

APPENDIX B

UAB Office of Postdoctoral Education (OPE)

- B1. Welcome from the Office of Postdoctoral Education (OPE)**
- B2. Mission Statement**
- B3. History of the OPE**
- B4. Council of Postdoctoral Education (COPE)**
- B5. UAB Postdoctoral Association (UAB-PDA)**
- B6. Contribution to the Training Environment for Postdoctoral Scholars**
- B7. Career Development Events/Courses**
- B8. Recruiting Advertisement (2011-2012)**
- B9. Postdoctoral Handbook**

B1. Welcome from the Office of Postdoctoral Education (OPE)

WELCOME FROM THE ASSOCIATE DEAN

Welcome to the UAB Office of Postdoctoral Education!

The University of Alabama at Birmingham is committed to the development and success of outstanding postdoctoral scientists. Here at UAB, nearly 250 postdoctoral fellows are training currently in a variety of disciplines, including dentistry, engineering, health professions, medicine, natural sciences and mathematics, public health, optometry, and social and behavioral sciences. Career development opportunities to enhance and define the training experience are available to all postdoctoral fellows. Because of its commitment to the success of postdoctoral fellows, *UAB ranks consistently as one of the top ten locations among US universities for training postdoctoral scholars.*

The UAB Office of Postdoctoral Education (OPE) was established in 1999 and was one of the first Postdoctoral offices in the country. Since its inception, the OPE has been instrumental in establishing and maintaining competitive terms, benefits and training programs for all postdoctoral fellows. It works closely with the University's academic administration, the UAB Council on Postdoctoral Education and the UAB Postdoctoral Association to address the needs and concerns of postdoctoral fellows in a timely and professional manner.

The goal of the OPE is to provide postdoctoral fellows with the opportunities and skills they need to be successful in their chosen careers. The possibilities for academic and research-related careers are ever changing; as such, we strive to prepare postdoctoral fellows for these possibilities. In doing so, the OPE is dedicated to making UAB the first choice among postdoctoral fellows as a place to work, live and succeed!

If you are considering a postdoctoral position here at UAB or are already in residence, we welcome your suggestions and look forward to working with you!

Best regards,

Lisa M. Schwiebert, Ph.D.
Associate Dean for Postdoctoral Education

B2. Mission Statement

The mission of the **UAB Office of Postdoctoral Education (OPE)** is to provide administrative support, create educational opportunities and act as a liason between postdoctoral scholars and their mentors. Through this endeavor, the OPE will assist in the preparation and training of postdoctoral scholars for successful careers.

A Postdoctoral Scholar at UAB is expected to:

- Participate in a full-time regimen of advanced training and research
- Train under the supervision and direction of a faculty research mentor who will provide the opportunity for collaborative and independent research, as well as promote publication of findings as determined by mutual agreement between the postdoctoral scholar and the mentor. Training as a postdoctoral scholar includes all relevant academic activities related to the preparation for a career in research or academia. These are typically; manuscript preparation of research findings, reading broadly the literature, manuscript reviewing, presentations at meetings, attendance and presentation at seminars, organization and attendance at training related activities (including Grantsmanship workshops and limited training in teaching related activities). All these activities should have the objective of enhancing the performance of the trainee in the pursuit of the research related projects from which they draw their support. In many cases the training component of a Postdoctoral Fellowship may involve the joint preparation and development of proposals for extramural funding
- Have a temporary appointment, usually for a period of one year, with the possibility of annual re-appointment for up to an additional three years, for a total not to exceed four years unless by exception of the Associate Dean of the Office of Postdoctoral Education
- Have been awarded a Fellowship or Traineeship or equivalent support for studies at the postdoctoral level

B3. History of the OPE

The faculty and administration of the University of Alabama at Birmingham has always recognized the valuable contributions that Postdoctoral scholars make to the University's research community. However, the very nature of the Postdoctoral scholar's appointment, can often cast him or her into professional limbo. As Postdoctoral scholars are classified neither as a student nor as a member of the faculty, this important segment of UAB's population previously had few guaranteed rights and no elected representation. The Office of Postdoctoral Education (OPE) was **established in 1999** by Dr. Joan Lorden, the Dean of the Graduate School and Associate Provost for Research, to provide administrative support and educational opportunities thereby enhancing the quality of Postdoctoral training at UAB. The OPE was one of the first Postdoctoral offices in the country and is headed by the Associate Dean of the Office of Postdoctoral Education who in conjunction with the Council of Postdoctoral Education (COPE) is responsible for the formulation and application of all of the policies regarding Postdoctoral training. Dr. Lorden appointed **Dr. Tika Benveniste as the first Associate Dean** of the Office of Postdoctoral Education. During her time as Associate Dean, Dr Benveniste worked to compile a database of all Postdoctoral scholars, so that the Office of Postdoctoral Education could identify and communicate with this formerly invisible population.

The second Associate Dean for the Office of Postdoctoral Education, **Dr. Sadis Matalon was appointed in March of 2001**. An experienced mentor who worked with over 25 Postdoctoral scholars in period prior to his appointment, Dr. Matalon worked toward developing the best possible Postdoctoral environment at UAB. In order to realize this goal, Dr. Matalon implemented a comprehensive benefits package for Postdoctoral scholars that allows for paid vacations, sick leave, and maternity leave, and established several award opportunities for Postdoctoral scholars.

On **October 1, 2003, Dr. Victor Darley-Usmar** was appointed Associate Dean when Dr. Matalon became Acting Vice President for Research. Dr. Darley-Usmar, Professor of Pathology and then Co-Director of the Center for Free Radical Biology has been recognized for his contribution to training graduate students and has built a multi-disciplinary research group and trained multiple Postdoctoral Scholars many of whom have developed independent careers in academic research. He pursued four objectives during his term in office: 1) to enhance the national standing of UAB in Postdoctoral education to aid in recruiting the highest quality Postdoctoral scholars to UAB 2) to enhance the Postdoctoral experience at UAB by instituting and maintaining nationally competitive terms, and training programs 3) facilitate the transition to independence for the Postdoctoral Scholars and 4) establish a UAB Postdoctoral Association.

In **March 2007, Dr. Lisa M. Schwiebert** was appointed Associate Dean for Postdoctoral Education. Dr. Schwiebert has expanded and enhanced the training curriculum and opportunities for postdoctoral education. One of her first acts was the development of surveys to ask postdocs, their mentors, and department administrative staff about their experience with the OPE office. Expansion includes the implementation of a 'Grant Writing Course for Postdoctoral Scholars', a 'Lab Management Course for Postdoctoral Scholars', the establishment of postdoc awards for career enhancement, internships, travel, and grant funding, introduced numerous new seminars of interest to postdocs, and received an NIH/NIGMS-funded IRACDA grant to facilitate teaching experiences for postdoctoral scholars. She has also worked to maintain and improve benefits for postdocs, including retirement matching, and the operations of the OPE, including offering a certificate to postdocs upon completion of their training. Under her leadership, *The Scientist* has ranked UAB in the top ten of academic institutions for postdoctoral training for the past three years; in 2012, UAB ranked first among public universities nationwide.

B4. Council of Postdoctoral Education (COPE)

Mission. The UAB Council on Postdoctoral Education (COPE) is committed to thoroughly examining all issues related to Postdoctoral Education. As such, the central goal of COPE is two-fold: 1) to improve the environment for postdoctoral training; and 2) to facilitate the retention and recruitment of high quality postdoctoral scholars at UAB.

Primary Function. The primary function of COPE is to provide guidance to the Office of Postdoctoral Education on all matters related to postdoctoral training and recruitment.

Approval Responsibilities. COPE is responsible for approving postdoc-related elements, including but not limited to:

- * Training requirements (term length, leave)
- * Minimum stipend level
- * Career-development funding mechanisms

COPE Members. In addition to the Associate Dean for Postdoctoral Education, the Senior Associate Dean of the Graduate School, and the Dean of the Graduate School, COPE includes representatives from UAB Schools that train postdoctoral scholars; these representatives are appointed by the respective dean on the basis of prior, successful training of postdoctoral scholars. In addition, representatives from administrative offices that facilitate postdoctoral training as well as the Executive Board of the UAB Postdoctoral Association serve as COPE members.

<i>Name of School</i>	<i>Name of Admin. Office</i>	<i>PDA Executive Board</i>
School of Dentistry	International Scholar and Student Services	Chair
School of Engineering	Office of Equity and Diversity	Vice-Chair
School of Health Professions	Center for Clinical and Translational Science	Electoral Officer
School of Medicine	Southern Research Institute	Secretary
School of Nursing	Career Services	Elected Members
School of Optometry	Professional Dev't / Educational Services	
School of Public Health		
College of Arts and Sciences		

Role of a COPE member. It is intended that all COPE members:

- * Serve a renewable 3-yr term
- * Attend and participate in biannual COPE meetings
- * Serve on COPE sub-committees as needed

COPE Meetings. Meetings are held bi-annually in the Spring and Fall. Emails are sent to each COPE member at a time 1 month before the scheduled meeting; a reminder will be sent 1 week prior to the meeting. An agenda is drafted by the Associate Dean for Postdoctoral Education and distributed in the reminder email. Any COPE member may make additions to the agenda prior to the scheduled meeting.

B5. UAB Postdoctoral Association (UAB-PDA)

The UAB Postdoctoral Association (PDA) is a volunteer organization that provides a voice for the interest of postdoctoral scholars at UAB. It works to encourage meaningful and constructive dialogue with the Office of Postdoctoral Education, the Council on Postdoctoral Education, and the university to advocate for improvements in policies affecting postdocs. It also organizes and carries out social and educational events for all postdocs at UAB.

Who is a member of the UAB Postdoctoral Association (UAB-PDA)?

All postdoctoral fellows and scholars with appointments at UAB are automatically members of the UAB Postdoctoral Association. You do not have to sign up to be a member, and there are no membership fees.

How was the UAB-PDA formed?

The founders of the UAB Postdoctoral Association submitted a constitution and bylaws to the postdoctoral community in April, 2004, and the constitution and bylaws were approved at a meeting of postdocs in May, 2004.

What does the UAB-PDA do?

The UAB-PDA provides a voice for the interest of postdoctoral scholars at UAB. It is not a collective bargaining unit, but it works to encourage meaningful and constructive dialogue with the Office of Postdoctoral Education, the Council on Postdoctoral Education, and the university to advocate for improvements in policies affecting postdocs. It also organizes and carries out social and educational events for postdocs at UAB.

Who leads the UAB-PDA?

The UAB-PDA is led by a 12-member Executive Board, elected annually by the membership to two-year terms. Members of the Executive Board must be UAB postdocs at the time of their election.

Specifically, what does the Executive Board of the UAB-PDA do?

Besides serving as liaisons between postdocs at UAB and the administration of the university, the members of the Executive Board form four standing committees. These committees have different functions and goals.

