## Resources of the Week

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| Get Involved  **Are you an international postdoc?** [**Join a Conversation Circle**](https://lsa.umich.edu/eli/language-resources/conversation-circles/Participants.html) (free!)  *Registration open May 4-11th*  Stay connected with the U-M community while physically apart.  *What are they?* Virtual Conversation Circles are designed to create connections among international students and scholars at U-M, beat the isolation, and boost morale during this difficult time. Each circle consists of 4-6 participants and is led by a facilitator, a highly fluent English language speaker. Participants meet via an online platform which is convenient and available to all participants in a given circle to talk about any topic of interest, play games, and share pictures and videos.  *What’s involved?* Commit to adding your circle virtually for 1 hr/week for 6 weeks (May 11-June 21)  *Why do it?* During this unprecedented time of self-isolation you get a chance to meet new people and feel connected with the UM community. Informal conversations on a variety of topics and games proved for a lot of speaking practice in English, learning about other people’s experience of staying active and connected, and sharing your own thoughts and ideas. |

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| Get Connected  **Join the** [**U-M Postdoc Slack**](https://join.slack.com/t/um-postdocs/signup)**!**  Open to all postdoctoral fellows at U-M, please use your @[umich.edu](http://umich.edu/) or @[med.umich.edu](http://med.umich.edu/) email address to join. The space is a place to stay in communication with one another, build & maintain community, and share resources. Channels range from recipes & photography, to professional development opportunities, and more. Once you join, introduce yourself in the #welcome channel and update your profile to include your name, department, and a profile picture! |

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| Health & Wellness  [**Share Your Experience**](https://calendly.com/tmarra/experiences-covid19?month=2020-05) **- CEW+**  In this time of increased feelings of isolation, it is important that individuals can share their story and learn from the stories of others. Share your experience with Tiffany Marra during a 20 min phone call. |

**About this Guide**

This guide provides information about programs & resources to support Postdocs during the coronavirus pandemic, as sourced by the Office of Graduate & Postdoctoral Studies (OGPS)

Click on a listing in the Table of Contents to go directly to that category or sub-category. Each resource has a blue hyperlink to open websites with more information.

*Note: Inclusion or absence of resources does not indicate university opinion or official support. We recognize this guide is not all-encompassing and that many other resources are available. As a community, if you know of other great resources to include,* [*please let us know*](https://forms.gle/EpQj7jsF2vwxKf86A)*.*

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## COVID-specific resources

### **U-M Sourced**

[U-M Assistance, resources, activities and ways to help from a social distance](https://record.umich.edu/articles/assistance-activities-and-ways-to-help-from-a-social-distance/)

Go-to spot with links to university units (HR, parking, Michigan Medicine) with COVID updates & resources

[Resources for Staff Coping with the COVID-19 Pandemic](https://www.bf.umich.edu/news/resources-for-staff-coping-with-the-covid-19-pandemic/)

Resources about parenting, working from home, financial or food insecurity, and more

[U-M Coronavirus Website](https://coronavirus.umich.edu/)

Information about U-M policies and decisions related to COVID-19

[COVID-19 Updates from the International Center](https://internationalcenter.umich.edu/covid-19-updates)

Stay up to date on communications about immigration, health insurance, and more

[ITS (Information & Technology Services) Resources](https://its.umich.edu/remote-resource-guide#learning)

ITS resources, including remote work resource guides, tutorials on using Bluejeans, Zoom

[Academic Innovation Keep Teaching site](https://ai.umich.edu/keep-teaching/)

Ideas & strategies for online learning

### **Community Sourced**

[Michigan COVID-19 Pandemic Resource Guide](https://docs.google.com/document/d/1-r9zam_Gh8Up-msqb4T0BRirLzV5obyuZA91Csbcqb4/edit)

Developed by U-M Poverty Solutions, state-wide resource guide (including food assistance, housing, and more)

[Washtenaw County specific resources](https://docs.google.com/spreadsheets/d/1xhR8-tpflg6jNuaeSSIRY7lEP-f4S8fakLyGuanAwbY/edit?fbclid=IwAR2hlGrH_wIkwBMjzLSH43y602_btA4f8W8VGg-njf8yPRnX-LOjDBPEsSc#gid=0)

Put together by EMU; in-depth list ranging across categories including food & housing assistance, transportation, financial assistance, education-at-home, childcare, where to donate supplies, and local resource websites

[United Way of Washtenaw County](https://www.uwwashtenaw.org/covid-19-community-resources-0)

United Way fights for the health, education, and financial stability of every person in every community. Visit their site for ways to get or provide assistance.

