

ND POSTDOC NEWSLETTER

September 5, 2017

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Important Resources

Monthly Postdoc Open Forum

Come meet Valli, Associate Program Director of the Postdoc Office, to ask questions about professional development, career exploration, and other services offered by the Postdoc Office in particular and Notre Dame as a whole. International scholars are also welcome to discuss matters specific to them.

Postdoc Corner

Notre Dame Postdoc to Walter Reed

Sara E. Alger completed her doctoral work in Cognitive Neuroscience at the City University of New York. Her research in graduate school centered on the relationship between sleep and memory, specifically focused on the role of daytime napping in taking memories from short-term to long-term storage.



Dr. Sara Alger

For the last 5 years, Dr. Alger has been working with Dr. Jessica Payne in the Department of Psychology, primarily conducting research in the Sleep, Stress, and Memory Lab. Her current research focuses on the impact of emotional salience on how information is remembered and how sleep preferentially preserves this type of adaptive information over less valuable information. Beyond looking at sleep and napping as a whole, she is particularly interested in digging into the underlying sleep-based mechanisms involved in memory consolidation and performance. She also is interested in how sleep, memory, and the relationship between sleep and memory change as we age and when those changes begin to happen. This research is supported by a NRSA postdoctoral fellowship that was awarded by the National Institute on Aging.

Dr. Alger recently accepted a research position as a Psychophysicologist and will be working as a contractor with the Behavioral Biology branch of the Walter Reed Army Institute of Research in Silver Spring, MD. In this position, she will continue researching the role of sleep and the impact of sleep loss on both physical and cognitive performance, with the goal of helping to keep our military safe and healthy as they serve.

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The ND Postdoc Newsletter wants to share your research or article you have

Date: Thursday, September 7th
Time: 2 - 4 pm
Location: McCourtney 206

Date: Thursday, September 21st
Time: 2 - 4 pm
Location: Stinson Remick 100

One-on-One Consultations



Do you need assistance with...

- Career counseling
- Planning and defining career goals
- Exploring career options
- Identifying strengths and weakness and plan for skills development
- CV, resume or cover Letter feedback
- LinkedIn/Google scholar profile
- Preparing for upcoming interviews

Contact [Valli Sarveswaran](#) to schedule a one-on-one consultation.

International Postdocs



- [English for Academic Purposes](#)
- [ESL Classes for Spouses](#)
- [ESL Classes for Staff](#)
- [J1 Scholar Information](#)
- [Last Payment Process](#)
- [Living in the United States](#)
- [ND International - Upcoming Events](#)
- [Tax Assistance Program](#)
- [Temporary Protected Status](#)

ND Calendar & Events



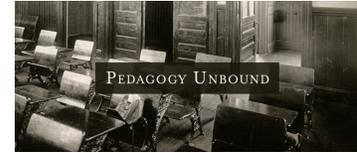
Written with the ND Postdoc Community.
If you would like to submit an article for the newsletter, please email [Valli Sarveswaran](#).

Career Services

Reeling Them in Early

By David Gooblar for [Chronicle Vitae](#)

Getting students invested in your course is the most important objective to aim for in the opening weeks of the semester. Click [here](#) to read how to better engage your students this fall!



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Events and Workshops

World on Tap

International postdocs and friends are invited to World on Tap, a monthly social sponsored by Notre Dame International. Join us on first Wednesdays for community and free appetizers; the first 50 attendees will receive a free drink ticket valued up to \$6. Please bring a valid photo ID.



- Date: September 6, 2017
- Time: 5:00 PM - 6:00 PM
- Location: Rohr's at the Morris Inn ([map](#))

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How to Effectively Cope with Stress During the Postdoc Years



Office for Postdoctoral Scholars

The postdoc years are an exciting time to further your career and develop your professional identity, but they can also be filled with a number of stressors. Going on the job market, moving to a new town (or even country), balancing work and personal life, finances, and the uncertainty of what lies ahead can make the postdoc years an especially stressful time. This informational session will cover how to identify common signs of stress and how to effectively cope with times of stress and uncertainty using evidence-based strategies. We all are likely to experience the stress of the postdoc years at one time or another, and we hope this informational session will help start this important conversation about stress in academia and provide you with the resources to

For a full listing of events on the Notre Dame campus for this week click [here](#).

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Academic iNDex



A secure and easily accessible online repository for your academic and professional information, where you can upload your CV publications, presentations, grants, work history, and other academic achievements.

For more information about Academic iNDex and how to use it, click [here](#).

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National Postdoctoral Association (NPA)



The University of Notre Dame is a sustaining member of the NPA. ND Postdocs can join the NPA for **free**. Learn about the benefits of a NPA membership [here](#).

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Notre Dame Graduate Student, Spouse, and Significant Other Network (GSN)



The Graduate Student Union (GSU) is accepting postdocs as members in the Graduate Student, Spouse and Significant Other Network (GSN). For more information about the GSN and how to get involved, visit [their Facebook page](#).

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Spotlight Jobs of the Week

Engineering

- [Assistant Professor of Mechanical and Aerospace Engineering](#)
- [Software Engineer-Paypal](#)

Humanities

help you be successful.

- **Presenter:** Prof. Jennifer Hames, Psychology
- **Date:** September 14, 2017
- **Time:** 12:00 PM - 1:00 PM
- **Location:** 119 O'Shaughnessy Hall

Please click [here](#) to register.

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Career Development Grants for Pre- and Postdocs



The Graduate School
Office for Postdoctoral Scholars
Notre Dame Research

Notre Dame Research and the Graduate School offer a grant-writing workshop for postdoctoral researchers at Notre Dame.

- Date: September 15, 2017
- Time: 9:00 AM - 4:00 PM
- Location: McCourtney Hall B01

All departments and disciplines are encouraged to attend where the following topics will be addressed.