Beyond the Bench

Goals: To provide postdocs with opportunities and resources for professional development, and to increase awareness of career opportunities outside of academia. Current activities: Planning and carrying out a series of seminars on giving presentations, grant writing and reviewing, and manuscript reviewing for the 2011-2012 academic year.

Orientation and Involvement

Goals: To provide postdocs with more effective orientation and information when they arrive at UAB, to assist postdocs who are foreign nationals with the transition to living and working in the U.S. , and to encourage involvement of the UAB-PDA members in activities of the association.

Current activities: Will conduct next orientation in October, 2011.

Postdoctoral Research Day

Goals: To plan and carry out an annual Postdoctoral Research Day, where UAB postdocs can present research results and compete for monetary prizes.

Current activities: Will plan the next Postdoctoral Research Day for February, 2012.

Postdoctoral Town Hall Meeting

Goals: To plan and carry out the annual Town Hall Meeting

Current activities: Planning the Postdoctoral Town Hall Meeting for May, 2012.

How can I be involved with the UAB-PDA?

There are several things you can do to be involved with the Postdoctoral Association:

- 1. Serve on the Executive Board.*
- 2. Serve on one of the committees mentioned above. Although committee chairs must be elected members of the Executive Board, any UAB-PDA member may serve on a committee. This is a great way to become involved!*
- 3. Participate in the events that are organized by the PDA – talks and seminars, the annual meeting, the Postdoctoral Research Day, etc.*
- 4. Contact a member of the Executive Board with your comments or suggestions for future events or ideas for the UAB-PDA, or things you see could be improved at UAB related to postdoctoral scholars.*

How is the UAB-PDA related to the Office of Postdoctoral Education?

The UAB-PDA is independent from the Office of Postdoctoral Education, but collaborates with the Office in putting on events aimed at postdocs at UAB. In addition, several members of the Executive Board also serve on the UAB Council on Postdoctoral Education (COPE). Issues that arise relating to postdocs can be brought to the attention of the UAB administration through members of the COPE.

How is the UAB-PDA connected to postdoctoral associations around the country?

The UAB-PDA sends some Executive Board members to the annual meeting of the National Postdoctoral Association (<http://www.nationalpostdoc.org>) each year. In addition, postdocs at UAB are encouraged to consider joining the National Postdoctoral Association as individual members.

B6. Contribution to the Training Environment for Postdoctoral Scholars

The UAB Office of Postdoctoral Education (OPE) was established in 1999 and was one of the first Postdoctoral offices in the country. Since its inception, the OPE has been instrumental in establishing and maintaining competitive terms, benefits and training programs for all postdoctoral fellows. At UAB, approximately 250 postdoctoral fellows are training currently in a variety of disciplines, including biomedical sciences, dentistry, engineering, health professions, clinical medicine, natural sciences and mathematics, public health, optometry, and social and behavioral sciences. The demographics of this postdoctoral community are 45% US citizen or permanent resident, including 45% female, and 17% underrepresented minority.

1. Orientation: All new postdocs at UAB are required to attend a Postdoc Orientation during their first year; orientations are offered twice a year. Orientation sessions include information from UAB administrators in the offices of the OPE, Institutional Review Board, Conflict of Interest Review Board, Institutional Animal Care and Use Committee, Occupational Health and Safety Office, Grants and Contracts Administration, Research Foundation, among others. In addition, these sessions include a 2-hour workshop in the responsible conduct of research conducted by the UAB Department of Philosophy.

Instruction in the responsible conduct of research. In addition to the ethics training included during the required orientation session, the following opportunities and resources are available for additional research ethics instruction.

a. written materials: All postdoctoral scholars receive copies of the following ethics resources: 1) *"On Being a Scientist"* published by the National Academy of Sciences; and 2) the UAB misconduct policy.

b. seminars and symposia: Established in 1998 by the University of Alabama Trustees, the *UAB Center for Ethics and Values in Science* offers seminars and symposia that discuss issues related to scientific integrity and research ethics training. The *Center*, directed by Dr. Harold Kincaid, Professor of Philosophy, seeks to be a focal point both on campus and nationally for discussion of value issues in science. Recent symposia hosted by the *Center* have examined the topics of scientific misconduct, fraud, and ethics involving information communication in science as well as the bioethics of health disparities. Postdoctoral scholars and their mentors are encouraged to attend and/or participate in the training opportunities offered through the *Center*.

c. optional research ethics training: Postdoctoral scholars may also choose to take systematic instruction about the responsible conduct of science via a series of formal courses including:

- **IRB training:** Postdoctoral scholars who will perform research on human subjects will complete an approved training course on human subjects protection and will update their training annually. There are a number of avenues for fulfilling this training requirement, including on-line opportunities and seminars. For example, scholars may fulfill this requirement via completion of the web based training program *Collaborative IRB Training Initiative (CITI)*. The *CITI Program* includes courses in the 'Protection of Human Research Subjects for Biomedical as well as for Social/Behavioral Research'. Each training module focuses on different aspects of bio-ethics and human subjects research.

- **IACUC training:** Postdoctoral scholars who will be involved in research that utilizes animals will complete IACUC training via on-line coursework combined with individualized instruction from IACUC veterinarians. Specifically, IACUC training will

review the humane use of animals in research together with related ethical issues. In addition, scholars receive species-specific direction in the appropriate techniques of drug administration, specimen collection, and surgery.

- *Principles of Scientific Integrity (GRD 717: Jeff Engler, PhD)*. A survey of ethical issues and principles in the practice of science. Topics include the nature, extent and causes of fraud in science; UAB policies on fraud; ideals of good science; responsibilities of authorship and peer review; bias and sloppy practices; responsible use of the press; potential problems raised by the commercialization of research; scientists as public policy advisors; and ethical issues involved in animal experimentation and in clinical trials.

2. Professional skills development. Throughout the research training component, postdoctoral scholars will be encouraged to receive training in new skills that differ from and/or complement those that they learned as graduate students. Each postdoctoral scholar will also be encouraged to interact with the mentor's research team, including other postdoctoral scholars, graduate students, and collaborators, through laboratory meetings, journal clubs, and departmental seminar series. In addition, each scholar will be provided with opportunities to develop professional skills, including presentation and publication skills; these opportunities are described below.

a. 'Personal Research Skills Development Plan': At the start of the research training component, each postdoctoral scholar will formulate a 'Personal Research Skills Development Plan' together with his/her research mentor. The purpose of this plan is to initiate a discussion between the scholar and mentor regarding the goals for the research project and the development of research-related professional skills.

b. scientific seminars and journal clubs: There are a number of seminar series and journal clubs that will be available to postdoctoral scholars. Weekly seminar series, which host scientists from other universities as well as showcase the work of UAB faculty, are sponsored by departments and research centers across the UAB campus. On-going journal clubs in both clinical and basic science research offer trainees the opportunity to discuss and debate current literature in a small group format.

c. presentation of research at local and national meetings: Postdoctoral scholars will be encouraged to present their research work at several research venues both at UAB and nationally.

d. postdoctoral curriculum in professional skills: The OPE offers a variety of workshops, seminars, and opportunities that promote the development of professional skills. Past and on-going topics / opportunities include 'Transition to Independence Seminar Series' and 'Job Fair'; each of these events present information regarding career opportunities and job skills for the biomedical field. The OPE also offers the "How do you manage" workshop to all postdoctoral trainees. This workshop provides self-assessment tools for the improvement of management and leadership skills. In addition to these events, the OPE provides the following training opportunities:

- *'Grant Writing Course for Postdoctoral Scholars'* – This course, which is offered by the OPE, introduces every aspect of grant writing, including selecting funding mechanisms, writing individual grant sections and understanding administrative policies, to postdoctoral scholars. In addition, this course provides each postdoctoral scholar with the opportunity to write a grant and have it reviewed through a 'mock-study section' with faculty who evaluate trainee applications for the NIH.

- *'Laboratory Management Course for Postdoctoral Scholars'* - This course introduces every aspect of laboratory management, including hiring staff, managing start-up

budgets, and practicing safe laboratory practices, to postdoctoral scholars in any discipline. Throughout the course, participants are expected to: i) attend each class; ii) participate in class discussions; and iii) present a laboratory management plan.

- *'Translational Science Course for Postdoctoral Scholars'* - This course, which is offered in partnership with the UAB Center for Clinical and Translational Science, introduces postdoctoral scholars to major aspects of preparing a translational science research program, including program design, data analysis, and regulatory requirements.

- *'Postdocs at Work Forum'* – This monthly lunch forum offers postdoctoral scholars the opportunity to practice their interviewing and presentation skills with faculty in preparation for job interviews.

- *Mentored Experiences in Research, Instruction, and Teaching (MERIT) Program* - The primary goal of this program is to provide postdoctoral scholars with outstanding research and teaching experiences while improving the recruitment of underrepresented minorities into the field of biomedical research. It includes 3 years of concurrent research training and teaching instruction and is facilitated in partnership with Stillman College in Tuscaloosa, AL.

- *tuition payment for professional classes* – The OPE provides tuition monies to all postdoctoral scholars for up to 3 credit hours of course work per year. Eligible course work includes Professional Development courses, such as grant and professional writing, English as a 2nd language, and presentation skills, that are designed to enhance career development.

- *'Postdoctoral Research Day'* – Each Spring, all postdoctoral scholars are invited to participate in 'Postdoctoral Research Day' through the oral presentation of their studies' results. Presentations are judged by UAB faculty members; cash awards are given for 1st-, 2nd-, and 3rd-place finishes.

- *'Career Day'* – The UAB OPE, in partnership with the UAB Graduate Student Association, hosts a job fair showcasing biomedical career opportunities for both postdoctoral scholars and graduate students.

- *'Career Enhancement Awards'* - These competitive awards are available to all postdoctoral scholars and provide up to \$1,500 for collaborative research with other universities, attendance at workshops or courses to learn new skills, or performance of science-related internships.

- *'Travel Awards'* - These competitive awards are available to all postdoctoral scholars and provide up to \$500 for travel to national or international scientific meetings for the purpose of giving a poster or oral presentation.

- *'Internship Awards'* - These competitive awards are available to all postdoctoral scholars and will fund up to 3 awards per year in the amount of \$5000 each to aid scholars in their performance of internships within or outside of UAB. Internships may be performed in an industrial, administrative, or academic setting.

- *'Grant Incentive Awards'* - These competitive awards are available to all postdoctoral scholars and provide up to \$1,000 as a financial incentive designed to encourage Scholars to apply for individual Scholarships. Awarded monies may be utilized to enhance the Scholar's training respective to the funded grant.

3. Recruitment process. Postdoctoral scholars are recruited to apply through a multi-pronged approach that includes advertisements in scientific journals, web postings, and attendance at recruitment fairs. Specifically, advertisements are listed in scientific journals, including *The Scientist*, *Science*, and *Nature*. Web postings are targeted toward academic career-related websites, including *Science Careers* and *FASEB Minority Access to Research Careers*. To enhance recruitment of minorities, OPE representatives will attend postdoctoral recruitment fairs, such as the *Annual Biomedical Research Conference for Minority Students* and the *National Conference of the Society for Advancement of Chicanos and Native Americans in Science*, to increase awareness of UAB's postdoctoral training programs.

