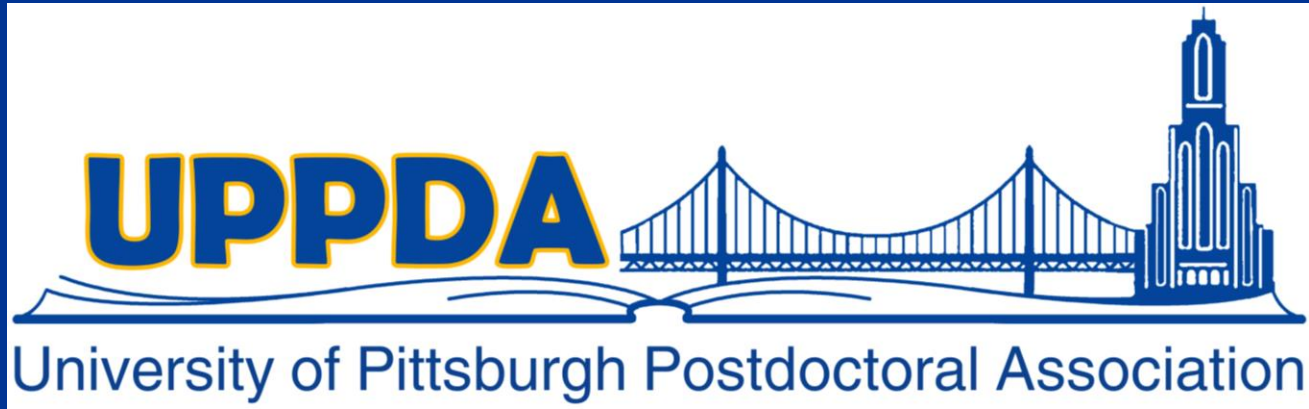


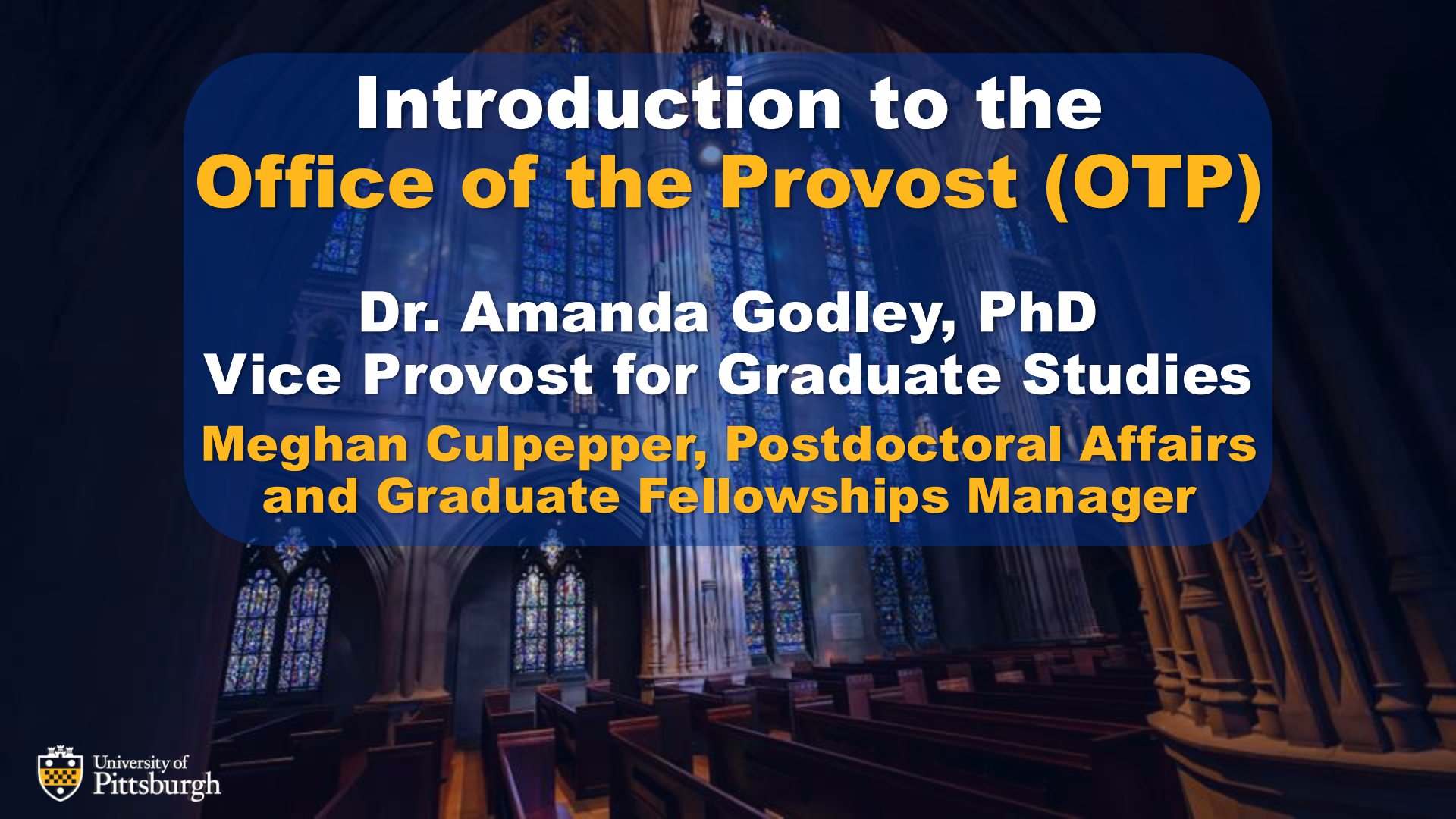


Postdoc Town Hall

October 17, 2025

Agenda

- Introduction to
 - The Office of the Provost (OTP), Dr. Amanda Godley & Meghan Culpepper, MS
 - The Office of Institutional Engagement & Wellbeing (Pitt Wellbeing), Dr. Jay Darr
 - The Office of Innovation & Entrepreneurship (OIE), Tiffany Rice, MBA
 - The Office of Academic & Career Development (OACD), Dr. Laura Miller
- Introduction to the UPPDA
- Where to find Information
- Postdoc Classifications & Demographics
- Postdoc Benefits & Other Resources
- How to connect with the UPPDA