[Food Gatherers](https://www.foodgatherers.org/?module=Page&sID=covid19)

List of resources if you need food or want to contribute.

[Association of International Educators: Coronavirus Resources](https://www.nafsa.org/regulatory-information/coronavirus-critical-resources)

[American Medical Association - COVID-19 Health Equity Resources](https://www.ama-assn.org/delivering-care/health-equity/covid-19-health-equity-resources)

The AMA is compiling critical health equity resources from across the web to shine a light on the structural issues that contribute to and could exacerbate already existing inequities.

### **Ways to Give Back**

[United Way of Washtenaw County](https://www.uwwashtenaw.org/covid-19-community-resources-0)

United Way fights for the health, education, and financial stability of every person in every community. Visit their site for ways to get involved and provide assistance.

[Ginsberg Center - Connect2Community](https://connect2community.umich.edu/)

From the University of Michigan’s Ginsberg Center, Connect2Community posts volunteer opportunities (many remote!) and donation needs from area nonprofits.

[Red Cross blood donations](https://www.redcrossblood.org/)

There is a severe blood shortage due to the coronavirus outbreak. If this is an option for you, consider scheduling an appointment to donate.

### **Health & Wellness**

Maintaining self-care is imperative during these times. There are many great resources for yourself and loved ones to stay healthy and well.

[OGPS in-house counselor: Dr. Kate Hagadone](https://ogps.med.umich.edu/resources/health-wellness/)

Kate offers short-term therapy (6 sessions/year) through [1:1 counseling appointments](https://ogpscounselors.youcanbook.me/), free of charge, for Medical School graduate students and postdocs. She provides a safe, confidential space where OGPS trainees can explore the challenges they’re facing and helps them to determine what changes they would like to make.

[Michigan Medicine, Office of Counseling and Workplace Resilience](https://hr.umich.edu/benefits-wellness/health-well-being/mental-emotional-health/mental-health-counseling-consultation-services/michigan-medicine-office-counseling-workplace-resilience)

Free 1:1 counseling and other wellness resources

* [COVID-19 Well-Being Help Center](https://wellnessoffice.med.umich.edu/covid-19-well-being-help-center)

[Reframing Work During Social Distancing](https://drive.google.com/open?id=1vyyQgxMTVk3bgTzq_XiGC_ta_irV4ka26Rl0QCU2LLg) *(developed by OGPS Health & Wellness Committee)*

Helpful tips about setting expectations, goals, taking care of yourself, and remote activities to engage with as a trainee

[Office for Health Equity and Inclusion](https://ohei.med.umich.edu/)

OHEI develops mechanisms for inclusion, diversity and cultural sensitivity among faculty, students and staff at Michigan Medicine. Consider joining their Community Conversation Series, including upcoming topics:

[CAPS Mental Health Care Package](https://caps.umich.edu/article/mental-health-care-package-coping-covid-19)

Who doesn’t love a care package?! University of Michigan Counseling & Psychological Services (CAPS) developed a care package with activities to choose from - laughter, music, connections, self-care, and more!

[Michigan Online - Thrive in Trying Times Teach-Out](https://online.umich.edu/teach-outs/thrive-in-trying-times-teach-out/)

In times of crisis, like the coronavirus and COVID-19 pandemic, we can still find ways to thrive by using positive practices. When many of us feel challenged enough just getting through the day, thriving simply means finding ways to meet those challenges — large or small — with creativity, resourcefulness, and agility. Join this Teach-Out to learn about practices that allow people and organizations to thrive, even during trying times.

[Yale’s The Science of Well-Being Online Course](https://www.coursera.org/learn/the-science-of-well-being)

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

OGPS-sourced resources (thank you, Dr. Kate!)