B7. Career Development Events/Courses

Month/Year	Activity/Event	Presenter
2011		
January	“Career Services Workshop”	Career Services Staff
	“Effective Presentations”	Victor Darley-Usmar, PhD
	“Grant Writing Course” begins	LM Schwiebert, PhD Julia Austin, PhD
	“Postdocs at Work Forum”	Postdocs, Faculty
February	“Postdoctoral Research Day”	Postdocs, Faculty
	“Postdocs at Work Forum”	Postdocs, Faculty
March	“Scientific Careers in Outreach”	Mike Wyss, PhD
	“Drug Discovery at MERCK”	Sethu Reddy, PhD, MERCK
	“Postdocs at Work Forum”	Postdocs, Faculty
April	“Career Day”	Panel
	“Postdoc Orientation”	Representatives from IRB, CIRB, Grants, Animal Care, Health & Safety & others
	“Postdocs at Work Forum”	Postdocs, Faculty
May	“Postdoctoral Town Hall Meeting”	UAB Postdoctoral Association annual meeting & election
	“Postdocs at Work Forum”	Postdocs, Faculty
July	“BacMam Technology at GSK”	Bob Ames, PhD
August	“Business Certificate Program”	Doug Ayers, PhD Erik Schwiebert, PhD, CEO, Discovery Biomed
September	“Science Policy at AAMC”	Jodi Lubetsky, PhD, AAMC
	“Lab Management Course” begins	Lisa Schwiebert, PhD
	“Postdoc Appreciation Day”	OPE Staff
	“Postdocs at Work Forum”	Postdocs, Faculty
October	“Patent Law”	Tina McKeon, PhD McKeon & Meunier, Atlanta GA
	“Postdoctoral Orientation”	Representatives from IRB, CIRB, Grants, Animal Care, Health & Safety & others
	“Postdocs at Work Forum”	Postdocs, Faculty
November	“Working in Biotech”	Chris Gunter, PhD, Hudson Alpha

	“Postdocs at Work Forum”	Postdocs, Faculty
December	Holiday Gathering	OPE Staff
<u>2012</u>		
January	“Effective Presentations” “Career Services Workshop” “Postdocs at Work Forum”	Victor Darley-Usmar, PhD Career Services Staff Postdocs, Faculty
February	“Postdoctoral Research Day” “Postdocs at Work Forum”	Postdoctoral Scholars Postdocs, Faculty
March	“How to Negotiate” “Postdocs at Work Forum”	Braam, PhD Postdocs, Faculty
April	“Career Day” “Postdoctoral Orientation” “Business Consulting” “Postdocs at Work Forum”	Panel Representatives from IRB, CIRB, Grants, Animal Care, Health & Safety & others Geoff Meacham, PhD, Senior Analyst, JP Morgan Postdoc, Faculty
May	“Postdoctoral Town Hall Meeting” “Postdocs at Work Forum”	UAB Postdoctoral Association annual meeting & election Postdocs, Faculty

GRANT WRITING COURSE FOR POSTDOCTORAL SCHOLARS

Time: Thursdays, 2pm – 4pm

Dates: January – March, 2012

Location: Shelby 105

Course Co-Directors:

Julia Austin, Ph.D.

975-6539

jaustin@uab.edu

Lisa Schwiebert, Ph.D.

934-3970

lschwieb@uab.edu

Course Objective and Description: This course will introduce every aspect of grant writing, including selecting funding mechanisms, writing individual grant sections and understanding administrative policies, to postdoctoral scholars. It is open to postdoctoral scholars in any discipline in which extramural individual fellowship funding is available.

Course Requirements: Throughout the course, participants are expected to: i) attend each class; ii) participate in class discussions; and iii) write a grant application. All grants will be critiqued by participating faculty in a mock study section format.

Course Topics and Instructors:

Thursday, 1/12 Explore postdoctoral-related funding mechanisms, including NIH and private foundation fellowships; view mock study section video

Instructors: JA, LMS, Dr. Jeff Engler, Associate Dean of the Graduate School

Thursday, 1/19 – Introduce the *Abstract, Specific Aims* and *Background/Significance*

Instructors: JA, LMS, Dr. Ety Benveniste, Professor and Chair of Cell Biology

Thursday, 1/26 – Introduce the *Preliminary Data* and *Research Design* sections

Instructors: JA, LMS, Dr. Michael Miller, Associate Professor of Cell Biology

Thursday, 2/2 – Introduce the *Career Development* and *Biosketch* sections; examine the *Sponsor's* and *References'* materials

Instructors: JA, LMS, Melissa McBrayer (CCTS)

Thursday, 2/9 – Introduce the *Budget* and *Resources* sections

Instructors: JA, LMS, Alex Boles (Cell Biology)

Thursday, 2/16 – Introduce the *UAB Office of Sponsored Programs*

Instructors: JA, LMS, Peter Newman (OSP)

Thursday, 2/23 – Introduce the UAB forms from *IRB, IACUC* and *OHS*

Instructors: JA, LMS, Leslie Cooper, Amanda Watts, Donna Williamson

Thursday, 3/1 – Understanding *Conflict of Interest* and *Tech Transfer*

Instructors: JA, LMS, Brenda Cox (COI) , Dr. Leona Fitzmaurice (UABRF)

Thursday, 3/8 – *Mock study section* Discuss responses to comments

Instructors: JA, LMS, Drs. Andra Frost (Pathology), Susan Nozell (Cell Biology), Rosa Serra (Cell Biology)

TRANSLATIONAL SCIENCE COURSE FOR POSTDOCTORAL SCHOLARS

Time: Thursdays, 4pm – 6pm

Dates: March – May, 2012

Location: Shelby 105

Course Co-Directors: David Chaplin, MD, PhD Lisa Schwiebert, PhD
934-9339 934-3970
dchaplin@uab.edu lschwieb@uab.edu

Course Objective and Description: This course will introduce postdoctoral scholars to major aspects of preparing a translational science research program, including program design, data analysis, and regulatory requirements. The *Clinical and Translational Science: Principles of Human Research* text, by David Robertson and Gordon Williams, will be utilized. Throughout the course, participants are expected to: i) attend each class; ii) participate in class discussions; and iii) develop a proposal for a translational science project in a team-based approach.

Course Topics and Instructors:

Thursday, 3/29 – From the bench to the bedside: the traditional Phase I, II, and III Study - from animal models to first phase human studies

Instructors: Burt Nabors MD (Neurology), Harry Sontheimer PhD (Neurobiology)

Thursday, 4/5 – The importance of observational studies to translational research

Instructors: Ali Ahmed MD MSPH (Gerontology), Julie Locher PhD (Gerontology)

Thursday, 4/12 – From human studies back to the bench to understand mechanisms

Instructors: Bruce Korf MD (Genetics), Tim Townes PhD (Biochemistry)

Thursday, 4/17 – Implementation Science: translation of effective interventions to communities and health systems

Instructors: Ken Saag MD (Rheumatology), Elizabeth Delzell DSc (Epidemiology)

Thursday, 4/26 – Moving from human studies to intervention development studies: moving from associations to proof of feasibility, efficacy, and safety.

Instructors: Cynthia Brown MD (Gerontology), Marc Bamman PhD (CDIB)

Thursday, 5/3 – Regulatory and ethical considerations

Instructors: Jonathan Miller (IRB)

Thursday, 5/10 – Informatics for translational research

Instructors: Eta Berner EdD (Health Informatics), James Willig MD (Infectious Diseases)

Thursday, 5/17 – The role of a biostatistician is important in all phases of translational research

Instructors: Robert Oster PhD (Preventive Medicine), Garry Cutter PhD (Biostatistics)

Thursday, 5/24 – Presentation of pilot projects

Instructors: Richard Allman MD (Gerontology), David Chaplin MD, PhD (Microbiology), Stuart Frank MD (Endocrinology), Lisa Schwiebert PhD (CDIB)

LAB MANAGEMENT COURSE FOR POSTDOCTORAL SCHOLARS

Time: Tuesdays, 1pm – 3pm

Dates: September - November, 2012

Location: Shelby 105

Course Director: Lisa Schwiebert, Ph.D.
lschwieb@uab.edu

Course Objective and Description: This course will introduce every aspect of laboratory management, including hiring staff, managing start-up budgets, and practicing safe laboratory practices, to postdoctoral scholars in any discipline.

Course Requirements: Throughout the course, participants are expected to: i) attend each class; ii) participate in class discussions; and iii) present a laboratory management plan.

Course Topics and Instructors:

Tuesday, 9/11 – Managing start-up budgets

Instructor: Dr. Lisa M. Schwiebert, Course Director

Tuesday, 9/18 – Best hiring practices

Instructors: Dr. Lisa M. Schwiebert, Course Director

Tuesday, 9/25 – Data management

Instructors: Mr. Joe Roberson, Associate University Compliance Officer for Research

Tuesday, 10/2 – Mentoring, delegating, and time management

Instructor: Dr. Lisa M. Schwiebert, Course Director

Tuesday, 10/9 – Safe laboratory practices

Instructor: Donna Williamson, Director of IBC

Tuesday, 10/16 – Navigating the tenure process

Instructor: Lori McMahon, PhD, Professor of Cell, Developmental, and Integrative Biology

Tuesday, 10/23 – Real life experiences starting a faculty position

Instructor: Michelle Olsen, PhD, Assistant Professor of Cell, Developmental, and Integrative Biology

Tuesday, 10/30 – Conflict resolution

Instructor: Dr. Lisa M. Schwiebert, Course Director

Tuesday, 11/6 – Presentation of laboratory management plans

Instructor: Dr. Lisa M. Schwiebert, Course Director

B8. Recruiting Advertisements for 2012-2013

Postdoctoral scholars are recruited to apply through a multi-pronged approach that includes advertisements in scientific journals, web postings, and attendance at recruitment fairs. Specifically, advertisements are listed in scientific journals, including *The Scientist*, *Science*, and *Nature*. Web postings are targeted toward academic career-related websites, including *Science Careers* and *FASEB Minority Access to Research Careers*. To enhance recruitment of minorities, OPE representatives will attend postdoctoral recruitment fairs, such as the *Annual Biomedical Research Conference for Minority Students* and the *National Conference of the Society for Advancement of Chicanos and Native Americans in Science*, to increase awareness of UAB's postdoctoral training programs.

Most recent advertisement



Postdoctoral Positions

The University of Alabama at Birmingham (UAB) is one of the premier research universities in the US with internationally recognized programs in AIDS & bacterial pathogenesis, bone biology & disease, cancer, diabetes & digestive & kidney diseases, free radical biology, immunology, lung disease, neuroscience, trauma & inflammation, and basic & clinical vision science among others. UAB is committed to the development of outstanding postdoctoral scientists and has been consistently ranked in recent years as one of the top locations among US universities for training postdoctoral scholars.

