

UC San Diego

Postdoctoral and Visiting Scholar Affairs



Wednesday, January 24, 2018

11:30 AM – 6:00 PM

Thursday, January 25, 2018

8:30 AM – 1:30 PM

Medical Education and Telemedicine Building, (MET)

EPIC Bootcamp is a professional development event spanning two half days and is designed for postdoctoral scholars at the beginning of their training at UC San Diego. This bootcamp is considered [essential training](#) for postdocs and will help postdocs understand their role as a postdoc and set them up for success during their training and beyond. Participation in the bootcamp is the first step in achieving a [Certificate of Training in Specialized Paths](#) in the [EPIC Postdoc Program](#).

Registration Required: [EPIC Bootcamp](#) (Only UC San Diego [postdoctoral scholar title codes](#) are eligible).

Registration Fee: \$25 payment only accepted via recharge. An index number will be required to complete your registration. Registration includes lunch both days and breakfast on Friday, [Myers-Briggs Type Indicator](#) assessment and [StrengthsFinder 2.0](#) book.

This program is supported in part by an Innovation Grant from the Office of the Vice Chancellor for Equity, Diversity, and Inclusion. Any views or opinions expressed in this program are solely those of the speaker(s) and/or organizer(s) and do not necessarily represent those of the Office of the Vice Chancellor.

Registration Deadline: January 17, 2018

Learning Objectives for the postdoctoral scholars:

- Identify their roles and responsibilities of being a UC San Diego postdoc
- Access UC San Diego resources available to them
- Communicate their research with a clear and concise message
- Recognize their implicit bias and have tools to combat that bias
- Assess their own personality type and distinguish those of others
- Engage in the five areas of focus to manage stress
- Clarify their transferrable skills
- Create and assess structured short term and long goals
- Determine a course of action for a successful postdoctoral experience
- Evaluate course of action with peers and faculty members

January 24: Who are you?*

11:30 AM – 12:00 PM	Check in and Welcome Mixer	MET 143 - 145
	Welcome Lunch	
12:00 PM – 12:15 PM	Roles, Responsibilities and Resources	MET 143 - 145
	Mark Lawson , Faculty Director for Postdoctoral Scholar Education & Training; Prof. of Reproductive Medicine	
12:15 PM – 1:15 PM	Distilling your Message	MET 143 - 145
	Jon Reimer , Department of Theatre; Facilitator for Inspiring Research: Creative Strategies for Communication	
1:15 PM – 2:15 PM	Interactive Implicit Bias Training	MET 143 - 145
	Matthew Wroblewski , Complaint Resolution Officer, Office for the Prevention of Harassment & Discrimination	
2:15 PM – 2:30 PM	Bio Break	
2:30 PM – 4:30 PM	Understanding your Personality Type	MET 143 - 145
	Ginger Hazen , Program Manager, Postdoc Professional Development Giulia Hoffmann , Graduate Student Career Advisor	
4:30 PM – 4:45 PM	Bio Break	
4:45 PM – 6:00 PM	Five Areas of Focus for Managing Stress	MET 143 – 145
	William Youngblood , Faculty and Staff Assistance Program	
6:00 PM	Postdoc Mixer	MET 143 – 145
	Sponsored by the Postdoctoral Association	

January 25: What are you doing here?*

8:30 AM – 9:00 AM	Check in Continental Breakfast	MET 143 - 145
9:00 AM – 9:05 AM	Welcome back and Housekeeping Mark Lawson , Faculty Director for Postdoctoral Scholar Education & Training; Prof. of Reproductive Medicine	MET 143 - 145
9:05 AM – 9:20 AM	Individual Development Plan (IDP) Overview Ginger Hazen , Program Manager, Postdoc Professional Development	MET 143 - 145
9:20 AM – 10:45 AM	StrengthsFinder Skill Assessment Nisha Cavanaugh , Manager, Postdoctoral & Academic Programs Sanford Burnham Prebys Medical Discovery Institute (SBP)	MET 143 - 145
10:45 AM – 11:00 AM	Bio Break	
11:00 AM – 11:30 AM	Goal Setting Ginger Hazen , Program Manager, Postdoc Professional Development	MET 143 - 145
11:30 AM - 12:00 PM	IDP Poster Creation Pick up lunch and poster supplies	MET 143 - 145
12:00 PM – 1:30 PM	IDP Poster Session Various UC San Diego faculty member moderators (Visit check in table for participant room roster)	MET various conference rooms

*Topics and times are subject to change.

Additional Instructions:

To be completed for Day 1: An email will be sent to each registrant for information on how to take the Myers-Briggs Type Indicator online assessment. The assessment needs to be completed by **January 18, 2018**.

To be completed for Day 2: Attendees will pick up [StrengthsFinder 2.0](#) book at the check in table on July 20. The assessment needs to be completed by the next day, July 21 for the StrengthsFinder training.