on our website to see the accomplishments of postdoctoral research fellows here at JH School of Medicine. **Know a postdoc (yourself included!) with a high impact paper, grant, or award?** [Email us](#) to feature them on our website!

Welcome New Postdoctoral Fellows!

Please take a few moments to review the Office of Postdoctoral Affairs (OPDA) [website](#) to familiarize yourself with all of the resources we have available, including [policies and benefits](#), [training resources](#), [responsible conduct of research](#), and [family resources](#). If you have any questions, please contact postdocaffairs@jhmi.edu.

The OPDA hosts a **New Postdoc Info Session** every other month, with the next offered on November 19, 2021 from 3:00-4:00 pm. Details and registration information will be sent via email.

Individual Development Plans (IDPs)

IDPs are a tool to help postdocs and their PIs establish and track career goals, milestones, progress, and professional development. All School of Medicine postdocs are required to establish an IDP during the first year of their postdoctoral training. For verification, please submit an [IDP completion form](#) (not the IDP itself) to the Office of Postdoctoral Affairs via email.

Postdocs are strongly encouraged to revisit and revise their IDPs annually with their PI and submit an updated IDP completion form to the OPDA.

You can find resources about how to get started on your IDP and due dates for completion forms [here!](#)

Wellness Corner

[Calm](#): Free premium access to guided meditations. Sign up at calm.com/jhu with your JHMI email address.

[MySupport](#): Life management resource to help identify and manage stress and support emotional well-being.

[Resources for East Baltimore trainees](#) is a blog that includes health and well-being resources.

[UHS Monthly Wellness Break](#) is November 17, 2021 from 11:00 am - 2:00 pm. Enjoy seated chair massages, free snacks, and get information about health and wellbeing!

For more information and resources for wellness, visit the [Office of Wellness and Health Promotion](#).