UAB is recruiting candidates for postdoctoral positions in a variety of research areas. UAB faculty are well funded (20th in NIH funding), utilize multidisciplinary approaches, and provide excellent research training environments that can lead exceptional candidates to entry level positions in academia, government or the private sector. Full medical coverage (single or family), competitive salaries/stipends, sick leave, vacation, and maternity/paternity leave are offered with every position. Depending on the source of funding, other benefits may be available. Birmingham is a mid-size city centrally located in the southeast near beaches and mountains and enjoys a moderate climate for year round outdoor activities and a cost of living rate lower than most metropolitan areas.

Visit our web site at www.postdocs.uab.edu, under Postdoctoral Opportunities to view posted positions. Send your CV and cover letter to the contact name for those positions for which you are qualified and which interest you. University of Alabama at Birmingham, Office of Postdoctoral Education, 205-975-7020.

UAB is an equal employment opportunity employer.

University of Alabama at Birmingham

Office of Postdoctoral Education

2012 - 2013 Handbook

**Office of Postdoctoral Education
171 Shelby Building, 1825 University Boulevard
205-975-7020 or 975-7021, 205-976-6749 fax
www.uab.edu/postdocs**

TABLE OF CONTENTS

Welcome to the UAB Office of Postdoctoral Education.....	1
The Postdoctoral Experience.....	2
APPOINTMENT INFORMATION.....	3
<i>Definition.....</i>	<i>3</i>
<i>Types of Appointments.....</i>	<i>4</i>
<i>The Appointment Process.....</i>	<i>5</i>
<i>Length of Appointment.....</i>	<i>7</i>
<i>Re-Appointments.....</i>	<i>7</i>
<i>Change in Status.....</i>	<i>7</i>
<i>Appointment Protection.....</i>	<i>7</i>
<i>Compensation.....</i>	<i>8</i>
<i>Orientation.....</i>	<i>8</i>
<i>International Recruitment & Student Services.....</i>	<i>8</i>
<i>Postdoc Obligations.....</i>	<i>9</i>
<i>Mentor Obligations.....</i>	<i>10</i>
<i>Postdoctoral Scholar Tracking System.....</i>	<i>10</i>
<i>UAB Postdoctoral Association.....</i>	<i>10</i>
POLICIES AND PROCEDURES.....	11
<i>Postdoctoral Dispute Resolution Procedure.....</i>	<i>11</i>
<i>Policy for Postdoctoral Part-time Positions.....</i>	<i>13</i>
BENEFITS AND SERVICES.....	14
<i>Benefits.....</i>	<i>14</i>
<i>Benefits Eligibility Table.....</i>	<i>14</i>
<i>University Paid Benefits.....</i>	<i>15</i>
<i>Voluntary Employee Paid Benefits.....</i>	<i>15</i>
<i>Other Benefits.....</i>	<i>16</i>
<i>Legacy Community Federal Credit Union.....</i>	<i>16</i>
LEAVE POLICIES.....	17
<i>Vacation Leave.....</i>	<i>17</i>
<i>Sick Leave.....</i>	<i>17</i>
<i>Maternity/Paternity Leave.....</i>	<i>17</i>
COUNSELING.....	17
M.A.R.S.....	18
GETTING STARTED INFORMATION.....	18
CAREER DEVELOPMENT OPPORTUNITIES.....	19
<i>OPE Courses.....</i>	<i>19</i>
<i>Professional Development Classes.....</i>	<i>20</i>
<i>MERIT Program.....</i>	<i>20</i>
<i>Business Certificate Program in Life Sciences Entrepreneurship.....</i>	<i>20</i>
OPE AWARDS.....	21
<i>OPE Scholars' (Grant Incentive) Award.....</i>	<i>21</i>
<i>OPE Career Enhancement Award.....</i>	<i>22</i>
<i>OPE Internship Award.....</i>	<i>22</i>
<i>OPE Travel Award.....</i>	<i>23</i>
DIRECTORY.....	24
IMPORTANT WEBSITES.....	25

Welcome to the UAB Office of Postdoctoral Education!

The University of Alabama at Birmingham is committed to the development and success of outstanding postdoctoral scientists. Here at UAB, our 250+ postdoctoral scholars are training currently in a variety of disciplines, including dentistry, engineering, health professions, medicine, natural sciences and mathematics, public health, optometry, and social and behavioral sciences. Career development opportunities to enhance and define the training experience are available to all postdoctoral scholars. Because of its commitment to the success of postdoctoral scholars, *UAB ranks consistently as one of the top ten locations among US universities for training postdoctoral scholars.*

The UAB Office of Postdoctoral Education (OPE) was established in 1999 and was one of the first postdoctoral offices in the country. Since its inception, the OPE has instrumental in establishing and maintaining competitive terms, benefits and training programs for all postdoctoral scholars. It works closely with the University's academic administration, the UAB Council on Postdoctoral Education and the UAB Postdoctoral Association to address the needs and concerns of postdoctoral scholars in a timely and professional manner.

The goal of the OPE is to provide postdoctoral scholars with the opportunities and skills they need to be successful in their chosen careers. The possibilities for academic and research-related careers are ever changing; as such, we strive to prepare postdoctoral scholars for these possibilities. In doing so, the OPE is dedicated to making UAB the first choice among postdoctoral scholars as a place to work, live and succeed!

If you are considering a postdoctoral position here at UAB or are already in residence, we welcome your suggestions and look forward to working with you!

Best regards,

Lisa M. Schwiebert, PhD
Associate Dean
Office of Postdoctoral Education

THE POSTDOCTORAL EXPERIENCE

Approximately 250 postdoctoral scholars are on the University of Alabama at Birmingham campus. They have received their terminal degree and are pursuing further training under the direction of a faculty member (mentor). The University of Alabama at Birmingham views the postdoctoral experience as one in which an environment is cultivated that will encourage research excellence, leadership qualities, and independent thinking.

The Office of Postdoctoral Education (OPE) was established in April 1999 to address the rising concerns of this unique and valued sector of the University's population, and falls under the stewardship of The Graduate School. Policies regarding postdoctoral training are the responsibility of the Associate Dean of the Office of Postdoctoral Education along with the Council of Postdoctoral Education (COPE), a committee of postdoctoral scholars and senior and junior faculty. Final authority for all postdoctoral decisions rests with the Graduate School Dean. The OPE at UAB is responsible for facilitating the goals of postdoctoral scholars and their mentors who arrange for training and offer terms of appointment in accordance with established policies.

The OPE will strive to identify primary responsibilities and clear expectations of both the postdoctoral scholar and the faculty mentor, to aid in transition to a postdoctoral environment, and to ensure a worthwhile postdoctoral experience that reflects the balanced interests of both postdoctoral scholar and faculty mentor. However, the ultimate responsibility for the success of a postdoctoral appointment rests with the research mentor. Periodic verbal and written evaluation of progress is strongly encouraged. Similarly, a major role of the OPE is to provide opportunities for identification and acquisition of skills needed for successful career development.

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APPOINTMENT INFORMATION

Definition

Because the term "fellow" is used to describe a large variety of positions, the designation of "Postdoctoral Scholar" is used at UAB to identify those individuals who have received their terminal degree (such as PhD, MD, DDS, DVM, OD), and who have opted to pursue further training. This period of training is a standard component in the preparation of performing research in the sciences. A postdoctoral position is a time-limited appointment, the primary purpose of which is to provide research and/or scholarly training for an academic or research career. Postdoctoral scholars may be funded by training grants, research grants, or institutional resources.

A postdoctoral scholar at UAB is expected to:

- participate in a full-time regimen of advanced training and research
- train under the supervision and direction of a faculty research mentor who will provide the opportunity for collaborative and independent research, as well as promote publication of findings as determined by mutual agreement between the postdoctoral scholar and the mentor
- training as a postdoc includes all relevant academic activities related to the preparation for a career in research or academia. These are typically; manuscript preparation of research findings, reading broadly the literature, manuscript reviewing, presentations at meetings, attendance and presentation at seminars, organization and attendance at training related activities (including Grantsmanship workshops) and limited training in teaching related activities. All these activities should have the objective of enhancing the performance of the postdoc in the pursuit of the research related projects from which they draw their support. In many cases the training component of a postdoctoral fellowship may involve the joint preparation and development of proposals for extramural funding
- have a temporary appointment, usually for a period of one year with the possibility of annual re-appointment for up to an additional three years, for a total not to exceed four years unless by exception of the Associate Dean of the Office of Postdoctoral Education
- have been awarded a Fellowship or Traineeship or equivalent support for studies at the postdoctoral level

It is strongly recommended that a person who falls into one of the following categories NOT be appointed as a postdoctoral scholar:

- registered students or candidates for a degree at UAB even if they already hold a doctoral degree
 - registered Residents and Clinic Fellows
 - individuals appointed for less than one year
-

Types of Appointments

Upon appointment, a postdoctoral scholar is assigned to one of two distinct categories for payroll and taxation purposes:

Status Code 20: A Postdoctoral **Trainee** is an individual who is receiving a true fellowship, as defined by the IRS, and receives an amount to aid in the pursuit of research training. This amount cannot represent payment for the performance of any past, present, or future teaching, research, or other services. Postdoctoral trainees are provided health insurance with the opportunity to purchase dental options.

In accordance with IRS regulations, UAB does not withhold federal income taxes on status code 20 postdoc trainees, and the State of Alabama currently excludes fellowships from taxation in their entirety. Therefore, to the extent that a scholarship/fellowship is federally taxable to the individual, that individual will probably have to file federal quarterly estimated income tax returns and pay quarterly taxes in order to comply with individual income tax regulations. (For specific advice on an individual tax situation, a tax professional or the IRS should be contacted. Non-resident aliens should direct their tax questions to the International Scholar and Student Services (ISSS) at (205) 934-3328. Postdoctoral trainees receive benefits as shown under the Benefits section.

In accordance with regulations, federal and state income taxes are not withheld from stipend amount IF YOU ARE A CITIZEN OF THE UNITED STATES. You may be required to file federal quarterly estimated income tax returns and pay quarterly taxes to comply with individual income tax regulations.

It is important to consult an income tax professional or the IRS for advice on this matter.

The IRS booklet, Publication 970, Tax Benefits for Education, can be viewed on-line at: <http://www.irs.gov>. In the Search For field type: Publication 970 and in the Search Within field choose: IRS site. The booklet can be printed out or you may call (800) 829-3676 for a copy to be sent by mail. Additional publications at this site that may help you include:

Publication 421, Scholarships and Fellowship Grants
Publication 355, Estimated Tax
Publication 306, Penalty for Underpayment of Estimated Tax
Publication 505, Tax Withholding and Estimated Tax

State of Alabama income tax website - www.ador.state.al.us/incometax

Financial Affairs webpage on the UAB web site has a Scholarship & Fellowship section which is very helpful. See "Taxability to Individuals" at <http://main.uab.edu/show.asp?durki=14627>

Status Code 21: A Postdoctoral **Employee** is an individual who, while pursuing further training, provides services to UAB for compensation. These postdocs receive a salary, usually as part of an NIH-funded grant. Salaries and wages are fully taxable to the individual providing the services. Postdoctoral employees receive benefits as shown under the Benefits section.

