

Who does a postdoc need in their circle of support?

You need more than the support you get from your PI

Your Research Mentor

Current and past people in the lab

Resources at your institution

People in your field/
in your world



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Resources at
your institution

Potential resources and supports at your institution

Career and Professional Development	<ul style="list-style-type: none"> • Office of Career and Professional Development counselors (career.ucsf.edu)
Progression & Independence	<ul style="list-style-type: none"> • Assistant Dean of Postdoctoral Scholars (postdocs.ucsf.edu) • Office of Career and Professional Development (career.ucsf.edu)
Learning	<ul style="list-style-type: none"> • Dean of Postdoctoral Scholars (postdocs.ucsf.edu)
Psychological Support	<ul style="list-style-type: none"> • Faculty and Staff Assistance Program Counselors (tiny.ucsf.edu/FSAP) • Spiritual care (ucsfspiritcare.org)
Discrimination	<ul style="list-style-type: none"> • Care Advocate* (careadvocate.ucsf.edu) – specifically sexual harassment • Office of the Ombuds* (ombuds.ucsf.edu) • Office for the Prevention of Harassment and Discrimination [OPHD] (ophd.ucsf.edu) • Assistant Dean of Postdoctoral Scholars (postdocs.ucsf.edu)
Disability Support	<ul style="list-style-type: none"> • Human Resources, Office of Disability Services • Assistant Dean of Postdoctoral Scholars (postdocs.ucsf.edu)
Legal	<ul style="list-style-type: none"> • Community Legal Resources (success.ucsf.edu/legal-resources) • Union of Postdoctoral Scholars (uaw5810.org)
Advocacy and Support	<ul style="list-style-type: none"> • Assistant Dean of Postdoctoral Scholars (postdocs.ucsf.edu) • Assistant Dean for Diversity and Learner Success (graduate.ucsf.edu/about) • International Students and Scholars Office Advisor (isso.ucsf.edu) • Lesbian, Gay, Bisexual & Transgender Resources staff (lgbt.ucsf.edu)
Community	<ul style="list-style-type: none"> • Postdoctoral Scholars Asspcoation (psa.ucsf.edu/pdigs) • Women in Life Sciences (ucsf.campusgroups.com/wils/home)
Family Support	<ul style="list-style-type: none"> • UCSF MyFamily portal (myfamily.ucsf.edu)
Health and Wellness	<ul style="list-style-type: none"> • Fitness and recreation (campuslifeservices.ucsf.edu/fitnessrecreation) • Wellness support (mywellness.ucsf.edu)

* Denotes no mandated reporting requirements (they are entirely confidential)