

PDA Meeting  
4/2/2021

Finance: Alex

- Yasmin's compensation? Wyatt – haven't heard from her. Bruce – can only try so much. The next steps will be up to her. Wyatt will send one final thank you e-mail to try to send payment
- Postdoc Research Day – Will contact Betty to get current budget so that we will know how much we can spend on PDRD (odds are we won't be able to spend all the money that we have)
- Awards committee for PDRD – what to do? Anyone done this before?
  - Bruce will give info on continuity for how things have been done in the past – don't stress if you don't know what to do about specific committees

Postdoc Speaker Series: Wyatt

- Jack from Bio – not great at applying to e-mails, hopefully talk will happen
- One more talk from admin about financial security in May
- Send another e-mail to put out call for talks for empty dates

Outreach: Lauren

- Women in STEM Family Building Workshop – talk about benefits for postdocs, postdocs who are parents
- Working with Dylan & Bruce to put together emergency fund letter – current benefits to postdocs, vulnerabilities due to COVID (Dylan still crafting letter, will finalize next month for feedback)
- P2P: planning to start back next month (no details yet)

Department Rep Program: Julia & Allison

- PDF to send to all new postdocs with department reps bios & locations
- P4P video series – department reps making videos, 2 each (one professional/research related, one social/fun related) – plan to start over next month, will have some videos starting in May (can share one in each PDA Digest)
- Documenting metrics – pre-test for postdocs to monitor if goals of program are met
  - Will be good if we present on this at NPA Meeting

Travel Awards: Maureen

- New session launched – deadline April 30<sup>th</sup>
  - Lots of \$\$\$ to give for awards – virtual conferences & meetings
  - Funds can be used within 1 year – as soon as April 15<sup>th</sup>
  - Can others post posters? Julie can do RC2, Allison Can do RC1S
- Looking for someone to take over position on PDA
  - Advertise position?
  - 2 people taking over might be better
  - If you know anyone or have anyone in mind, suggest them!

- Maureen should write description of position to seek out another person
- Will stay on for June to transition

#### Engagement: Deb

- Cooking class – registration almost full, popular class
- Postdoc of the month – award letter given to Feb recipient
- Yoga classes & movie club are going well - a few more people signed up for movie club with Ankita's recent email, working with Christina to follow up

#### Communications: Ankita

- Updating exec council on website – Andrew & Jocelyn not yet removed, wasn't sure... Should we leave until we have a new one?
- Planning to have a call for PDA Seminar help for Wyatt? – Wyatt doesn't see any need for this, since cycle is almost ending

#### PDA Digest: Kelsey

- Send anything for PDA Digest by next Friday 4/8

#### Standardizing letter for POTM

- Bruce: we should send a letter for everyone, to prevent equity issues
- Right now in Deb's local drive, but will share with everyone

#### International: Jocelyn

- Movie Club: 13 people answered survey, will be included in future events
  - So far going well, 4-5 people come each time
  - Hope to increase participation
- 2 people interested in taking over position
  - Sent an email 1-2 weeks ago but no response
  - Will send one more email

#### AAPI statement from PDA

- List of resources to include in our statement
- Who wants to write statement?
  - Lauren is happy to put a statement together including resources from Jocelyn
  - Will send to everyone to include in PDA Digest – or separate email?
  - Ankita can help draft statement
  - BOTH – email and PDA Digest
  - Should it go on website? More permanent... maybe not
  - One for Boulder, one for AAPI? Specific attention for targeted demographic attack, separate for one random attack at a store...

