



Graduate Teacher Program and Postdoc Office  
Graduate School



**The  
Postdoctoral Association of Colorado**  
Present

**Fall 2009 Workshops**

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**October 21, 2009**  
11:00 AM - 1:00 PM  
UMC Aspen Rooms

**Individual Development Plans for Postdocs**

*Dr. PJ Bennett, Assistant Director, Graduate Teacher Program, Co-President, Postdoctoral Association of Colorado*

The Individual Development Plan (IDP) can help postdoctoral fellows identify long-term career goals they wish to pursue and to monitor the progress of the necessary short-term goals needed to attain them. In addition, an IDP can serve as an excellent communication tool in setting mutual expectations between a postdoc and their faculty mentor. At this workshop, we will go over the IDP process as put forward by the National Postdoctoral Association. At the completion of this workshop you will have completed the core competency self assessment and created a draft IDP that you can take and review with your faculty mentor.

**November 19, 2009**  
11:00 AM - 1:00 PM  
UMC Aspen Rooms

**Finding a Path Toward Family and Career that Works for You...**

*Dr. Alexis Templeton, Assistant Professor, Geological Sciences*

*Dr. Brian DeDecker, Research Associate Professor, Molecular, Cellular and Developmental Biology*

In this workshop, Drs. Templeton and DeDecker will draw on their experiences to discuss strategies to achieve work/life balance.

**December 9, 2009**  
11:00 AM - 1:00 PM  
UMC Aspen Rooms

**Effective Mentoring**

*Dr. John Falconer, Mel and Virginia Clark Professor, University of Colorado President's Teaching Scholar and Department of Chemical and Biological Engineering Chair*

The quality of the mentor/mentee relationship strongly influences the academic experience. Developing a vision of good mentoring will help future faculty members achieve a more effective mentoring experience and help create a dynamic work environment. In this workshop, Dr. Falconer will draw on his experiences to help elucidate the mentoring process and provide practical strategies for nurturing rewarding relationships with undergraduates, graduate students and postdocs. We expect to have plenty of time for questions and discussion, so come prepared to talk and meet your fellow postdocs.

**For Further Information**

**Please Contact:**

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