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Celebrating National Postdoc Appreciation Week: 20-24 September 2021

Stellenbosch University is proud to host 343 Postdoctoral Research Fellows and Consolidocs in 2021. During National Postdoc Appreciation Week, 20-24 September 2021, Higher Education Institutions in USA and Europe celebrate Postdoctoral Researchers and their important contribution to research. We have

partnered with the National Postdoc Association of the USA to join on these celebrations.

At Stellenbosch University, we value and understand the priceless contribution of Postdoctoral Research Fellows to the research community and in supporting the vision and mission of the university in being the leader in Research innovation and impact in Africa and globally. The Postdoctoral Research Support Office, the Postdoctoral Society Executive Committee and the office of the DVC: Research, Innovation and Postgraduate Studies, wishes to invite all Postdoctoral Researchers, PhD students, and the Academic community to share in the celebrations. Share messages of support and encouragement to the Postdocs, learn about the Postdoc activities and join in on the fun.

#SUPostdocs2021 #I_Am_A_Postdoc #CelebratingPostdocs #AfricaResearch #NPAW2021 #NPAWAfrica2021 #TrustMe ImAPostdoc

We look forward to engaging and celebrating with you

The Postdoc Research Support Office

Dr Palesa Natasha Mothapo: Head, Postdoctoral Research Support

Mrs Izel Rossow: Coordinator, International Postdocs

Ms Lee-Anne Seymour: Coordinator: South African Postdocs



Programme of events at Stellenbosch University and with NPAW partner Universities

*More joining links will be shared on pour postdocs social media pages and via emails.

Career and professional	Mental health	Social
development	and wellness	Social

Date	Stellenbosch University NPAW activities	National Postdoc Association of the USA and NC State NPAW activities
September	1. 10h00-12h00 Opening of NPAW • Messages from Rector, DVC and Deans, and Senior director DRD Meet the PostDoc Office • Who we are • What we do • Consolidoc Programme • Postdoc support • SunMentor • Funding • Capacity Development Click here to join the meeting 2. 13h00-14h30 "I Am a Postdoc" • Video collage from postdoc • Current and former Postdocs share their experiences during and post postdoc Click here to join the meeting 3. 15h00-16h00 Designing your postdoc and Life after the postdoc 4. 16h30-17h30 Virtual Happy Hour	How to navigate career transitions by treating it like you're building your own start-up NC State University RSVP: 11:30am – 1:00pm Eastern Time We will discuss 7 steps to navigating career transitions which are adapted from an article on how to get a start-up company off the ground. https://go.ncsu.edu/treat-your-career-as-a-startup Remote Postdocs Unite! University of Florida RSVP: 6:30pm – 7:30pm Eastern Time Remote postdoc positions present excellent opportunities but also potential challenges. Join Kevin Burgio, Ph.D., author of Ten Simple Rules for a successful remote postdoc (2020) for a discussion on how to make a remote postdoc position work for you. https://ufl.zoom.us/meeting/register/tJYof-qtpjMvGtflv47g7S9hxEjblYtdJ-Er

21 September

1. 09h00-10h00

Mental health and wellness awareness: Taking care of ourselves

2. 11h00-12h00

Creating visibility around you

3. 13h00-14h30

Writing and communicating with the public

4. 17h00-18h00

Instagram live: The Person Behind the PostDoc

3 guests and moderator

Connecting for Career Success

NPA & NPAW 2021 Steering Committee RSVP:2pm – 3pm Pacific Time bit.ly/NPAW21CareerConnect

Remote Postdocs Unite!

University of Florida

RSVP: 6:30pm - 7:30pm Eastern Time

Remote postdoc positions present excellent opportunities but also potential challenges. Join Kevin Burgio, Ph.D., author of Ten Simple Rules for a successful remote postdoc (2020) for a discussion on how to make a remote postdoc position work for you.

https://ufl.zoom.us/meeting/register/tJYofqtpjMvGtf1v47g7S9hxEjb1YtdJ-Er

22 September

1. 10h00-11h00

Coffee Convo: The PostDoc landscape: Moving forward in uncertain times

CoMuffin time – **My Brew** coffee and muffins at Stellenbosch and Tygerberg Campus (all morning)

2. 11h15-12h15

Your CV and Academia:

Your academic CV and writing the research statement for academic job applications

3. 12h30-14h00

Postdocs Paths to Innovation

4. 16h00-17h30

My Journey

- a. Reflections of a career in academia
- b. Reflections of a career in industry

Advice on how to move forward with your career by Dr. Randall Ribaudo (SciPhD)

University of Chicago RSVP: 12:00 Central Time

https://uchicagomedicine.zoom.us/webinar/register/WN_tuX5lCd2SEGHzCnxIFDqgA

Centering your identity and interests while preparing for your next career step

Postdoc Academy

RSVP: 1pm – 2pm Eastern Time

https://bostonu.zoom.us/meeting/register/tJYsfu6grzouHdL2uCv6_m5xohu89cUVnZg1

23 September	 1. 10h00-11h30 Personal Branding Whole Person Academy 2. 12h00-13h00 Postdoc and family life: Finding a balance 3. 13h30-14h30 "Ask a Postdoc" Giving the postgrads an opportunity to ask Postdocs 	Transitioning from a Postdoc to an Early-Career Professional at a Federal Agency ORISE RSVP:12pm – 1pm https://www.zoomgov.com/webinar/register/WN_dQy0xSQzSD-8MWqC9l07Lg
	questions 4. 18h00 to 20h00 Family games and Movie night	
24 September	1. 07h00 – 10h00 Virtual walk: Best photos wins a prize 2. 10h00 -11h30 From Academia to? Exploring Diverse Careers after PhD/Postdoc 2nd Postdoctoral Research Conference of Southern Africa: Announcement and registration information	Becoming Visible in STEM While Finding Your Niche University of Illinois at Chicago RSVP:11:30am – 12:45pm https://research.uic.edu/opa/upcoming-events-and-training/career-development-symposium/ Preparing for Life After Postdoc: Setting Yourself Up for Success Cincinnati Children's Hospital and University of Cincinnati RSVP:1pm – 2pm https://bit.ly/PostDoc2
	3. 13h00-13h30 Socially distanced photo opportunity -Tygerberg and Stellenbosch Campus 4. 14h00-15h00 Lets talk Mentorship 5. 15h15-15h45 National Postdoc Association, South Africa • Let's start an association and network of Postdoc	