The Appointment Process

All the following steps must be completed in order for the appointment process to be finalized.

Letter of Offer

All postdoctoral appointments and re-appointments are coordinated through the Office of Postdoctoral Education. A detailed letter of offer on OPE letterhead, signed by the Associate Dean, is sent to the mentor to be signed and forwarded to the potential postdoc. In many cases, the letter of offer needs to be sent several weeks or months prior to the actual starting date (for example, to begin the visa process) and will specify the following:

- department or division to which the postdoc is assigned
- effective date of appointment
- duration of appointment and possibility of re-appointment
- mentor to whom assigned
- annual award/stipend amount
- a brief description of research activities in which the postdoc will be involved and the qualifications needed by the postdoc to complete these activities

Mentors may agree but are not required to provide relocation support to postdoctoral scholars as a part of a recruitment package. If mentors decide to support postdoctoral scholars by providing additional resources, the following must be stated explicitly in the position offer letter.

Postdoctoral 21 (employee)

“As a part of your start up package, you will receive an incentive of \$____. This incentive is subject to tax withholdings and will be included through your next direct deposit.”

Postdoctoral 20 (trainee)

“As a part of your start up package, you will receive an additional award of \$____. This additional award is subject to federal tax reporting and will be included through your next direct deposit.”

The allocation for this allowance cannot exceed \$5,000. Once the postdoctoral scholar is hired, an ACT document will need to be created with the document reason of Nonrecurring Element. The element is “Trainee 1T” for Postdoctoral Trainees (Status 20) and “Start-Up 1T” for Postdoctoral Employee (Status 21).

An accepted offer is signified by the postdoctoral scholar's signature with a copy of the signed letter kept in the Office of Postdoctoral Education. The department will keep the original letters.

International Candidates: If the prospective scholar will need assistance in entering the USA, the Department will contact UAB International Scholar and Student Services (ISSS) when the letter of offer is ready to be mailed. ISSS will process visa information and forward to the postdoc.

Status Letter

A second, equally important letter will be generated when the department establishes the funding source(s). The status letter provides details concerning the type of appointment (status code) and how that status code affects their benefits and taxes. See types of appointments above.

Signed copies of both the letter of offer and the status letter should be forwarded to the department administrator or to the mentor who should provide copies to the Office of Postdoctoral Education.

Background check – Education, employment and criminal

The letter of offer states that the appointment is contingent upon receipt of a background check report that is acceptable to the university. The review includes a criminal history background check, degree (education) verification and employment history verification.

The candidate will receive information electronically, if a US citizen or Permanent Resident, or a physical copy to sign, if international, requesting consent to allow the university to conduct this investigation. In the event that the background investigation has not been completed by the time the appointment date starts, the appointment will be conditioned upon receipt of a background check report that is acceptable to the university. Before a final decision is made to rescind an appointment because of a background check result, the candidate will receive a copy of the background check report and will have an opportunity to provide explanatory information.

Copy of Curriculum Vitae

An up-to-date copy of the curriculum vitae is required at the time of appointment for our files.

Postdoctoral Scholar Personal Data Form

The Postdoctoral Scholar Personal Data Form should be completed within the first month after arrival of the new postdoc. This form provides the necessary information required for the purpose of complying with federal reporting requirements and establishing averages that can be used to compare UAB standards with those on the national level. This information is confidential and will be kept in individual personnel files located in the OPE. **The OPE will use the current e-mail address provided on the Postdoctoral Scholar Personal Data Form to communicate with postdocs regarding upcoming career enhancement awards, seminars, positions, funding opportunities, etc. A new Postdoctoral Scholar Personal Data Form will need to be completed at the time of re-appointment each year to update our postdoc database.**

Departmental Personnel Officer

The postdoc should also contact their Departmental Personnel Officer as soon as possible after their arrival. The Departmental Personnel Officer will also need additional documents completed in order to process the postdoc's appointment into the UAB system.

Length of Appointment

A postdoctoral position is a short-term, training position which should lead to a research career in academics, private industry, or government. Appointments are established for an initial period of one year, with the possibility of being re-appointed annually for an additional three years, not to exceed a total of four years. A four year time period for postdoctoral training has become the recommended length for most universities. A time-limited appointment protects the postdoc from an indefinite length of stay in a training position and is an adequate period for transition into full time positions with appropriate salaries and benefits.

In some cases, a faculty member may wish to extend an individual's postdoctoral appointment beyond the fourth year. If so, a written request to the Associate Dean of the Office of Postdoctoral Education should be made before the end of the postdoc's fourth year. Requests for a fifth year must include a mutually agreed upon and detailed career development plan for the postdoc signed by both the mentor and the postdoc. In all cases, appointment as a postdoctoral scholar at UAB is limited to a period not to exceed five years.

Re-Appointments

Postdoctoral scholars are appointed for one year periods and must be re-appointed every year on their anniversary date if they continue in training. The department personnel representative or mentor will notify the OPE that a re-appointment letter must be generated through the OPE during the month prior to the yearly end date. The re-appointment letter will be signed by the Associate Dean of the Office of Postdoctoral Education, the mentor, and the postdoctoral scholar. If the mentor does not intend to re-appoint the postdoc for another year, the mentor must notify the postdoc in writing three months prior to the re-appointment date. Following the first year of appointment and in subsequent years, if it is apparent that funding will no longer be available, a minimum of three months notice must be given to the postdoc by the mentor.

Change in Status

Whenever a postdoctoral scholar's funding is changed requiring a change in status (21 to 20 or 20 to 21), a new letter of offer must be generated by the Office of Postdoctoral Education showing the new status and duties.

Appointment Protection

The initial letter of offer specifies that the term of appointment at the University of Alabama at Birmingham as a postdoctoral scholar is for one year, subject to all rules and regulations. If satisfactory progress is achieved, the appointment can be renewed up to three more years (Four (4) years total). Postdoctoral scholars must be notified by their mentors in writing at least three months in advance that their appointment will not be renewed for the next year. Under special circumstances, postdoctoral scholars may be eligible for a fifth year of training, with the approval of the Associate Dean for Postdoctoral Education.

Compensation

All mentors at the University of Alabama at Birmingham are strongly encouraged to follow the National Institutes of Health, National Research Service Award (NRSA) stipend level guidelines. The current ranges for years of experience can be found at the NIH Guide for Grants and Contracts or at the UAB postdoc Web site, www.uab.edu/postdocs .

If it is impossible to fund according to the NRSA guidelines, **the minimum starting salary at UAB is \$35,190.00 plus benefits.**

Orientation

All UAB postdoctoral scholars are required to attend a general UAB orientation program conducted weekly by Human Resource Management (HRM). This orientation is an important component of the introduction to UAB. Personnel policies and benefits are discussed and benefit enrollment forms are completed during orientation.

Once a postdoctoral scholar has been appointed, he/she should be scheduled to attend the next regular orientation session which are held twice a month, usually on Mondays. The appropriate department personnel can contact HRM (205) 934-6272 to accomplish this.

In conjunction with the regular orientation, a personalized session will be conducted for postdoctoral scholars by HRM staff. During this time, postdocs will be given the opportunity to ask questions and to receive individualized explanations of their benefits and responsibilities, and to complete enrollment forms.

All new postdocs at UAB are also required to attend a Postdoc Orientation during their first year. This Orientation is scheduled twice a year. Communication about the dates and times will be posted on the Office of Postdoctoral Education Web site, by e-mail and by flyers posted around campus. This Orientation introduces new postdocs to representatives from a number of important areas but usually aren't familiar with until later in their training. Representatives may include Institutional Review Board, Conflict of Interest Review Board, Institutional Animal Care and Use Committee, Occupational Health and Safety Office, Grants and Contracts Administration, Research Foundation, UAB Postdoctoral Association, among others. The program is approximately 5-6 hours and lunch is provided.

International Recruitment & Student Services (IRSS)

IRSS is responsible for advising and assisting international postdocs in matters of immigration, federal and state taxation, and orientation to the Birmingham community. IRSS also serves as a collaborative resource center that facilitates, promotes and strengthens international understanding. Administrative offices are located in room 250, Hill University Center. Phone (205) 934-3328. See the IRSS webpage for frequently asked questions. Webpage address is <http://main.uab.edu/Sites/students/32678/> .

*Postdoc Obligations**

- **Overall:** Acquire the experiences they need to advance their careers and contribute to the program of their mentor through research accomplishments and interaction with others. Meeting both objectives is most likely when the mentor and postdoc communicate well and share similar expectations.
- **Conduct:** Participate in the research project(s) outlined in discussions with the faculty mentor and to regularly inform the mentor of the research activity; to exercise ethical standards of the profession and of the University; to exhibit good laboratory practice and comply with guidelines for the use of human subjects and animals in research; to exhibit collegial conduct to his/her mentor, coworkers, and members of the University community; and to comply with University, School, departmental and funding agency policies and procedures.
- **Career Development:** Postdocs (with the support of their mentors) must take ownership of their professional development. They need to learn not only the use of new research tools, but also ways to access special resources (such as national and international labs, centers, and multi-user facilities) and to keep up with the exploding streams of scientific communication.

The chances for a satisfying career can be increased through regular attendance at seminars, “getting known” through publications and meeting attendance, course work related to the area of research, integrating research into teaching experiences, developing possible collaborations, and developing skills in grant writing, reviewing, and oral and written communication. This “continuing education” can increase versatility and the change for a rewarding career.

Intrinsic to “taking ownership” of a career is the element of taking control, of making and seizing opportunities. Timidity is not productive. Rather than waiting for invitations or instructions, successful postdocs ask for what they need, find their own new resources, meet new people, and solicit invitations to speak about their work. Developing a proactive mindset hastens the journey from student to professional. Not all advisers will welcome such initiatives. Their negative reactions can often be ameliorated by improved communication. In very difficult situations, the postdoc may need to consider an alternative situation.

- **Communication:** Communication is an essential responsibility of both postdoc and mentor. Postdocs must clearly articulate the skills or training they need; mentors must clearly explain the needs of the laboratory or institution. These needs are most likely to be met if the postdoc steps forward with questions and if the mentor takes the time to listen. The postdoc must also communicate with the institution when help is required.
 - **Contributing to the institution:** The more postdocs are able to support the program of their mentor, the greater their value as team members. This can lead to a richer research experience, the respect of other group members, and support in developing a career in the future. In addition to getting the work done, good practices include keeping up with the latest advances, communicating them to others (including the mentor), and interacting regularly with others in both the group and the institution. Expectations about the postdoc’s contributions to the immediate community should be discussed carefully with the mentor and other lab members.
-

- **Planning for departure:** Departure should not be delayed without good reason; the postdoc should neither be pressured to work indefinitely for the mentor, nor become overly comfortable in what should be a finite apprenticeship. If success in the research has proved elusive, the postdoc may be tempted to extend the stay, even indefinitely.

