Events This Week
1. A Wild Ideas Worth Sharing Public Seminar 7/25
2. WUSTL Speaks Toastmasters Club on the Danforth Campus 7/26
3. WashU Med Masters Toastmasters 7/27
4. Summer Research Program Symposium, Part 1 7/27
5. Summer Research Summer Research Program Symposium, Part 2 and Keynote 7/28

Events Next Week
6. Gateway Festival Orchestra 7/30
7. WashU Postdoc Society Monthly Meeting 8/3
8. Work-Life Solutions Webinar 8/4

Future Events
9. NIH Mock Study Section – LOI Due 8/18
10. WebMD Stress Specialist Health Coaching Webinar 8/24

Fellowships, Awards & Contests
11. Children’s Discovery Institute Postdoctoral Fellowships
12. SFAFI Bridge to Independence Award
13. BWF Career Awards at the Scientific Interface

WU Opportunities
14. *New Short Course* U29 Bio 4867: Career Planning for Biomedical Scientists
15. Register for Fall 2017 English Language Program Courses
16. Stress Less Challenge – Begins 8/1

Other Opportunities
17. Cold Spring Harbor Laboratory Meetings & Courses Program
18. Share Your Science *Free* online course
19. NIH Loan Repayment Program

FYI
20. WUPS Facebook Page!
21. Postdoc T-shirts!

Events This Week
1. A Wild Ideas Worth Sharing Public Seminar 7/25
   Tuesday, July 25 @ 6:00 pm-8:00 pm, Free
   Missouri Botanical Ridgway Visitor Center, 4344 Shaw Boulevard, St. Louis, MO 63110
   The Wild Ideas Worth Sharing speaker series offers opportunities to network, learn, and envision a more biodiverse St. Louis region. Local and regional practitioners share stories and insights from real-world projects happening in the region, and challenge us all to wildly rethink where we live, work, play, and prosper. Free and Open to all. Registration Required. Register by Monday, July 24.
   CLICK HERE to REGISTER! Free parking in Missouri Botanical Garden lots. Free wine, beer, and light appetizers
   Featured Speakers:
   Leighton Reid, Ph.D., Assistant Scientist, Center for Conservation and Sustainable Development, Missouri Botanical Garden
   David George Haskell, Ph.D., author of The Forest Unseen and The Songs of Trees
   The Songs of Trees
2. WUSTL Speaks Toastmasters Club on the Danforth Campus 7/26
Wednesday, July 26, 2017 • 12:00 pm
Open to all WUSTL faculty, staff and graduate students. Come see what Toastmasters is all about! This friendly public speaking club is a great place to develop your presentation and leadership skills, as well make new friends from across Wash U’s campus. NEW SUMMER LOCATION – From May 17 to Aug. 9 – Umrath Hall, Room 140.
More info: http://wustlspeaks.wustl.edu/?_ga=2.233489694.1803483521.1500385603-378310338.1443814332

3. WashU Med Masters Toastmasters 7/27
Thursday, July 27, 2017 • 12:00 pm
Meets on the second and fourth Thursday each month. Toastmasters International is a learn-by-doing workshop. The club offers opportunities to network with Toastmasters in the greater St. Louis area and around the globe at regional meetings and international conferences. Contact: Ariana Jasarevic at jasarevic_a@wustl.edu. Medical Campus, Mid Campus Center (MCC), 2nd floor Conf. Room 2057.
More info: http://hr.wustl.edu/career_development/Pages/Toastmasters-International.aspx

4. Summer Research Program Symposium, Part 1 7/27
Thursday, July 27, 2017 • 1:00 pm
(1 to 5 p.m.) Students from the Inst. for Public Health’s 2017 Summer Research Program will share their work. McDonnell Pediatrics Research Bldg., Molecular Microbiology Seminar Room 8101.
More info: https://publichealth.wustl.edu/events/summer-research-program-symposium/

5. Summer Research Program Symposium, Part 2 and Keynote 7/28
Friday, July 28, 2017 • 1:00 pm
(1 to 5:30 p.m.) Keynote speaker Heidi Miller, internal medicine and students from the Inst. for Public Health’s 2017 Summer Research Program will share their work. McDonnell Pediatrics Research Bldg., Molecular Microbiology Seminar Room 8101.
More info: https://publichealth.wustl.edu/events/summer-research-program-symposium-2/

Events Next Week

6. Gateway Festival Orchestra 7/30
Sunday, July 30, 2017 • 7:10 pm • Danforth Campus
Free concert series. Be sure to join us at 7:10 p.m., prior to the concert, for our pre-concert series, Notes to Munch On, to meet the artists and to take a glimpse inside the music. Danforth Campus, Brookings Quadrangle.
More info: http://gatewayfestivalorchestra.org/event/many-miniatures-and-a-masterpiece/?instance_id=151

7. WashU Postdoc Society Monthly Meeting 8/3
Thursday, August 3, 2017, 9 am, Becker 400
Join the WashU Postdoc Society for our monthly meeting where we discuss Postdoc Life related issues and plan social and career development events. Free coffee! Questions? Contact us at postdocsociety@wustl.edu.

