

A photograph of two men walking in a modern building hallway. The man on the left is wearing a patterned short-sleeved shirt and brown pants, gesturing with his hand. The man on the right is wearing a dark blue jacket, jeans, and a shoulder bag, looking towards the first man. The hallway has white walls and a blue structural element in the background.

RESOURCES FOR POSTDOCTORAL FELLOWS

The PDFO provides support, advocacy, and professional development opportunities for the over 900 postdocs spanning all faculties and over 90 units at UBC. Some of the resources offered by the PDFO include:

- Quarterly **PDF Travel Award** competition to assist postdocs in presenting research at conferences, meetings, and other professional events.
- Two annual **Killam Postdoctoral Fellow Research Prizes** of \$5,000 for postdoctoral fellows who demonstrate outstanding research and scholarly contributions while at UBC.
- **Professional development programming** on a wide range of topics covering five core areas: career building, leadership, academic growth, personal growth, and personal effectiveness.
- Three annual **orientation** sessions for new postdoctoral fellows.
- **Postdoc profiles** designed to showcase the research expertise and work done by UBC postdocs.
- An online **Guide for Postdoctoral Fellows**, containing resources and information.
- An online **job board** with both internal and external opportunities.
- An online **database of award and funding opportunities**.

PROFESSIONAL DEVELOPMENT

The PDFO offers three core professional development programs:

- **Foundations of Career Planning Program:** A workshop series designed to provide postdoctoral fellows with the support and resources required to establish the foundations of a post-PDF career. Participants gain the foundations needed to structure an individual development plan, craft a professional portfolio, and navigate the interview and negotiation process.
- **PDFO-SPARC Internal Review Training Program:** Designed to integrate emerging scholars into UBC's internal grant review process while also strengthening the competitiveness of UBC's CIHR Project Grant applications.
- **Postdoctoral Fellows' Teaching Internship (PDTI):** This program is comprised of a three-day Instructional Skills Workshop and a teaching component designed to provide postdoctoral fellows with the opportunity to develop teaching philosophies, create individual teaching statements, and develop and deliver guest lectures in collaboration with a faculty mentor.

For more information and to register for PDFO sessions, visit the PDFO website: www.postdocs.ubc.ca/professional-development-events

BENEFITS

PDFs may be eligible for health benefits, which include Extended Health, Dental and an Employee and Family Assistance Program. To be eligible for benefits, a PDF must have an appointment of at least one year in length, a minimum 50% appointment and must meet the minimum salary requirements for that position. For more information and to enroll in Benefits, refer to your offer letter or visit: hr.ubc.ca/health-and-wellbeing





GENERAL RESOURCES

- **Postdoctoral Fellows Office**
postdocs.ubc.ca
- **UBC Postdoctoral Association (PDA)**
blogs.ubc.ca/ubcpda
- **Faculty Relations**
hr.ubc.ca/contact/contact-faculty-relations
- **Policy AP10 - Postdoctoral Fellows**
universitycounsel-2015.sites.olt.ubc.ca/files/2019/08/Postdoctoral-Fellows-Policy_AP10.pdf
- **University Counsel – Guiding Policies**
universitycounsel.ubc.ca/policies/index
- **Postdoc's Department Administrator**
- **Postdoc's Supervisor/PI**
- **Postdoctoral Fellows Faculty Coordinators**
postdocs.ubc.ca/resources

BENEFITS

- **Extended Health and Dental** (if eligible)
hr.ubc.ca/wellbeing-benefits/benefits/getting-started/employee-groups
- **Employee and Family Assistance Program** (if enrolled in benefits)
hr.ubc.ca/benefits/benefit-plan-details/employee-family-assistance-program

PERSONAL, PROFESSIONAL AND CAREER DEVELOPMENT

- **Centre for the Integration of Research, Teaching and Learning (CIRTL) at UBC**
cirtl.ubc.ca
- **Centre for Teaching, Learning and Technology**
ctl.ubc.ca
- **Coaching @ UBC** (if eligible)
hr.ubc.ca/coaching
- **entrepreneurship@UBC**
entrepreneurship.ubc.ca
- **UBC LinkedIn Learning**
linkedinlearning.ubc.ca
- **UBC Workplace Learning and Development**
hr.ubc.ca/career-development/workplace-learning-opportunities

PROFESSIONAL RESOURCES

- **Intellectual Property Guide**
grad.ubc.ca/intellectual-property-guide
- **Office of Research Services**
ors.ubc.ca
- **Vice-President, Research & Innovation**
research.ubc.ca

HEALTH, WELLNESS AND SUPPORT

- **Centre for Accessibility**
students.ubc.ca/about-student-services/centre-for-accessibility
- **Equity and Inclusion Office**
equity.ubc.ca
- **Housing & Relocation Services**
hr.ubc.ca/housing-relocation/
- **UBC Investigations Office**
investigationsoffice.ubc.ca
- **Sexual Violence Prevention and Response Office**
svpro.ubc.ca
- **UBC Accessibility Shuttle**
students.ubc.ca/about-student-services/centre-for-accessibility/ubc-accessibility-shuttle
- **Crisis Centre** (external to UBC)
crisiscentre.bc.ca

ON-CAMPUS MEDICAL AND DENTAL SERVICES (EXTERNAL TO UBC)

- **Alkam Healthcare - Wesbrook Clinic & Pharmacy**
alkamhealthcare.com/portfolio-items/wesbrook-clinic/
- **Physioworks**
ptworks.ca
- **University Village Medical and Dental Clinic** (two locations)
universityvillageclinic.com
- **Wesbrook Eyecare Optometry**
wesbrookeyecare.com
- **Wesbrook Village Dental Centre**
wesbrookvillagedental.com