* [20 min mini-lecture & guided meditation on Mindfulness](https://drive.google.com/open?id=10hc-PQrXM_kuYs9EDDyI3etBIJ2muumn)
* [Mindfulness Resources](https://drive.google.com/open?id=1Hf7cyvZyOmKsHucVOq1iTvCYuSvC8Zi8) (tailored to PIBS 800)
* [Mindfulness Micro Practices](https://drive.google.com/open?id=1KsRbcU-pQzDetXGSqD5fmrc7418xzUwY)

[Resources for Well-Being](https://pullias.usc.edu/wp-content/uploads/2020/04/Resources-for-Wellbeing.pdf) (by Inclusive Graduate Education Network)

Links to podcasts, apps, and articles about mental health, managing stress & self care

## U-M Postdoc Policies & Support

*If you have HR or time-off related questions, contact your department administrator.*

[Office of Graduate & Postdoctoral Studies](https://ogps.med.umich.edu/post-docs/)

The Office of Postdoctoral Studies serves postdoctoral fellows within the Medical School. Our focus is to connect you with the abundant resources at your disposal to become a successful, independent research professional. We serve as an advocate and liaison for your needs. Contact [postdocoffice@med.umich.edu](mailto:postdocoffice@med.umich.du) to get in touch with the Office of Postdoctoral Studies staff, Dr. Michele Swanson, Director, and Beth Bodiya, Postdoc Coordinator.

[Additional Postdoc Advocates & Support](https://docs.google.com/document/d/10pL9adJeqdwaLzJF7_Y1FB2ybz3mcZOoEVZ8V2Y4uDI/edit?usp=sharing)

[Postdoctoral Handbook](http://www.rackham.umich.edu/downloads/PostdocHandbook.pdf)

The Postdoc Handbook includes information on benefits, campus resources, and other aspects of your experience as a postdoc at Michigan and in Ann Arbor.

[Benefits for Postdoctoral Research Fellows](https://hr.umich.edu/working-u-m/my-employment/academic-human-resources/benefits-postdoctoral-research-fellows)

Comprehensive overview of postdoc benefits, hosted by Academic Human Resources.

[Standard Practice Guide](https://spg.umich.edu/policy/201.19) (University policies & procedures for postdocs)

Dive into the specifics about policies relevant to your role

## 

## Career & Professional Development

### **U-M Learning & Development Resources**

[Career & Professional Development (CPD) in OGPS](https://ogps.med.umich.edu/resources/cpd/)

CPD resources are free & available to all Michigan Medicine postdocs, including virtual 1:1 advising, workshops, and postdoc-specific skill development programs.

* Explore our [calendar](https://ogps.med.umich.edu/events/) of upcoming virtual events
* Sign up for [1:1 advising](https://ogpscareeradvising.youcanbook.me/) to discuss career exploration, CV, interview prep, and more!
* Access [CPD worksheets & guides](https://drive.google.com/file/d/1EJOIf6LyGtLv_875cMzXNYXFWlcSvEjq/view?usp=sharing) (from elevator pitches to poster presentation tips)
* Email the team (Shoba, Maggie, and Beth) at [OGPS.Careers@umich.edu](mailto:OGPS.Careers@umich.edu) with any questions, or if you’d like to learn more!

[Office of Research (UMOR) - Potential Remote Work Activities for Research Staff](https://research.medicine.umich.edu/potential-activities-research-staff-during-assignment-remote-work)

UMOR put together potential project-specific activities that may be completed as active engagement on sponsored projects.

[Rackham Professional Development events](https://rackham.umich.edu/professional-development/)

Geared toward PhDs & Postdocs, Rackham hosts a variety of events, from coffee chats, writing workshops, and application-development (CV, LinkedIn, etc) webinars. These will be hosted in an online format.

[CEW+ Advising](http://www.cew.umich.edu/counseling/)

CEW+ now offers free counseling by phone to individuals as they make decisions about their future. CEW+’s comprehensive counseling program supports exploration of education and career interests within the context of relationships and life circumstances.

[LinkedIn Learning (free access through your UM log-in)](https://hr.umich.edu/working-u-m/professional-development/professional-development-courses/linkedin-learning)

Online learning platform designed to help you gain new skills and advance your career. Courses & videos include topics in business, software, technology, and creative skills to achieve personal and professional goals.

[Michigan Online](https://online.umich.edu/)

Online platform with a variety of learning experiences, from individual courses, short learning events (teach-outs), to a series of courses to build certain skills. Categories include Health, Business, Arts & Cultures, Data Science, and more. For specific suggestions - [read here](https://ai.umich.edu/blog/15-things-students-and-others-can-do-at-michigan-online/?utm_source=Newsletter&utm_medium=Email&utm_campaign=April20Newsletter&utm_source=Academic+Innovation+Subscribers&utm_campaign=044fc2e7b2-EMAIL_CAMPAIGN_2020_04_16_03_09&utm_medium=email&utm_term=0_bbd05d3a68-044fc2e7b2-71745173)!