8. Work-Life Solutions Webinar 8/4
Developing Will Power and Self-Control for Behavior Change: a Work-Life Solutions Webinar
August 4, 2017 • 12 PM – 1 PM
Establishing self-control over behaviors such as overeating, smoking, gambling, pornography consumption, shopping, gambling and other addictive behaviors can be extremely difficult and discouraging. This course will address the nature of will power and how to develop self control for effective behavioral change.
Please join us on August 4, 2017 at 12:00pm by registering here.*
After attending this event, log into your WebMD Portal and navigate to the Rewards page activity log to manually record your attendance and earn 5 Yay! points.
*This webinar will be also be faciliated on August 17, 2017 at 12:00 pm. Register here.

Future Events

9. NIH Mock Study Section – LOI Due 8/18
Tuesday, November 14, 2017, 12:00 - 4:00 p.m.
Center for Advanced Medicine, Conference Room 1
The Office of Training Grants invites you to participate in the biannual NIH Mock Study Section. All investigators preparing an NIH grant application for the R, K, and F series are encouraged to submit their clinical or translational proposals for this internal review. Grant applications will be reviewed, critiqued, and scored by three internal faculty members as
well as other study section members and the feedback will be distributed to applicants prior to the NIH grant deadline. Since its inception in 2014, more than 50% of Mock Study participants that have submitted their applications to NIH have been funded. Observers are also encouraged to attend to get a better understanding of the review process. Faculty with NIH study section experience, we need your help! Please let us know if you are willing to participate and your areas of expertise. If interested, email: eabente@wustl.edu. Letters of Intent are due Friday, August 18, 2017. Guidelines can be found here. More information: https://crtc.wustl.edu/otg/nih-mock-study-section/

10. WebMD Stress Specialist Health Coaching – An Introductory Webinar
August 24 – 17, 2017
Are you curious about Health Coaching and how it can assist you? Are you feeling stressed out and looking for resources to help you cope? Join this webinar to learn more about your WebMD Stress Specialist Health Coaching program. This may be the perfect fit for you! Anita Ridolfo is the supervisor of the Stress Specialist team at WebMD. She has worked with WebMD for almost 14 years, 7 of those as a Stress Specialists coach. Anita has 20 years of experience in Behavioral Health. She was a Child and Family Therapist prior to working as a health coach. Anita is a Nationally Certified Counselor (NCC), a Distance Certified Counselor (DCC) and a Board Certified Coach (BCC). Click here to register. You will receive a confirmation email containing information about joining the webinar. More information about the WebMD Health Coaches can be found here.

11. Children’s Discovery Institute Postdoctoral Fellowships
Fellowships for up to $30,000/yr for up to two years are available for especially promising postdoctoral trainees to complete a research project under the direction of a mentor on an issue relevant to the goals of the CDI. LOI due August 1, 2017

12. SFAFI Bridge to Independence Award
The Simons Foundation Autism Research Initiative (SFARI) seeks to improve the understanding, diagnosis and treatment of autism spectrum disorders by funding innovative research of the highest quality and relevance. Grants awarded through the Bridge to Independence Award program are intended to invest in the next generation of top autism investigators by identifying talented early-career scientists interested in autism research and facilitating their transition to an independent research career. This request for applications (RFA) is aimed at senior postdoctoral fellows who intend to seek tenure-track faculty positions during the 2017–18 academic year. Application Deadline: August 7, 2017.
More info: https://sfari.org/funding/grants/bridge-to-independence-rfa/bridge-to-independence-award-request-for-applications

13. BWF Career Awards at the Scientific Interface
BWF’s Career Awards at the Scientific Interface (CASI) provide $500,000 over five years to bridge advanced postdoctoral training and the first three years of faculty service. These awards are open to U.S. and Canadian citizens or permanent residents as well as to U.S. temporary residents. The competition will employ a two-stage process. Pre-proposals will be reviewed and full proposal invitations will be sent by November 14, 2017. All applicants will be required to complete a web-based questionnaire assessing their eligibility to apply for this award. If eligibility criteria are met, applicants will be automatically directed to the web-based pre-proposal application. It is strongly recommended that potential applicants review the Request for Proposals prior to accessing the eligibility questionnaire. Pre-proposal due: September 6, 2017.
More information: https://www.bwfund.org/grant-programs/interfaces-science/career-awards-scientific-interface