#### PDRD

- ARE WE SURE we want to do PDRD? If everyone is involved, we can do it, but not if only a few of us are...
- What is the purpose of PDRD? How was it done before?
  - 10 consecutive years – one thing institution has done to truly acknowledge postdocs and their importance
  - Showcase for postdocs to present research – posters, oral presentations, awards, professional development talks or workshops
  - Intent is to have University-wide celebration of postdocs
  - Fundraising has usually been the biggest challenge in the past (but not an issue this year because what are we going to spend \$\$ on??)
    - Not really food
    - Awards we can still give out
    - Probably don't need to raise the kind of capital we have in the past
  - Long-standing commitment from graduate school, vice chancellor of research, and provost to support PDRD
    - \$14,000/year to support event
    - PDRD, PDA Budget, and travel funds = \$30,000/year
  - This year we should be intentional – what do we need to spend \$\$ on?
    - Areas we want to spend money – think about this first
    - Then we will have a better idea of how much \$ we will spend this year
- Can we do a week of activities instead of just a full day PDRD?
  - Maybe 2-3 days would be best
- Annoyance of virtual meetings ... how can we make it unique?
  - Networking with former postdocs in breakout rooms?
  - Did in person at last PDRD with round tables – could do exact same thing virtually
  - Easy to set up, done at a lot of virtual conferences – most will show up to networking
  - Topic tables – i.e. separate sessions – one for alumni; one with people who know resources (wellness, financial, etc.)
  - A lot of postdocs who, with career uncertainty in 2008-2009, had to navigate similar circumstances as we have now – could do a session related to this
- PDRD WILL HAPPEN! Who wants to be president? Who wants to be on different committees?
  - Wyatt will take the lead as PDRD chair (Bruce will work closely with him (as much as he wants), along with graduate school support with finances and awards)
  - Vice chair, finance committee, communication, awards
  - Julie will be vice chair, Ankita will be communications committee chair
  - Alex will do finance committee chair
  - THEME: ideas
    - Mental Health
    - Navigating opportunities during challenging times
    - Networking during a pandemic / Networking and connection in the “new normal”
    - Resilience
    - General wellness theme – financial, mental, and another aspect for each day
    - Social justice & equity

- How to rebound from the pandemic
    - Focus on positives of pandemic – silver linings, surprising successes, new practices for mental health, etc.
    - Balance with positives & negatives – put into context (hardships & successes)
  - THEME: Rebounding with Resilience
    - Subthemes: Day 1 = social justice, day 2 = mental health, day 3 = successes
  - Number of days & time per day
    - 2-3 days, 3 hours per day maximum
    - Maybe not consecutive days – once per week for 3 consecutive weeks?
- Activities for each day (2-3 hours max)
  - Social Justice, Day 1
    - Julia: Unhoused crisis during pandemic; Many shelters in Denver slated to be closed – could we advocate to Denver leaders to keep these open?
    - AIR/OIA had social justice event previously – contact them for list of speakers
    - Lauren: Equity certificate program – presentation/workshop about promoting equity & inclusion in classroom, in labs, developing syllabi, recruiting diversity in science; How to write diversity statements
    - Speaker to help unpack events from last year, and strategies / events they can do to promote inclusivity & equity; connection to other resources for those that want to do more (training related to processing of seeing horrific tragedies – how do we respond? What can we do?)
    - Roundtable for activism to get people involved in current efforts
    - Speaker ideas: Brenda J Allen, Sonia Flores, Kia Washington, Bystander training from Lena Tenney and Marcela Her of NPA (how to speak up when not in a position of power)
    - ~2 hours –workshop followed by roundtable
  - Day 2: mental health
    - Speaker ideas: Alex Yannacone, Mandy Doria, Steve Berkowitz
    - Setting personal boundaries for work/life balance
    - Strategies for improving mental health
    - How to deal with anxieties related to pandemic
    - Showcase resources available on campus (faculty & staff mental health clinic)
  - Day 3: Successes
    - Inviting former postdocs that found jobs during pandemic
    - Career panel
    - Highlight successes or new directions that might not have happened without pandemic
    - Outreach or new hobbies developed during pandemic
    - Newfound side of you, epiphany, new tools
    - One event on professional side, one on personal side of things
- Good start to planning. Will discuss more in next PDA Meeting.
- PDRD should become disaggregated from PDA meetings- need separate meeting just for PDRD
- Resources in PDA Drive: PDRDs past, description of activities that need to be done
  - Don't need to reinvent the wheel even though we're changing things we did previously

- Wyatt will set up Zoom meeting for next Friday – same time as regular PDA Meeting