*From **Enhancing the Postdoctoral Experience for Scientists and Engineering, A Guide for Postdoctoral Scholars, Advisers, Institutions, Funding Organizations, and Disciplinary Societies**, National Academy Press, Washington, DC. For complex text see: <http://www.nap.edu/books/0309069963/html>

Mentor Obligations*

Postdoctoral research opportunities at the University of Alabama at Birmingham are intended to foster the training of basic and clinical research scientists. Included within this goal is the concept that postdoctoral scholars, with the guidance of their mentors, will develop a scientific project that utilizes the creativity and independence of the scholar. In this spirit, the mentor will provide adequate facilities, funds and the appropriate guidance to achieve the agreed upon goals of the project. In addition, mentors should provide guidance in critical review of scientific information, grant writing, manuscript writing and preparation and in the art of performing research. Mentors should also advise and, as possible, aid scholars in decisions regarding future employment potential and career paths. Mentor review of postdoctoral scholar performance and career development should be conducted at least once per year. Unsatisfactory job performance or failure to comply with University standards of conduct should be discussed with the postdoc and documented in writing.

*Adapted from Emory University Office of Postdoctoral Education website at <http://www.med.emory.edu/POSTDOC>

Postdoctoral Scholar Tracking System

The Office of Postdoctoral Education maintains a postdoctoral database that contains information on postdoctoral scholars within the UAB system. This information is obtained from the Postdoctoral Scholar Personal Data Form that is required from each postdoc upon their initial appointment and each year at their re-appointment. This information is kept in the postdoc's individual folder. The principal purpose for compiling the information is to comply with federal reporting requirements, but also to give the University an accurate base from which to establish standard minimum salaries, and to track appointments that involve more than one department.

UAB Postdoctoral Association

The UAB Postdoctoral Association (UAB-PDA) submitted a constitution and bylaws to the postdoctoral community in April 2004. Ratification was given at the first UAB-PDA meeting on May 4, 2004. Executive Board and officers are listed on the postdoctoral webpage.

POLICIES AND PROCEDURES

UAB establishes policies and procedures in order to provide an environment that is conducive to working, learning, and providing services to the public. Such policies include guidelines for employees, for the administration, for protecting employees' rights, and for providing an atmosphere in which one's best potential can be realized.

Included in the packet of information for a new postdoc is a copy of Policy 22. Policy Concerning the Maintenance of High Ethical Standards in Research and Other Scholarly Activities. This is one of the guiding principals and core value for which postdoctoral scholars and all UAB researchers will adhere. Please take the time to read this policy and understand your obligation as a member of the UAB community of researchers.

In signing the letters of offer, the postdoctoral scholar agrees to abide by this policy and all UAB policies and standards of conduct. Other policies which affect a postdoctoral scholar can be found in published materials such as Faculty Handbook and Policies, You and UAB: Handbook for Administrative Professional and Support Personnel or the complete Policies and Procedures Manual located at the Human Resource Management website at <http://main.uab.edu/show.asp?durki=44370>.

Postdoctoral Dispute Resolution Procedure

The Dispute Resolution Procedure for Postdoctoral Scholars of the University of Alabama at Birmingham is an internal mechanism designed to assure prompt and impartial consideration of complaints that may arise in the workplace. The Dispute Resolution Procedure is available to all Postdoctoral Scholars. UAB Postdoctoral Scholars may use this Procedure without penalty or fear of reprisal.

The Dispute Resolution Procedure is a two-step process. A formal grievance may be invoked only after the prospective grievant has first reported the basis for his/her dispute to the Associate Dean for Postdoctoral Education. The Associate Dean shall have a reasonable opportunity to resolve the dispute informally before a grievance can be initiated. If the Associate Dean's effort to resolve the dispute is unsuccessful, he/she will notify the Postdoctoral Scholar of his/her right to initiate a formal grievance.

In order to initiate a grievance, a Postdoctoral Scholar must provide a written statement to the Associate Dean in which he/she states specifically the facts believed to support the charge and the desired outcome no later than thirty days following notification from the Associate Dean that a formal grievance may be initiated. After having determined that the facts stated by the Postdoctoral Scholar may be grieved, the Associate Dean shall notify the responding party that a grievance has been filed, shall provide a copy of the charge, and shall allow the responding party five (5) work days in which to provide to the Associate Dean his/her response to the allegation(s) made by the grievant.

Guidelines for assessment and monitoring the performance of Postdoctoral Scholars in all aspects of their position are defined in You and UAB Handbook for Administrative, Professional, and Support Personnel. Guidelines in respect of scientific conduct are defined in Faculty Handbook and Policies. Both documents can be found at <http://main.uab.edu/show.asp?durki=59601>.

Following receipt of the statement from the responding party, the Associate Dean will select a committee of three faculty members and two postdoctoral fellows to hear the grievance and shall provide to the Committee the written statements of the parties. The faculty members chosen to serve on the Committee shall not have had prior knowledge of the issue(s) grieved. After having chosen one of their number to be chairperson, the Committee shall determine the date of the grievance hearing and shall notify the parties of the date and time of the hearing, which shall not be sooner than five (5) work days from the date notification is sent to the parties by the Committee.

Each party shall be required to provide to the Committee a list of potential supporting witnesses, if any, and a brief statement describing what information each witness has regarding the facts at issue. A witness should be a person with first-hand knowledge of facts pertinent to the resolution of the issue(s) grieved.

The formal grievance hearing shall not be bound by formal rules of evidence or judicial rules of procedure. The Committee may hear any testimony or receive any supporting evidence that it deems to be pertinent to the issue(s) grieved. Both the grievant and the responding party may be present throughout the hearing. The grievant may also be accompanied by an advisor of his/her choosing, however, the advisor may not participate in the hearing, other than to advise the grievant.

The grievant shall be afforded a reasonable opportunity to be heard, to question witnesses indirectly through the Committee, to rebut adverse evidence, and to make a brief closing statement. Members of the Committee may ask any questions at any time during the hearing and may elect to disallow or to curtail testimony that the Committee determines to be unnecessarily redundant or not probative of the issue(s) being heard. Throughout the hearing, all persons present shall conduct themselves in an orderly manner.

The Committee shall be responsible for the conduct of the hearing at all times. Hearings before the Committee are confidential proceedings and only those persons determined by the Committee to have a need to be present shall be included. Except for the grievant, the responding party and the advisor of the grievant, if any, all other witnesses shall be excluded from the hearing room, except when testifying. No more than one witness shall be called to testify at a time.

All questioning of witnesses shall be by the Committee unless the Committee shall decide otherwise. Although the specific procedure for the conduct of the hearing may vary somewhat, the process shall generally include the following: (1) call to order by the Chair; (2) introduction of those present; (3) statement of the issue(s) grieved; (4) presentation of the evidence and testimony in support of the issue(s) grieved; (5) questioning of grievant's witnesses; (6) presentation of evidence and testimony in opposition to the charge; (7) questioning of responding party's witnesses; (8) closing statements.

As soon as practical following the conclusion of the hearing, the Committee shall meet in private session to consider all of the evidence presented, and shall decide on one of two outcomes. The outcome shall be determined by a “preponderance of the evidence” standard, that is, that the facts more likely than not either prove or disprove the issue(s) before the Committee. The decision of the Committee shall be that the issue(s) is either (1) proven by a preponderance of the evidence or (2) not proven by a preponderance of the evidence. Following their deliberations, the Committee shall provide a brief narrative statement explaining its finding(s) and a summary of the supporting facts. The Committee’s written decision shall be transmitted to the Associate Dean for appropriate action. The Associate Dean shall notify the grievant and the responding party of the committee’s decision and any action to be taken as a result of the Committee’s findings.

Upon notification to the grievant of an adverse outcome, the Associate Dean shall also advise the grievant of his/her right to appeal the Committee’s decision in writing to the Dean of the Graduate School. An appeal to the Graduate School Dean shall be limited to the presentation of new, previously unavailable evidence, and/or the identification of procedural error in the hearing process.

After a review of any new evidence presented on appeal and a review of the process afforded the grievant, the Graduate School Dean shall notify the grievant, the responding party and the Associate Dean of his/her decision, which shall be final.

Policy for Postdoctoral Part-Time Positions

A postdoctoral position is a full-time position of one to four years, training scientists/researchers for career advancement. Only in rare cases should a postdoctoral position be part-time and usually for short periods of time. A postdoc may request his/her position be changed to part-time or enter a position as part-time because of a variety of reasons including the birth of a child, care for an ill or injured family member or his/her own physical impairments. A position cannot be part-time due to lack of funds to meet the NIH minimum salary/stipend standards.

Documentation from both the mentor and the postdoctoral scholar requesting a part-time position should include the reason for the request, number of hours, projected length of time, and salary. This information must be received before the letter of offer or reappointment letter will be issued.

BENEFITS AND SERVICES

Benefits

Benefits to postdoctoral scholars vary according to the type of appointment. Due to IRS restrictions placed on non-taxed fellowships, retirement benefits are not allowed for **Postdoc Trainees (Status Code 20)**. VIVA Health Insurance coverage is provided at no cost to the postdoc with the option of purchasing the dental portion of the insurance plan. Because of their unique status as “trainees” who do not receive a salary but rather a stipend, these postdocs are eligible for student housing.

Postdoc Employees (Status Code 21), because of their employee-employer relationship with the University, receive a salary. They also are provided VIVA Health Insurance coverage paid through the University with the option of purchasing the dental portion of the insurance plan. Status Code 21 postdocs are not eligible for student housing.

Benefits Eligibility Table

Employment Category	Status Code	UAB paid Accidental Death and Dismemberment Insurance		Employee paid Accidental Death and Dismemberment Insurance		UAB paid Long Term Disability Insurance
Postdoctoral Scholar Trainee	20	Yes		Yes*		Yes
Postdoctoral Scholar Employee	21	Yes		Yes*		Yes
Employment Category	Status Code	TIAA-CREF Retirement	Viva Health Insurance	Dental Insurance	UAB paid Group Term Life Insurance	
Postdoctoral Scholar Trainee	20	No	Yes	Yes*	Yes	
Postdoctoral Scholar Employee	21	Yes Matched up to 5% of salary	Yes	Yes*	Yes	

*individual pays premium

University Paid Benefits

- **Viva Health Insurance** - VIVA Health is the health care plan provided for **postdoctoral trainees (status code 20) and postdoctoral employees (status code 21)**. The premium for either single or family coverage is paid by the University. Coverage under UAB's group health care plan must be elected on either the first day of appointment or the first day of the month following the date of appointment. The postdoc has **31 days from their starting date to complete hospital insurance forms** either by participating in orientation or by scheduling an appointment with the Benefits Department. Some form of health insurance coverage is mandatory and proof of insurance is required if the University's health insurance is not elected. VIVA Health also covers medical evacuation and repatriation of remains for international postdoctoral scholars.
- **Group Term Life Insurance** Group Term Life Insurance coverage **varies with salary** as indicated at no cost to the individual.

