

Introduction to post-doc life at the *University of Virginia*

Office of the Vice President for Research &
Graduate Studies

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The University of Virginia: A leading research university

- Consistently ranked as one of the top two public research universities since 1998 (*U.S. News*)
- Medical Center named a “Top 100” hospital for the sixth year in a row (*Solucient*)
- Faculty secured more than \$330 million in external research funding in FY07
 - 13,500 undergraduates, 6,400 graduate and professional students, 450 post-doctoral research associates, 3,107 faculty



Post-doctoral enhancement programs

- A unit of the Office of the Vice President for Research & Graduate Studies (VPRGS).
- Provides a centralized office to act as a clearinghouse for information and assistance.
- Facilitates communication and serves as a liaison with units such as:
 - International Studies Office (ISO)
 - University Human Resources (UHR)
 - Office of Sponsored Programs (OSP)
 - Individual schools
 - Academic departments



Who we are...

- Roseanne Ford, *associate vice president for research and graduate studies*
- Cheryl Burgan Evans, *director of graduate student diversity programs*
- Wendy Perry, *director of graduate student and post-doctoral professional development programs*
- Dave Wolcott, *assistant to the associate vice president*
 - Teresa Morris, *program support technician*
 - Kedrick Perry, *doctoral intern*



Wendy Perry, *director of graduate student and post-doctoral professional development programs*

Where we are...

- Thornton Hall A-123
- School of Engineering & Applied Science (SEAS)
- www.virginia.edu/vprgs/gradstudies/



What we do... seminar series

- Seminar series 2007-08
 - Visa issues for post-docs (9/17/07)
 - Developing a research project (10/23/07)
 - CVs and cover letters for academic and research audiences (11/30/07)
- Seminar series 2006-07
 - Introduction to CVs and resumes
 - Grant writing 101
 - Visa issues for post-docs
 - Ethics in research: Who owns what?
 - Preparing a teaching portfolio
 - Proper presentation/documentation of data
 - Negotiation skills
 - Transitioning from post-doc to faculty

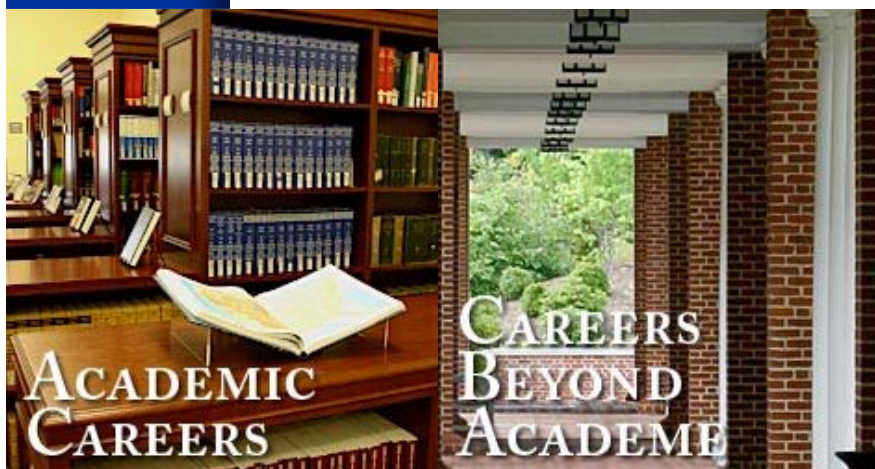


What we do...

career & professional development

- Recently hired director of graduate student and post-doctoral professional development programs
- One-on-one counseling sessions
- Critique of job search materials
- Extensive career services-related website at:
artsandsciences.virginia.edu/gradschoolcareer

- Wendy Perry
434.243.4014
wperry@virginia.edu



What we do...

services on behalf of post-docs

- Provide health insurance policy for post-doctoral fellows (MAMSI)
- Referrals to the Center for American English Language & Culture (CAELC), which offers courses to improve English skills
- Ombudsman services, in conjunction with Office of Equal Opportunity Programs (EOP)



- Representation at the National Postdoctoral Association (NPA)
- Post-doc listserv
- Post-doctoral Enhancement Programs website:

www.virginia.edu/vprgs/postdoc

Postdoctoral Office: Post-doctoral Enhancement Program

[Health Insurance Information](#)

[Fellow & Research Associate Policies](#)

[International Postdocs](#)

[Resources](#)

[Update Your Information](#)

Dr. Ariel Gomez, Vice President for Research and Graduate Studies, has begun an initiative to organize and develop Post-doctoral Enhancement Programs at the University. The University of Virginia has an institutional commitment to enhancing the post-doctoral experience. The institution feels that such a commitment is necessary to improve the overall quality of research, improve national and international rankings, ensure federal compliance and ultimately, because it is the right thing to do for this group which represents one of the most important components of the University's research endeavor.

Post-doctoral Enhancement Programs is designed to review policies concerning post-doctoral fellows at the University and to recommend changes to improve and enhance their post-doctoral experience. The program provides one office to act as a clearinghouse for information and assistance. The office facilitates and acts as a liaison for post-doctoral fellows with the appropriate University offices. It provides assistance in dealing with post-doctoral administrative issues such as compensation, health insurance and benefits, visa requirements, employment duration, professional development, research funding sources, and grievance resolution.

A "Fast Fact" sheet for new Research Associates (i.e. post-docs) may be found [here](#).

For questions regarding post-doctoral issues, please contact 243.2018 or postdoc-at-virginia.edu.



Contact Us

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Frequently Asked Questions (FAQs)

- Where can I inquire about tax-related issues?

