

March 2019



Mark your calendar

for the annual [Grad Slam contest](#) on March 21 and encourage your students and postdocs to attend!

[Do you have a finalist in your lab?](#)

Graduate School Can Be Daunting, But You Can Help

We know that a high number of students everywhere experience emotional and psychological distress during their time in graduate school. To help you learn how to support students' mental health, recognize signs of distress, and connect students with the mental health resources available to them, Student Health and Counseling Services is offering two workshops for faculty this spring. Please RSVP for either the [March 4 session at Parnassus](#) or the [March 18 session at Mission Bay](#). Any of your staff who interact with students are also welcome to participate.

Whether or not you can attend one of the March workshops, please [download the "Act Swiftly" guide](#) today. Since you never know when you might encounter a student in distress, keep this one-sheet reference where you can get to it in a hurry.

New Graduate Division Dean's Awards Honor Students and Postdocs as Mentors

Nominations are now open for a new award recognizing the contributions of graduate students and postdoctoral scholars who have formally or informally taken on the role of mentor to their colleagues. If you know a grad student or postdoc who consistently inspires and helps others to be successful in their research, career, and professional relationships, please [nominate them](#).

We offer this award to support a mentoring culture at UCSF – one that encourages diversity and increases equity in the biomedical, social, and population sciences.

Three graduate students and three postdoctoral scholars will be selected as awardees. Each award recipient will receive a \$500 stipend and a certificate.

Nominations close on March 31. [See details on the Graduate Division website.](#)

Postdocs Settle Into a New Virtual Home

The Office for Postdoctoral Scholars brought in two groups of postdocs last year to get their insights about how a new website might better serve their needs. Taking their feedback to heart, [the new site](#) was developed and launched in January. The site is uncluttered and easier to navigate — we threw away all the content that didn't "spark joy"! Following postdocs' suggestions, the site features a [training timeline](#) and a clearer presentation of [pay and benefits](#), and it puts career, wellness, and community-building resources front and center. We are continuing to build on the [statistics available on the site](#), which now include demographics of our current UCSF postdoc population, median time in postdoc, and career outcomes data.

You may notice that resources for faculty in relation to postdocs has been removed from the site in the process of tidying-up. A new website, designed to better serve *you* in your many roles and responsibilities in relation to both graduate student and postdoc trainees, is now being developed and will launch soon. If you have any suggestions or requests, [we're all ears](#).

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