<u>Annual Salary</u>	<u>Coverage</u>
Up to \$11,999.00	\$22,500.00
\$12,000.00 to \$17,999.00	\$25,200.00
\$18,000.00 to \$23,999.00	\$30,000.00
\$24,000.00 to \$29,999.00	\$37,500.00
\$30,000.00 to \$39,999.00	\$50,000.00
\$40,000.00 and above	125% of salary with a maximum insurance coverage of \$300,000.00

- **Accidental Death and Dismemberment Insurance** \$22,500.00 for accidental death. No cost to the individual.
- **Long-Term Disability Insurance (Salary Continuation)** After a 90-day waiting period, 66 ⅔ % monthly salary (not to exceed \$10,000 per month) for the first 90 days of benefits. After 90 days of continued benefits, plan pays 60% monthly salary (not to exceed \$10,000 per month). No cost to the individual.
- **Retirement Plan – TIAA/CREF** Teachers Insurance & Annuity Association/College Retirement Equities Fund (TIAA/CREF). Eligible to participate in the TIAA/CREF 403(b) program on a tax sheltered basis. The program offers the individual a choice as to the distribution of the total deposit to be placed in TIAA (fixed annuity) or CREF (variable annuity). UAB will match the amount that the postdoc contributes, up to 5% of his/her salary. **Available to postdoctoral employees (status code 21) only.**

Voluntary Employee Paid Benefits

- **Postdoctoral Met Life Dental Basic Option** Preventive and diagnostic are covered at 90% UCR. Basic services are covered at 90% UCR subject to a \$25.00 deductible. The postdoc will pay a monthly premium for single coverage or family coverage.
 - **Postdoctoral Met Life Dental Comprehensive Option** In addition to the basic dental benefits, the comprehensive plan covers major services at 60% UCR subject to the deductible. Orthodontics is covered at 50% UCR up to a \$1,000 lifetime maximum per patient. The postdoc pays the full monthly premium for single coverage or for family coverage.
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- **Group Universal Life Insurance Coverage** Maximum Coverage - Five (5) times salary, not to exceed \$1.4 million. Guaranteed Issue - Three (3) times salary, not to exceed \$100,000 during first 31 days of employment without evidence of insurability. Individual pays full premium.
- **Accidental Death and Dismemberment Insurance** Maximum coverage - up to \$500,000. Individual pays full premium.
- **Long-Term Care** Provides benefits for an array of services including home health care, assisted living facility care, nursing facility care, adult day care and respite care. To enroll in the plan call MetLife at 205-970-9782. Postdoc pays full premium.

Other Benefits

- **Social Security** - Taxes and benefits established by the U.S. Government
- **Unemployment Compensation Insurance** (paid by the University)
- **On-the-Job Injury/Illness Program** (paid by the University)

Legacy Community Federal Credit Union

Credit Card The Office of Postdoctoral Education is very happy to announce that the Legacy Community Federal Credit Union will offer the opportunity to obtain a **credit card** to newly-arrived foreign nationals. A postdoc should go to either of the locations near UAB – 1400 South 20th Street or 516 South 20th Street –open an account for as little as \$25.00 and fill out the application. They will require social security number, the letter of offer showing salary and start date, and another identification such a passport, driver’s license, or US government or military ID.

Loan Another service that the Legacy Community Federal Credit Union can provide for postdocs is help with unplanned cash flow shortages. A new UAB postdoc can exhaust their available funds quickly when paying deposits on rent, utilities, etc and may require a **small loan** to tide him or her over until they are in the UAB system and receive a paycheck. The Legacy Community Federal Credit Union again can help with this problem. Open an account with them for as little as \$25.00, provide an ID as mentioned previously, social security number, letter of offer, complete the application and they will begin the process.

The Legacy Community Federal Credit Union will not eliminate anyone from their services because of lack of credit history, but will need to know, as all financial institutions do, that an individual’s ability to repay a loan or pay a credit card bill is not hindered from excessive debt. They will need documentation showing salary and have agreed to accept the letter of offer as proof. The application for a loan or credit card will ask about any debt amount owed. After comparison of these two figures, they will determine qualification and notify the applicant about the requested service. For a Foreign National Postdoc acquiring the necessary credit history for a credit card can sometimes take years so we believe that this is a wonderful opportunity for newly arrived postdocs and are very happy to present this offer to you from the Legacy Community Federal Credit Union.

LEAVE POLICIES

Vacation Leave Six months after the effective appointment date, all Postdoctoral Scholars are eligible for ten (10) paid working days per year. Vacation days do not accrue and cannot be carried over from year to year. All requests for vacation leave should be made in writing and must be approved by the direct supervisor. Postdoctoral Scholars and their supervisors are responsible for maintaining appropriate records.

Sick Leave Ten (10) paid working days per year. Sick leave should not be used as vacation. Sick days do not accrue and cannot be carried over from year to year.

Maternity/Paternity Leave Twenty-two (22) paid successive working days immediately following or just prior to birth or adoption of a child. If both spouses are employed as postdoctoral fellows, each one is eligible for a consecutive term of maternity/paternity leave. Additional, non-paid leave, following the provisions of the Family Medical Leave Act, must be requested and approved by the supervisor.

COUNSELING

Career Counseling Patrice Hinton Oswalt, Ed.S., LPC, is available by appointment in the OPE office in Shelby 171A on Tuesday and Wednesday from 10 AM – 6 PM to meet with postdocs and GSC students. With over 25 years of corporate and career services experience, Patrice is available for one-hour, confidential, one-on-one career counseling. With individualized career counseling, she can help you:

- Clarify and define your career goals
- Research and explore career options
- Identify your strengths and weakness
- Implement a plan for skills development
- Develop an effective self-marketing campaign, including job search materials (i.e., CV, resume, cover letter)
- Prepare for upcoming interviews (academic and industry)

To schedule an appointment with Patrice, please contact the UAB Office of Career and Professional Development Services, 205-934-4324 or email careerservices@uab.edu.

Health and Wellness Counseling

The Resource Center – An Employee Assistance/Counseling Service is provided by UAB as a benefit to all employees. All postdoctoral scholars are eligible for this confidential service (205) 934-2281.

Campus Counseling - (205) 934-3779, is a non-UAB affiliation, but is open to anyone. It is a non-profit organization that offers front line counseling by appointment. Hours are 8:00 AM to 3:00 PM every Tuesday, Wednesday, and Thursday.

Motorist Assistance Road Services (M.A.R.S.) Motorist Assistance Road Services “M.A.R.S” is a service provided by Parking Services free of charge. The service is set up to help any employee or student having car trouble on campus. Services include retrieving keys, jump starting cars, inflating

tires, and assisting if you are out of gas. M.A.R.S. employees are not mechanics, but they will do their very best to assist you and get you on your way. If they are unable to provide assistance then they will help you find someone who can. Telephone number: (205) 975-MARS (975-6277).

GETTING STARTED INFORMATION

A new postdoctoral scholar at UAB has many resources to help in the transition to a new community and new research environment. These resources include the mentor, fellow lab members, departmental administrators, IRSS for foreign nationals, and the Office of Postdoctoral Education. Please make use of all or as many as needed to help smooth the way.

Alabama Driver's License

Frequently asked questions at <http://www.dps.state.al.us/dlfac.99.html>
Department of Public Safety, (205) 252-7445
Open Monday-Friday, 8:00-5:00, 908 Bankhead Highway W

Social Security Office International postdocs should take the following documents with them to the Social Security office: Passport, I-94 card, Immigration Document (for example, IAP-66 or I-20) - Open Monday-Friday, 9:00-4:00, 1-800-772-1213, 2001 12th Avenue North

Voter Registration Packets may be obtained from: any public library, City Hall, Jefferson County Court Houses, Jefferson County Board of Registrars, (205) 325-5550, 716 21st Street North

Off Campus Housing A variety of types of housing are available for rent. Contact leasing companies or see classified sections of local newspapers for rates, availability and leasing agreements. Birmingham News: <http://www.bhamnews.com>

Student Housing Student Housing is available to Postdoctoral Trainees (status code 20), as they are engaging in training and are provided stipends from a fellowship (a strictly interpreted training grant). For more information see StudentHousing@uab.edu at (205) 934-2092.

Student Housing is not available for Postdoctoral Employees (status code 21). At the current time, no facilities are available for married postdocs.

Child Care The following are some of the child care facilities where UAB postdocs have placed their children. There are many more in the nearby vicinity. Check local yellow pages for others.

- UAB Child Development Center, (205) 975-7373 or (205) 934-7353, 1113 15th Street South, there is usually a 6-8 week waiting period, bjordan@uab.edu
 - South Highland Presbyterian, (205) 939-1210, 2035 Highland Avenue South near UAB
 - McElwain Baptist Church, 4445 Montevallo Road, (205) 956-8790, near the Eastwood Mall/Mountain Brook area
 - Jewish Community Center, 3960 Montclair Road, (205) 879-0411, in Mountain Brook
 - Dawson Memorial Baptist Church, 1114 Montclair Road, (205) 871-8771, in Homewood
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CAREER DEVELOPMENT OPPORTUNITIES

OPE Courses

Each year, the UAB Office of Postdoctoral Education sponsors courses in Lab Management (Fall), Grant Writing (Winter), Translational Science (Spring), and Job Skills (Summer). There are no tuition fees for these courses and they are open to all UAB postdoctoral scholars. The Grant Writing and Job Skills courses are also open to senior graduate students at UAB. Please see the OPE website or contact OPE office for more detail about these courses.

- **Lab Management** will introduce every aspect of laboratory management. Throughout the course, participants are expected to write and present a laboratory management plan to the class. This course is open to postdoctoral scholars in any discipline. In general, the class meets two hours every week from September to November. Course enrollment is limited to 25 participants.
- **Grant Writing Course** will introduce every aspect of grant writing to postdoctoral fellows and will be instructed by successful grant writers. Throughout the course, participants are expected to write a grant application. All grants will be critiqued by participating faculty in a mock study section format. This course is open to postdoctoral scholars in any discipline in which extramural individual fellowship funding is available. In general, the class meets for 2 hours every week over 10 weeks TBA. Course enrollment is limited to 20 participants.
- **Translational Medicine Course for M.D. and Ph.D. Scholars** will introduce every aspect of preparing and conducting a clinical and translational science research program, including program design, data analysis, and regulatory requirements. It will be instructed by both physician-scientists and Ph.D. Scientists. Throughout the course, participants will be encouraged to design a pilot clinical and translational project using team-based approach. All projects will be critiqued by participating faculty. This course is open to M.D. and Ph.D. postdoctoral scholars in all disciplines. The class will meet every week for 2 hours a week TBA. Course enrollment is limited to 25 participants.
- **Job Skills Course** will introduce every aspect of preparing for and completing a job search, including career options, preparing CVs and resumes, and interviewing skills. This course is open to trainees, including postdoctoral scholars and senior graduate students, in any discipline. Throughout the course, participants are expected to: 1. Attend each class; 2. Participate in class discussions; and 3. Develop a job search strategy. This class meets for 2 hours each week during the summer TBA. Enrollment is NOT Limited. Class topics will include: Academic and Non-academic Career Options, Preparing CVs and Resumes, and Interviewing and Negotiating Skills.