WU Opportunities
14. *New Short Course* U29 Bio 4867: Career Planning for Biomedical Scientists
Postdocs should register online for Section 2: https://acadinfo.wustl.edu/ucollege/?term=FL2017&dept=U29
Section 2 Meeting Time: Mondays 2:00 pm-4:00 pm, October 23-December 4, 2017
Course Description: This is a 6-week course for postdoctoral researchers (Section 2) who want to jump-start career planning and professional skills needed for a broad range of scientific careers. This course will guide you through the process of self-assessment, career exploration, and goal-setting for long-term success. You will work on a team to research the scientific career path of your choice. Each team will study the specific required knowledge, skills, and attributes of their career interest or employment sector. As part of this research project, you will have the opportunity to network with alumni or local leaders in your chosen field, gaining valuable real-world insights and creating essential professional connections. Section 2: Recommended for postdocs who have been in their lab for at least 6 months. Meets October 23, 2017-December 4, 2017.
Info on Postdoc Tuition Benefit: http://hr.med.wustl.edu/Benefits/PostdoctoralAppointees/Pages/TuitionAssistance.aspx
15. Register for Fall 2017 English Language Program Courses
In the English Language Programs (ELP), we provide classes and academic support designed to strengthen English language skills and help non-native English speakers succeed at Washington University in St Louis. We offer courses throughout the year to refine presentation skills, academic and research writing, communication skills, advanced conversation skills, and more. Our ELP courses and tutorials offered in University College are free for anyone eligible for the Postdoc Tuition Benefit. We also offer appointment-based support, workshops, conversation practice, and placement testing at no charge to the university community. https://oiss.wustl.edu/english-language-programs/. Here are the courses which will be offered on the Medical Campus in fall 2017:

- **U15 213 ELP: Fundamentals of Research Writing for the Sciences**
  - **Meeting Time:** Wednesday 4:00-7:00 PM (Room TBD)
  - **Course Description:** This course covers grammar, structure, style, and information flow for research articles in the natural sciences. Participants use their own current work to practice writing, proofreading, and editing all sections of a research article. Participants also learn how to make the most of current language learning technology, including textual databases that enable them to find answers to their questions about elements of usage and structure typical for writing in their fields. Several editing workshops and individual tutorial meetings are built into the course to address language issues common to the course participants and to help strengthen participants’ skills at editing their own writing.

- **U15 270 ELP: Presentations Skills for the Sciences**
  - **Meeting Time:** Tuesday 6:00-8:00 PM (Room TBD)
  - **Course Description:** In this course for students and professionals in scientific fields who are nonnative speakers of English, participants develop their oral presentation skills. Organization, presentation style, pronunciation, and cross-cultural issues are addressed. Videotaping, individual feedback, and plenty of practice form the basis for assessment. By the end of the class, participants will have produced and practiced a complete presentation about their own research interests.

Free opportunities for additional language practice:

- **Medical Campus Book Club:**
  The English Language Programs hosts a medical campus book club in the Farrell Teaching and Learning Center. The book club meets every other Thursday from 5 until 6 pm throughout the year with the exception of a short summer break. All are welcome! Please email the book club facilitator if you are interested or would like more information: Cathy Raymond, craymond@wustl.edu.

- **Medical Campus English Corner:**
  Thursdays from 6:15-8:15 pm. Come join us for weekly opportunities to practice speaking English informally. Meetings take place at Kaldi’s in the Farrell Learning and Teaching Center. All are welcome!

16. Stress Less Challenge – Begins 8/1
Upcoming stress challenge begins Aug. 1, Register Today!
During the 28-day Stress Challenge, commit to 5 minutes each day to focus on you.
Wellness Connection is offering this new stress challenge to bring awareness to the signs and symptoms of stress, anxiety and depression, as well as to connect employees with the resources available to help you. Stress is a normal part of life, but if it’s not handled in a healthy way, it can negatively impact your physical, emotional and mental wellness. Reducing even a small amount of stress can help you feel healthier and happier.

From August 1 to August 28, complete 5 minutes of a relaxing, enjoyable activity of your choosing each day and track your progress through your WashU WebMD Portal or the Wellness at Your Side app. Participants must record “yes” or “no” for at least 21 days of the challenge to be eligible for 5 Yay! points.