- Open Discussion



Introduction to the Office of the Provost (OTP)

Dr. Amanda Godley, PhD
Vice Provost for Graduate Studies
**Meghan Culpepper, Postdoctoral Affairs
and Graduate Fellowships Manager**



University of
Pittsburgh®

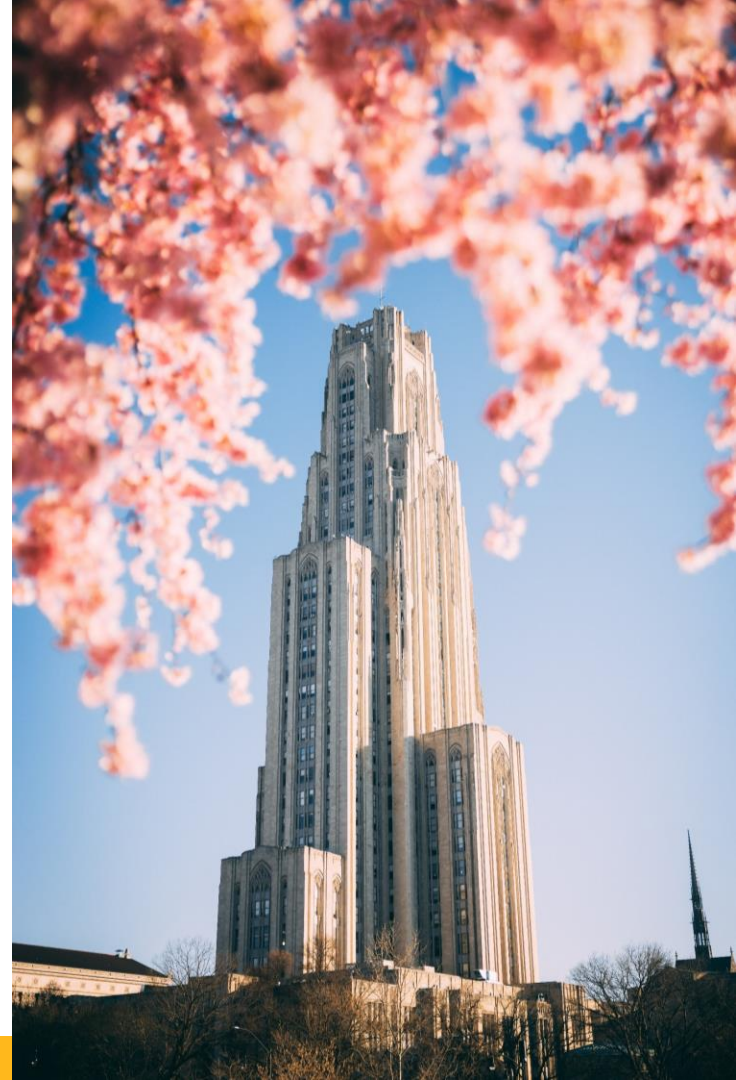
Office of Institutional
Engagement & Wellbeing

Oct. 17, 2025

Welcome to Pitt Wellbeing

Jay E. Darr, PhD., LPC, PMP

Senior Strategic Advisor



What is Pitt Wellbeing?

Accessibility, Community & Culture

Bias & Harassment Response

Disability Resources & Services

Religious Accommodations

Sexual Misconduct Prevention



University of
Pittsburgh.