- Writing successful grants
- Career development grants for pre- and postdocs
- Understanding the pre-award process
- Proposal reviews

Please click [here](#) to register.

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National Postdoc Appreciation Week

Monday, Sept. 18

- NPAW Kickoff Event with breakfast
- 9:30 am to 11:30 am
- Venue TBD



Tuesday, Sept. 19

- Immigration and employment options - presented by an immigration lawyer
- 5:00 pm to 7:00 pm
- Montgomery Hall, LaFortune Student Center
- Click [here](#) to register

Wednesday, Sept. 20

- National Center for Faculty Development & Diversity (NCFDD) explained -by Prof. Amy Hixon
- 12:00 pm to 1:30 pm
- Fitzpatrick Hall 258
- Click [here](#) to register

Thursday, Sept. 21

- [Assistant Professor of Linguistics](#)
- [Assistant Professor in Sculpture](#)

Business

- [Tenure-track Assistant or Associate Professor](#)
- [Credit Risk Model Development \(PhD\) Structured Finance](#)

Science

- [Assistant Professor Pharmacology](#)
- [Research Scientist](#)

Social Science

- [Assistant Professor of Sociology](#)
- [Senior UX Researcher](#)

Multidisciplinary

- [Director AGILE Lab](#)
- [Senior Consultant](#)

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Positive Productivity Points

[4 Things to Know Before You Try Out Any Productivity Tip](#)

From [The Muse](#)

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GPS for Mind, Body & Soul

[How the 'Instagram Diet' Works](#)

From [CNN Health](#)

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Funding Opportunities

For professional assistance in applying for competitive external funding opportunities, email Notre Dame's [Office of Grants and Fellowships](#).

12 Early Career Postdoctoral Fellowships for Research Abroad



Click [here](#) for the ProFellow site!

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- Postdoc etiquette dinner
- 5:30 pm to 7:30 pm
- IEL-Visitation Hall 210, Remick Commons
- Click [here](#) to register

Friday, Sept. 22

- Ice cream social
- 3:30 pm to 5:30 pm
- Venue TBD

****Every event you attend during the NPAW, you will be able to enter your name into drawings for Notre Dame Football Tickets. Five lucky winners will win a pair of tickets for Notre Dame football home games. Drawing will be held on Friday, September 22nd at 4 pm during the Ice Cream Social.**

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Professional Development

Join the Notre Dame Postdoc LinkedIn Group!

The Notre Dame Office for Postdoctoral Scholars has created a special LinkedIn group for all ND postdocs, graduate students, and faculty to share professional information.



To join the group, click [here](#) and then click "Ask to Join." Make sure to update your profile, profile picture, and check notification settings. If you need help creating or optimizing your LinkedIn profile, please contact [Valli](#).

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Hesburgh Libraries Workshops



The Hesburgh Libraries and Center for Digital Scholarship workshops are offered to all ND Postdocs.

Hesburgh Libraries Workshops

- Register: <http://library.nd.edu/about/workshops.shtml>
- Click [here](#) for this week's list of workshops.

Library Workshop
Calendar: nd.libcal.com/calendar/allworkshops
Questions? cds@nd.edu

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Kaneb Center Workshops

Applications to NIH Loan Repayment Programs Open Soon



The NIH Loan Repayment Programs (LRPs) are a set of programs established by Congress and designed to recruit and retain highly qualified health professionals into biomedical or biobehavioral research careers. Check the following links for more information.

[National Postdoctoral Association](#)

[NIH Division of Loan Repayment](#)

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Mirzayan Fellowship Program

Deadline: September 8, 2017
Click [here](#) for more information.

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2017-2018 Origins Project Postdoctoral Lectureship Award



This \$10,000 award is the most generous of its kind, and is open to outstanding junior scholars from around the globe from any field of study relevant to the Origins Project at ASU.

Deadline: November 1, 2017

Click [here](#) for more information!

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Social Media

[ND Postdoc LinkedIn Group](#)

[ND Postdoc Facebook Group](#)

[@NDPostdocs](#)

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The Kaneb Center supports graduate students and postdocs in the pursuit of teaching excellence by stimulating scholarly reflection and conversation about teaching, and encouraging the adoption of practices that enhance learning.



For more information on Kaneb Center workshops and other events, please click [here](#).

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Center for the Study of Languages and Cultures



The Center for the Study of
**Languages
and Cultures**

The Center for the Study of Languages and Cultures' English for Academic Purposes program offers workshops that are open to all ND Postdocs and their spouses. The center helps postdocs & their spouses develop their writing, conversational, and speaking skills.

Visit the center's [website](#) for more information on [tutoring and consultations](#) and [workshop registration](#).
Questions? Contact [Lisa Joy Oglesbee](#)

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Workshops from the Writing Center

Use Writing to Teach Critical Thinking



The University Writing Center is pleased to offer consultations with instructors who want help designing and integrating writing assignments into their courses. We welcome instructors from every discipline, especially STEM subjects. Email writing@nd.edu with the subject "Teaching Consultation" to set up a meeting!

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Workshops from the NCFDD

The National Center for Faculty Development and Diversity is an independent professional development, training and mentoring community of over 71,000 graduate students, postdocs, and faculty members. They offer on-campus workshops, professional development training, and intensive mentoring programs.

The University of Notre Dame is an institutional

member of the NCFDD. Through Notre Dame's membership, ND Postdocs may claim an Institutional Sub-account Membership at no cost and enjoy all the benefits of a NCFDD Individual Membership. Register [here](#) to join. For a list of NCFDD 2017 webinars, click [here](#).

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PhD Humor



Courtesy of [The Upturned Microscope](#)

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Office for Postdoctoral Scholars

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