[Alumni Association Career Webinars](https://alumni.umich.edu/career/career-webinars/?utm_source=email&utm_medium=email&utm_campaign=fy20_career_webinar_promo&utm_content=learn_more&userID=0031a00000IpiVVAAZ&j=3217463&sfmc_sub=133712782&l=355_HTML&u=184260315&mid=7224729&jb=80)

Join the Alumni Association for a free webinar series hosted by alumni industry experts and career coaches. Of particular interest to many coming up - a two-part series on Nailing the Job Search in Uncertain Times.

[Organizational Learning](https://hr.umich.edu/about-uhr/service-areas-offices/organizational-learning)

Organizational Learning is the university’s central department for professional, career and leadership development. As a staff member, you have access to [Professional Development](https://hr.umich.edu/working-u-m/professional-development/professional-development-courses) offerings, including many virtual resources.

### **External Career & Professional Development Resources**

[National Postdoc Association](https://www.nationalpostdoc.org/)

Join NPA for access to the nation-wide postdoc community. Membership is free through U-M.

* Join [here](https://www.nationalpostdoc.org/general/register_member_type.asp)! (select -> Affiliate Individual Member, Postdoc)
* Plus gain access to a wealth of [resources](https://www.nationalpostdoc.org/page/Postdocs_Resource_Library?utm_source=Higher%20Logic&utm_medium=Email&utm_campaign=Higher%20Logic%20Email) (for the postdoc journey, international postdocs, etc) and a [job board](https://careers.nationalpostdoc.org/)

[NIH OITE (Office of Intramural Training & Education) webinars](https://www.training.nih.gov/events/upcoming)

NIH OITE has been active in hosting weekly (and sometimes more!) webinars on trainee wellness and other career development topics (self-advocacy, managing job applications)

* Missed a webinar? Explore their [archive](https://www.training.nih.gov/oite_videocasts_-_revised) of events.
* Sometimes, you can’t sit through another webinar :) They also have [other virtual resources](https://www.training.nih.gov/online_resources_-_trainees_outside) to move your development forward.

[Explore careers & your interests with myIDP](https://myidp.sciencecareers.org/)

myIDP is a tool to help align your skills, interests, and values with different career options, tailored to PhDs & postdocs in the sciences. The career-planning tool can help you set strategic goals for the future.

[Research Postdoctoral Funding Opportunities](https://research.jhu.edu/rdt/funding-opportunities/postdoctoral/)

Johns Hopkins repository of federal and private funding opportunities for postdocs

[Attend (or host) an online research talk through eLifeSciences](https://elifesciences.org/inside-elife/1a9d9c08/elife-and-covid-19-keeping-communications-open-with-online-research-talks?utm_source=Newsletter&utm_medium=Email&utm_campaign=Referee_Newsletter_Apr2020)

Keeping communications open with online research talks, eLife hosts online seminars to support early-career researchers to present their research online instead of in person.

## 

## **Connection & Community Building**

For you, your family, and partner

### Maintaining Connection

[Connect with the U-M Postdoctoral Association (UMPDA)](https://umpda.rackham.umich.edu/)

Our active Postdoctoral Association hosts networking events, professional development opportunities, and social Postdoc Circles to build community. As a strong advocate for postdoc-friendly policies, UMPDA is integral to your positive experience at U-M. Join a monthly board meeting to get involved!

[U-M Postdoc Slack](https://join.slack.com/t/um-postdocs/signup)

We are happy to invite you to join the U-M Postdoc Slack space, open to all postdoctoral fellows at U-M. Please use your @[umich.edu](http://umich.edu/) or @[med.umich.edu](http://med.umich.edu/) email address to join. The space is a place to stay in communication with one another, build & maintain community, and share resources. Channels range from recipes & photography, to professional development opportunities, and more. Once you join, please introduce yourself in the #welcome channel and update your profile to include your name, department, and a profile picture! Check out our [community guidelines and tips](https://docs.google.com/document/d/15CsBzOdgYQwJzvTBycs89NuvRnXxkn8hf59tf5Zda-0/edit?usp=sharing) on using Slack.