Consult a tax professional.

- Where can I inquire about health insurance and other benefits?

Margaret Marsh, 4.0721, mmm9y.

- Where can I sign-up for health insurance benefits as a post-doc fellow?

Have your office/department contact Mollie Iseli, 4.3502, mjm8k.

How to succeed as a post-doc

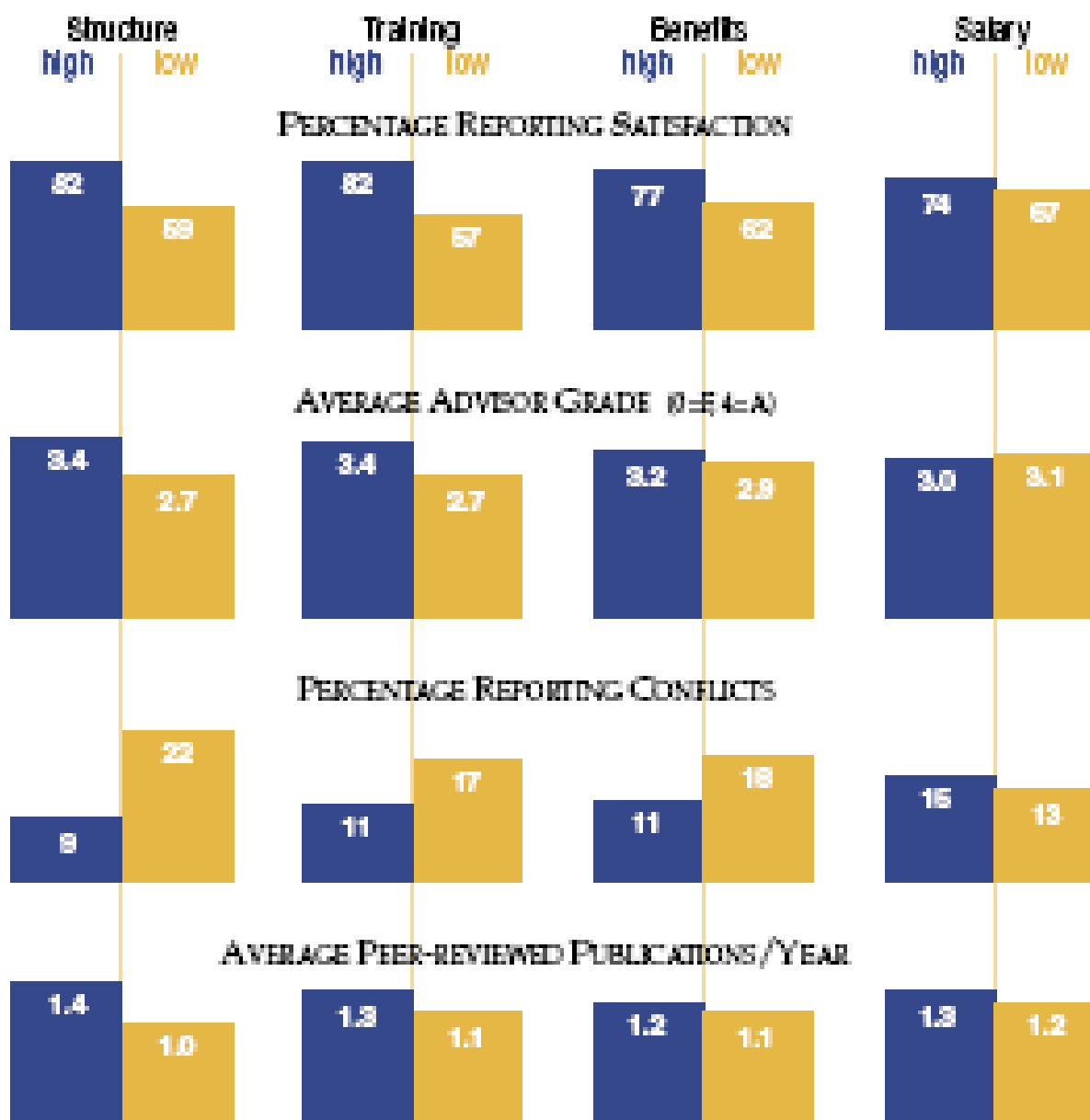
“Post-docs reporting the greatest amount of structured oversight and formal training are much more likely to say they are satisfied, to give their advisors high ratings, to experience relatively few conflicts with their advisors, and to be more productive in terms of numbers of publications compared with those with the least oversight and training.”

Sigma Xi Post-doc Survey, 2005

www.sigmaxi.org/postdoc/highlights.pdf



CORRELATES OF SUCCESS



How to succeed as a post-doc

“...a single-standard deviation difference in our measure of structured oversight or of formal training (roughly the equivalent to adding a written plan that covers both post-doc and advisor responsibilities and instituting regular, formal reviews) corresponds to the same difference in satisfaction seen in people with salary differentials of \$20,000.” ★

Sigma Xi Post-doc Survey, 2005

www.sigmaxi.org/postdoc/highlights.pdf



How to succeed as a post-doc

- Establish a plan with your advisor/mentor
 - Identify responsibilities/expectations of advisor/mentor
 - Identify responsibilities/expectations of post-doc
 - Establish process of evaluation, formal and/or informal*
- Be familiar with policies governing your appointment (*i.e.* [policy on Professional Research Staff](#))
- Participate in training seminars and other educational opportunities (*e.g.* trc.virginia.edu)
- Take advantage of career and professional development services



* *Minimum evaluation intervals are outlined in the policy on Professional Research Staff (PRS).*



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