Professional Development Classes

The Office of Postdoctoral Education encourages postdoctoral scholars to take advantage of the many classes and seminars offered through the Professional Development Office. The OPE will pay tuition and fee costs for one career development class per postdoc per year (up to 3 credit hours). A

complete listing of these courses can be found on the OPE web page at www.postdocs.uab.edu under Career Resources, or by going directly to the Professional Development web page at www.uab.edu/profdev. Regular credit classes as well as additional non-credit classes are available to postdocs as long as the course will enhance career and professional development for the postdoc.

All courses to be sponsored by the OPE must be approved prior to registration. Once a course has been decided upon, the postdoctoral scholar must contact the Office of Postdoctoral Education by email alanakei@uab.edu or sharontj@uab.edu or at (205) 975-7020 for approval. Upon approval to take the course, the Office of Postdoctoral Education will notify the postdoc of the correct method to register for that particular class.

MERIT Program

The *Mentored Experiences in Research, Instruction, and Teaching (MERIT) Program* is a funded Institutional Research and Academic Career Development Award (K12) from the Division of Minority Opportunities in Research (MORE) at NIH / NIGMS. It is facilitated through the partnership between the University of Alabama at Birmingham (UAB), Oakwood University, and Stillman College.

The primary goal of the MERIT Program is to provide postdoctoral scholars with outstanding research and teaching experiences while improving the recruitment of students from underrepresented minorities into the field of biomedical research. It includes 3 years of concurrent research training and teaching instruction. The research component incorporates laboratory-based instruction and professional skills development. The teaching component includes instruction in teaching pedagogy, course development, mentorship training, and classroom teaching experiences.

Assistance with job placement upon successful completion of the MERIT program is provided.

Business Certificate Program in Life Sciences Entrepreneurship

The program includes three required courses in business planning (MBA 673), understanding the biotech industry (MBA 681), and innovation (MBA 690). Each of these courses is 3 credit hours. There are no pre-requisites and these courses may be taken in any order.

Current UAB graduate students may register directly. If you are not a current graduate student, you will need to apply to the UAB Graduate School as a non-degree seeking student. Non-degree seeking students will need to contact Christy Manning at (205) 934-8815 or cmanning@uab.edu for more information.

MBA 681 – “From Idea to Successful Company: Life Sciences and Technology Entrepreneurship”

MBA 673 – “Technology Venture Business Planning”

MBA 690 – “Managing Innovation”

OPE AWARDS

The OPE funds several award mechanisms that assist with the funding of postdoctoral scholars' participation in educational activities outside of UAB, travel to scientific meetings, participation in internships, and grant incentives. Please see the OPE website for more details regarding these awards. These funding mechanisms include:

The OPE Scholars' (Grant Incentive) Award The Office of Postdoctoral Education (OPE) believes that in order to insure their future success, Postdoctoral Scholars must begin an independent track record of extramural funding early in their postdoctoral careers. Accordingly, the OPE has established the Office of Postdoctoral Education Postdoctoral Scholars Award, which provides a financial incentive designed to encourage scholars to apply for individual fellowships. The OPE anticipates that this award will increase the number of individual fellowships within various programs at UAB.

Award Description:

- To qualify for this award, the scholar must provide to the OPE a copy of the submitted grant application along with the official award notification from the granting agency.
- If a postdoctoral scholar's application is funded, the postdoctoral scholar will receive a financial reward of **\$1000.00** and will be designated as a recipient of The Office of Postdoctoral Education Postdoctoral Scholars Award.
- Awarded monies may be utilized to enhance the postdoctoral scholar's training respective to the funded grant. Allowable expenses include internships up to a month period, attending educational workshops, visiting laboratories to perform collaborative studies, travel to national and international professional conferences to present current findings, and, in general, expand their professional horizons. Research supplies, equipment or salary support will not be allowable expenses. All award winners must submit a short written report detailing their experiences before expenses will be reimbursed. Expenses are reimbursed upon submission of appropriate receipts according to UAB expenditure guidelines.

Eligibility: This plan is available to postdoctoral scholars in any graduate discipline in which extramural individual fellowship funding is available. Such funding must provide more than half the scholar's current salary. Applications for and receipt of travel and other small grants will not be eligible for this incentive plan. *Only one Office of Postdoctoral Education Postdoctoral Scholars Award will be granted per person.* An individual must apply for the award within six months of receiving the official award notification. Reimbursement must be requested immediately following the event.

The OPE Career Enhancement Award Four Career Enhancement Awards up to \$1500 will be given twice a year to Postdoctoral Scholars to enhance their professional Development. Allowable expenses include: Internships up to a one month period, attending extramural courses (e.g. NIH, Cold Spring Harbor, Woods Hole, etc) to learn new skills, and visiting laboratories to conduct collaborative studies. These funds cannot be used for the purpose of travel to scientific meetings. Previous CEA recipients are welcome to apply but should state in the application the date(s) of previous awards as well as the report of the activity.

Applicants must be postdoctoral scholars in good standing at UAB. Interested parties should submit:

- Updated curriculum vitae
 - a short description (no longer than 2 pages) of the educational activity as well as the potential benefits
 - a letter from the mentor endorsing the activity
 - a letter of invitation from the collaborative research partner
-

- a letter of invitation from the sponsoring event (if possible)
- a budget of anticipated expenses

Deadlines for submitting applications for the twice yearly competition will be communicated by email, flyers or on the OPE website. The applications should be sent by email to the OPE and will be reviewed by members of the Council of Postdoctoral Education (COPE) and ranked according to the following criteria: (1) potential impact of the education activity to the career development of the applicant and (2) research productivity of the applicant during his/her postdoctoral training as judged by publications and presentations in national and international meetings. Successful applicants will be notified and must complete their activity within the time period allowed. All requests for reimbursement must be submitted within 30 days of the activity.

See expenditure guidelines at the UAB Financial Affairs website for all reimbursable items for employee or trainee travel and the appropriate procedures. Airline tickets may be provided in advance by the UAB Travel office.

Receipt of this award does not guarantee acceptance into the desired education activity; similarly, acceptance into a desired educational activity does not guarantee receipt of the Postdoctoral Career Enhancement Award.

The OPE Internship Award In order to enhance career opportunities available to postdoctoral scholars at UAB, the Office of Postdoctoral Education is providing monies to assist with the funding of internships in industrial, administrative, or academic settings within UAB or the Birmingham area. Providing such opportunities will add to the development and training experience of postdoctoral scholars as they define their independent career paths.

Award Description:

- The OPE will fund up to two awards per year in the amount of \$5000 each to aid scholars in their performance of internships within or outside of UAB. Specifically, these monies will be used to purchase a percentage of a postdoctoral scholar's effort from his/her mentor for the purposes of completing an internship.
 - Postdoctoral scholars in their second or subsequent years of postdoctoral training are eligible. Interested scholars must submit:
 - An updated CV
 - a short description (no longer than 2 pages) of the internship as well as the potential benefits to his/her career
 - a letter from the mentor endorsing the activity
 - a letter of invitation from the collaborative research faculty or professional organization
 - a description of the internship training plan and evaluation process
 - Following submission, applications will be reviewed and ranked by a group of Council of Postdoctoral Education (COPE) members according to:
 - Potential impact of the education activity to the career development of the applicant
 - Research productivity of the applicant during his/her postdoctoral training as judged by publication and presentations in national and international meetings.
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- Application for this award will be accepted and reviewed on a rolling receipt basis. Internships must be completed within one year of notice of award.
- Internships for a 6 week period may be performed in an industrial, administration, or academic setting. The length of the internship may be extended pending mentor's approval and availability of supplementary funds from the internship host. These monies are not to be used for the purpose of travel to scientific meetings. Acceptance into a desired internship does not guarantee receipt of The Office of Postdoctoral Education Internship Award.
- All awardees will be required to present a summary of their internship experiences during the OPE career workshop series. In addition, awardees will be required to provide contact information upon the completion of their postdoctoral training in order to track their career paths. All participating mentors and internship hosts will be required to submit evaluations of the postdoctoral interns and provide feedback regarding the benefit of the postdoctoral internship experience to their respective laboratories/offices.

The OPE Travel Award – Four awards of \$500 each will be given twice a year to Postdoctoral scholars to enhance their professional development. Allowable expenses include travel to national or international scientific meetings for the purpose of giving an **oral presentation**. These monies are not to be used for the purpose of attending extramural courses (e.g. NIH, Cold Spring Harbor, Woods Hole, etc) or visiting laboratories to perform collaborative studies.

Applicants must be postdoctoral scholars in good standing at UAB. Interested parties should submit:

- An updated CV
- A short description (no longer than two pages) of the scientific meeting or conference as well as the potential benefits to his/her career plans
- A letter from the mentor endorsing this travel
- A letter of invitation from the meeting or conference organizers to give an **oral presentation** on research-related work
- A budget of anticipated expenses

Application deadlines will be communicated by email, flyers, and OPE website. Applications must be submitted electronically. All applications will be reviewed by OPE and ranked according to the following criteria: 1) potential impact of attendance at the scientific meeting or conference to the career development of the applicant; and 2) research productivity of the applicant during his/her postdoctoral training as judged by publication and presentations in national and international meetings.

See expenditure guidelines at the UAB Financial Affairs website for all reimbursable items for employee or trainee travel and the appropriate procedures. All requests for reimbursement must be submitted within 30 days of the activity. Airline tickets may be provided in advance by the UAB Travel office.

Receipt of this award does not guarantee an oral presentation at the desired meeting; similarly, an oral presentation at a desired meeting does not guarantee receipt of the Postdoctoral Travel Award.

DIRECTORY

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(205) 934-3970, lschwieb@uab.edu

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(205) 975-7021, alanakei@uab.edu

Patrice Hinton Oswald, Ed.S., LPC, UAB Office of Career and Professional Development Services,
205-934-4324 or email careerservices@uab.edu.

International Recruitment & Student Services, Smolian International House,
(205) 934-3328 Phone, (205) 934-8664, email iss@uab.edu

Benefits, 701 20th Street South, 264 Administration Building, Birmingham, AL 35294-0102, (205-934-3458 phone, (205) 975-7402 fax, Benefits@uab.edu
<http://www.hrm.uab.edu/main/benefits/index.html>

IMPORTANT WEBSITES

Office of Postdoctoral Education – <http://www.uab.edu/postdocs>

MERIT Program - <http://www.uab.edu/meritprogram/>

PhDCareers – www.phds.org

National Postdoctoral Association – www.nationalpostdoc.org