**Raffle Drawing:** If you record “yes” and achieve 5 minutes of stress reduction on at least 14 days of the 28-day challenge, you will be entered into a raffle drawing for one of multiple $25 gift cards.

**Registration is now open through the WashU WebMD Portal.** Click on the Challenge icon on the Portal home page and register today. [Learn more about the Stress Less Challenge.](#)

**Other Opportunities**

17. Cold Spring Harbor Laboratory Meetings & Courses Program
The Meetings & Courses division at Cold Spring Harbor Laboratory (CSHL) is pleased to announce the ENABL scholarship program (Empowering Nextgen Advanced Biomedical Leadership). This program provides partial financial support for trainees to participate in one of our immersion laboratory courses followed by a professional development workshop, all of which are held annually. This notice is to alert you that application deadlines are approaching for two of the designated courses/workshops:

- **Scientific Writing Retreat** (deadline September 8th)

To be considered for the scholarship program, you need to 1) apply for a designated laboratory course (see below), 2) submit a financial aid request as part of your application materials, and 3) be accepted into and complete the course. You’ll then be eligible to receive additional scholarship support should you decide to apply for a subsequent professional development workshop. The order of courses does not matter: you can participate in a workshop followed by a laboratory course if you choose. It is also not necessary to participate in both the same year; this scholarship program is currently funded through 2019. Finally, the scholarships are not
binding: you can accept and use a scholarship for a laboratory course without participating in a subsequent professional
development workshop.
Questions? Feel free to contact Charla Lambert in the CSHL Meetings & Courses Program.

18. Share Your Science *Free* online course
Are you a scientist? Do you want to share your knowledge and insights with millions of readers worldwide who are passionate about
learning and the wonders of the natural world? Learn the art of blogging and reach policy makers, business leaders, educators and
other thought leaders who are shaping the world with science. Apply today for a no-cost 10-week online program with Scientific
American and Alan Alda Center for Communicating Science at Stony Brook University.
The course is open to scientists at the post-doc level and higher (no graduate students). There is no cost to participate, but only 12
applicants will be accepted on a rolling basis. Educational credit will not be given for course completion. Sessions begin Fall 2017 and
Spring 2018 (dates TBA). Application deadline: July 31. More info and to apply:
http://www.aldakavilearningcenter.org/application-share-your-science

19. NIH Loan Repayment Program
NIH Loan Repayment Programs will begin accepting applications beginning September 1.
Interested in having the NIH pay off your Student loans while you remain in academic research? Check out the NIH loan repayment
program at www.lrp.nih.gov, or contact your local Washington University LRP ambassador, Kathryn Knoop, at kknoop@wustl.edu,
for more information.
As a reminder, the NIH Loan Repayment Programs are a set of programs established by Congress designed to recruit and retain
highly qualified health professionals into biomedical or biobehavioral research careers. The NIH LRPs pay up to $35,000 annually of
qualified educational debt in return for a commitment to engage in NIH mission-relevant research. For information about eligibility
requirements, visit https://www.lrp.nih.gov/eligibility-programs. The NIH LRPs will begin accepting applications on September 1 –
November 15.

FYI
20. WUPS Facebook Page!
The WashU Postdoc Society has launched a new Facebook page: https://www.facebook.com/WUPostdocs/ (@WUPostdocs). Like
them on Facebook to stay up-to-date with the latest events, seminars, and relevant information for WU postdocs!

21. Postdoc T-shirts!
We have postdoc T-shirts! They are charcoal gray with a white WU logo on the front, and the word POSTDOC and the STEM
departments on the back. Cost is $5 each, cash only. Email postdoc@wusm.wustl.edu to schedule a time to purchase a shirt from
the Office of Postdoctoral Affairs (OPA).

OPA Social Media! You can find us at:
Twitter: @WUSTLPostdoc, WUSTL Postdoc Office http://twitter.com/wustlpostdoc
Facebook: https://www.facebook.com/OPA.WUSTL, Washington University Office of Postdoctoral Affairs
LinkedIn Group for current & alumni postdocs – Washington University in St. Louis Postdocs - please join if you haven’t already. This
is a private group for career development and networking and is meant to help postdocs keep in touch.

This newsletter was created for STEM (Science, Technology, Engineering and Math) Postdoctoral Appointees at Washington University. You have
received this email because you have been identified as a postdoc or other associated with postdoc functions. If you have questions, please contact
the Office of Postdoctoral Affairs at postdoc@wusm.wustl.edu.