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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



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

	Career and professional development		Mental health and wellness		Social
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Date	Stellenbosch University NPAW activities	National Postdoc Association of the USA and NC State NPAW activities
20 September	<p><b>1. 10h00-12h00</b> <b>Opening of NPAW</b></p> <ul style="list-style-type: none"> <li>• Messages from Rector, DVC and Deans, and Senior director DRD</li> </ul> <p>Meet the PostDoc Office</p> <ul style="list-style-type: none"> <li>• Who we are</li> <li>• What we do</li> <li>• Consolidoc Programme</li> <li>• Postdoc support</li> <li>• SunMentor</li> <li>• Funding</li> <li>• Capacity Development</li> </ul> <p><a href="#">Click here to join the meeting</a></p> <p><b>2. 13h00-14h30</b> <b>“I Am a Postdoc”</b></p> <ul style="list-style-type: none"> <li>• Video collage from postdoc</li> <li>• Current and former Postdocs share their experiences during and post postdoc</li> </ul> <p><a href="#">Click here to join the meeting</a></p> <p><b>3. 15h00-16h00</b> Designing your postdoc and Life after the postdoc</p> <p><b>4. 16h30-17h30</b> <b>Virtual Happy Hour</b></p>	<p><a href="#">How to navigate career transitions by treating it like you're building your own start-up</a> NC State University <b>RSVP: 11:30am – 1:00pm Eastern Time</b> 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. <a href="https://go.ncsu.edu/treat-your-career-as-a-startup">https://go.ncsu.edu/treat-your-career-as-a-startup</a></p> <p><b>Remote Postdocs Unite!</b> University of Florida <b>RSVP: 6:30pm – 7:30pm Eastern Time</b> 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. <a href="https://ufl.zoom.us/meeting/register/tJYof-qtpjMvGtf1v47g7S9hxEjb1YtdJ-Er">https://ufl.zoom.us/meeting/register/tJYof-qtpjMvGtf1v47g7S9hxEjb1YtdJ-Er</a></p>



<p><b>23 September</b></p>	<ol style="list-style-type: none"> <li><b>1. 10h00-11h30</b> <b>Personal Branding</b> Whole Person Academy</li> <li><b>2. 12h00-13h00</b> <b>Postdoc and family life: Finding a balance</b></li> <li><b>3. 13h30-14h30</b> <b>“Ask a Postdoc”</b> Giving the postgrads an opportunity to ask Postdocs questions</li> <li><b>4. 18h00 to 20h00</b> <b>Family games and Movie night</b></li> </ol>	<p><b>Transitioning from a Postdoc to an Early-Career Professional at a Federal Agency</b> ORISE <b>RSVP:</b>12pm – 1pm <a href="https://www.zoomgov.com/webinar/register/WN_dQy0xSQzSD-8MWqC9I07Lg">https://www.zoomgov.com/webinar/register/WN_dQy0xSQzSD-8MWqC9I07Lg</a></p>
<p><b>24 September</b></p>	<ol style="list-style-type: none"> <li><b>1. 07h00 – 10h00</b> Virtual walk: Best photos wins a prize</li> <li><b>2. 10h00 -11h30</b> From Academia to.....? Exploring Diverse Careers after PhD/Postdoc</li> </ol> <p><b>2<sup>nd</sup> Postdoctoral Research Conference of Southern Africa: Announcement and registration information</b></p> <ol style="list-style-type: none"> <li><b>3. 13h00-13h30</b> Socially distanced photo opportunity -Tygerberg and Stellenbosch Campus</li> <li><b>4. 14h00-15h00</b> Lets talk Mentorship</li> <li><b>5. 15h15-15h45</b> National Postdoc Association, South Africa <ul style="list-style-type: none"> <li>Let’s start an association and network of Postdoc</li> </ul> </li> </ol>	<p><b>Becoming Visible in STEM While Finding Your Niche</b> University of Illinois at Chicago <b>RSVP:</b>11:30am – 12:45pm <a href="https://research.uic.edu/opa/upcoming-events-and-training/career-development-symposium/">https://research.uic.edu/opa/upcoming-events-and-training/career-development-symposium/</a></p> <p><b>Preparing for Life After Postdoc: Setting Yourself Up for Success</b> Cincinnati Children's Hospital and University of Cincinnati <b>RSVP:</b>1pm – 2pm <a href="https://bit.ly/PostDoc2">https://bit.ly/PostDoc2</a></p>