

CAREER DEVELOPMENT

Fall 2020

This year-long series of informal presentations and interactive workshops covers a variety of career exploration & professional development topics to help graduate students and postdocs succeed in (and beyond) grad school!

Find more info & resources at:
upstate.edu/grad/career/index.php

WEDNESDAY, SEPTEMBER 16, 2020 | 12:00 - 1:00 PM | ZOOM

“Academic Support - Time Management and Productivity”

*Katie Daley, Academic Support, CON, CHR, COGS
SUNY Upstate Medical University*

Please join us as Katie Daley walks us through the Academic Support Services offered at Upstate Medical University. Services provided include workshops, academic counseling, peer tutoring, and academic strategies which include: learning styles, learning strategies, study skills, test taking and test anxiety.

WEDNESDAY, OCTOBER 14, 2020 | 12:00 - 1:00 PM | ZOOM

“Writing a Scientific Manuscript”

*Dimitra Bourboullia, PhD
Assistant Professor of Urology, Assistant Professor of Biochemistry and Molecular Biology
SUNY Upstate Medical University*

We are what we repeatedly do. Excellence, then, is not an act, but a habit. – Aristotle
Getting into the habit of writing about your area of research, of describing the experimental methods you use, of creating the figures for your results sections, or providing your overall interpretation on your discoveries you make, guarantee excellence!
In this workshop, we will be discussing how to manage all parts of a scientific manuscript and get tips on how to write a story the readers will enjoy!

WEDNESDAY, NOVEMBER 30, 2020 | 11:15 - 12:15 PM | NAB 4414BC

“Evolving from a Bystander to an Upstander”

*Mark Schmitt, PhD
Dean, College of Graduate Studies
SUNY Upstate Medical University*

What is a bystander and an upstander? How can we handle difficult situations within our own work space whether it impacts ourselves or colleagues?
Please join us as Dr. Schmitt walks us through how to react to bad or malignant behavior. In addition, knowing when a particular behavior is inappropriate and how to shut down aggressive or unprofessional behavior even when it's your boss. Lastly, learn resources that contribute to a healthy and positive work environment.

WEDNESDAY, DECEMBER 9, 2020 | 12:00 - 1:00 PM | ZOOM

“How to Select a Postdoc Advisor”

*Mariano Viapiano, PhD
Associate Professor, Department of Neuroscience & Physiology
SUNY Upstate Medical University*

Currently looking for a postdoc position or hoping to become a postdoc after graduation? Join us as Dr. Viapiano walks us through exactly what to look for as you apply for postdoc positions. In addition, how to stand out in the applicant pool as well as what you should look for when you select an advisor and lab.

WEDNESDAY, DECEMBER 16, 2020 | 12:00 - 1:00 PM | LOCATION TBD/ZOOM

“Preventing a Burn out”

*Holly Vanderhoff, PhD
Co-Director, Student Counseling Service, Assistant Professor of Psychiatry and Behavioral Sciences
SUNY Upstate Medical University*

End of the semester having you feeling burnt out? Maybe Syracuse weather has something to do with it? You are not alone. Please join us as Dr. Holly Vanderhoff help us recognize signs of a burnout and a plan of action when handling difficult situations and steps towards professional growth.