[Postdoc CenterSpace](https://umpda.rackham.umich.edu/activities/circles/)

This group is focused on building community among LGBTQ+ postdocs at the University of Michigan. Contact Cynthia – cgerlein@umich.edu for more information or to be added to the email list.

[Join a Conversation Circle (as a facilitator or participant)](https://lsa.umich.edu/eli/language-resources/conversation-circles.html)

The English Language Institute's Conversation Circles program is going virtual this spring in order to create connections among international students and scholars at U-M, beat the isolation, and boost morale during this difficult time. Each circle consists of up to six participants and is led by a volunteer facilitator. Participants meet via an online platform to talk about any topic of interest, play games, and share pictures and videos.

[The UMMS Postdoc Senate](https://ogps.med.umich.edu/about/ogps-senate/)

Connect with the leaders and representatives for the postdoc population, who identify areas of need. The Postdoc Senate holds a monthly meeting, and quarterly meets with OGPS leadership.

[Minority Postdoc](https://www.minoritypostdoc.org/)

Web portal on the minority postdoctoral experience featuring news, articles, and events about jobs, career advice, professional development, funding, fellowships, mentoring, and diversity issues.

[“Zoom into Ramadan”](https://sites.google.com/umich.edu/umich-ramadan/social-distancing?authuser=0)

Join the Ramadan Committee for virtual iftars, every Monday and Thursday from 7-7:30pm. Programming is open to all, both Muslims and non-Muslims.

### Postdocs with Families

[U-M Postdoc Family Association](https://umpda.rackham.umich.edu/postdoctoral-family-association/)

The Postdoctoral Family Association serves the needs of postdocs with children/dependents. All postdocs (not just those with dependents) are encouraged to participate. Positive change happens when robust coalitions of allies come together with a common goal! If you have any questions, please email the Family Association Chair, Ari Kozik (dariange@umich.edu).

* [Follow](https://twitter.com/FamilyUm) the Family Association on Twitter
* [Join their Slack space](https://join.slack.com/t/umpdfa/shared_invite/zt-de9ql9s6-NF~YJWUa_Xbmyp~v2edRsw): Slack will be a place to connect and support each other during this exceptionally challenging time. Have tips to share for home-schooling? Hoping for ideas on how to best handle the 24/7 activity? This community is for you.

[U-M Child Care Resources](https://hr.umich.edu/benefits-wellness/work-life/child-care-resources)

Child care options and database of child care centers, including updated resources during the COVID-19 outbreak.

[NIH - Make the Most of Staying at Home with Children](https://www.training.nih.gov/making_the_most_out_of_staying_at_home_outside)

Collection of activities including virtual tours, live streams, mindfulness practices, etc

[Resources to Help Staff with Parenting](https://www.bf.umich.edu/news/resources-for-staff-coping-with-the-covid-19-pandemic/)

Tips & links for parenting during COVID

### Ann Arbor Activities

Perhaps you’re new to Ann Arbor, or interested in outdoor or virtual activities to engage with. Use these Ann Arbor resources to explore.

[City of Ann Arbor](https://www.a2gov.org/)

[Ann Arbor Observer](http://annarborobserver.com/articles/front_page.html)

Local articles and full calendar of daily events

[Living in Ann Arbor](https://medicine.umich.edu/medschool/about/living-ann-arbor)

Comprehensive guide from Michigan Medicine with local Ann Arbor links, things to do, etc.

### Job Resources

Job & Volunteer Resources for Yourself or Your Partner

The Ann Arbor and Southeast Michigan area offers a variety of job and volunteer opportunities. Visit these sites to start exploring opportunities:

* [UM Info for Partners Seeking Employment](https://hr.umich.edu/working-u-m/management-administration/recruiting-employment/information-partners-seeking-employment)
* U-M [Jobs search engine](https://careers.umich.edu/)
* [Michigan Higher Education Recruitment Consortium job board](https://www.hercjobs.org/regions/higher-ed-careers-michigan/)
* [United Way of Washtenaw County’s Volunteer opportunities](http://www.volunteerwashtenaw.org/)

Stay Informed about Hiring Freezes in Industry & Academia

[Hiring status of US-based employers](https://candor.co/hiring-freezes/)

[Hiring Freezes at Colleges and Universities](https://docs.google.com/document/d/1KohP4xZdN8BZy1OMeXCAGagswvUOWpOws72eDKpBhI4/preview?pru=AAABcaLR8u0*V7_WyaFeVifGkOoA-7Scpw)