Office of Institutional
Engagement & Wellbeing

What is Pitt Wellbeing?

The **Office for Institutional Engagement & Wellbeing** is a new office dedicated to advancing values that have long defined the University of Pittsburgh:

- Success for all
- Integrity
- Fairness
- Inclusion
- Access to education for everyone

We promote a culture of excellence by connecting people, resources and strategies to advance successful outcomes for all members of our community.





What is Pitt Wellbeing?

Pitt Wellbeing brings together resources central to four main areas:

- Accessibility, Community & Culture
- Bias & Harassment Response
- Disability & Religious Accommodations
- Sexual Misconduct Prevention

Pitt Wellbeing's goal is to maintain the University's reputation as a world-leading institution of higher learning, an employer of choice and an economic driver for the Pittsburgh region.



Units that make up Pitt Wellbeing:

- Civil Rights & Title IX
- Disability Resources & Services
- Engagement & Wellbeing Programs
- Sexual Violence Prevention & Education
(Prevention at Pitt)



Key Partners

- Office of Human Resources
- Division of Student Affairs
- Office of Admissions & Financial Aid
- Office of Engagement & Community Affairs
- Office of the Provost
- Other academic and business units

How to Find Us

Vice Chancellor Civil Rights & Title IX

18th Floor
Cathedral of Learning

- wellbeing@pitt.edu
- 412-648-7860
- wellbeing.pitt.edu

Disability Resources & Services

140 William Pitt Union

- drsrecep@pitt.edu
- 412-648-7890
- drs.pitt.edu

Sexual Violence Prevention & Education

31st Floor
Cathedral of Learning

- PittPrevention@pitt.edu
- pitt.ly/prevention

PAAR Walk-In Hours
Advocates from Pittsburgh Action
Against Rape are available to
support student, faculty, and staff
at the Prevention at Pitt
office, 10 a.m. to 4:30 p.m.
Wednesdays

Social media
@pittwellbeing





University of
Pittsburgh®

Office of Institutional Engagement & Wellbeing

www.wellbeing.pitt.edu

Introduction to the Office of Innovation and Entrepreneurship

Powering Invention, Igniting Progress

Tiffany Rice

Assistant Director of Outreach

Office of Innovation and Entrepreneurship

Mission:

To create, support and sustain a culture and environment of innovation, commercialization, entrepreneurship and collaboration on-campus and off-campus for the benefit of the University community, its partners, the region and society.



University of
Pittsburgh

Office of Innovation
and Entrepreneurship



Innovation Has Expanded at Pitt

#28 Top Worldwide
Universities for
Issued Patents

2024, 102 patents
National Academy of Inventors

\$1.8B In Venture
Capital Raised

2015 - 2025

\$26.1M Industry Sponsored
Research & Licensing

Facilitated by OIEP
FY 2025

U.S. Technology Commercialization Rankings Compared to Peers

FY 2024, AUTM

#17

Startups



#15

Issued
U.S. Patents



#19

Invention
Disclosures



#15

Licenses &
Options
Executed



Technologies the OIE Supports

All technologies!

- Life sciences & non-life sciences
- Devices, software, & other digital solutions
- Diagnostics & therapeutics
- Tools
- ... and more!

444

Invention Disclosures
Submitted to OIE

2024-2025



Programming

- **NSF I-Corps**

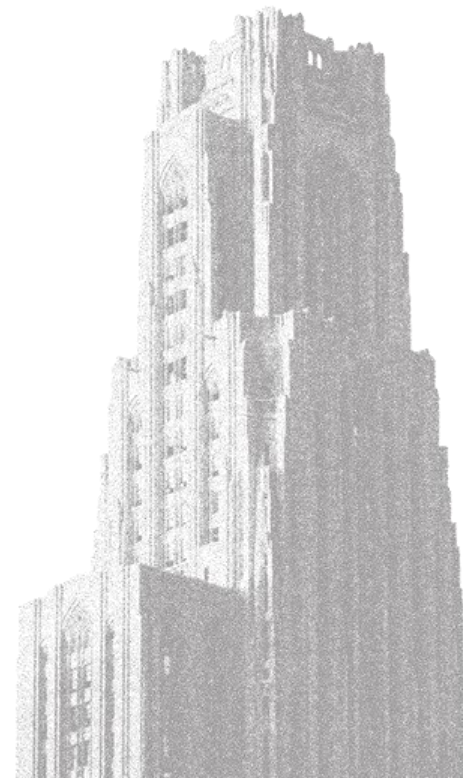
- Customer Discovery Focused
- Free to participate
- Lineage to national I-Corps program (\$50,000 grant)
- Cohorts occur throughout the year

- **Venture Academy**

- Develop an investment-ready business plan, recruit critical team members, address regulatory/code requirements, and identify targeted investors
- Personalized curriculum
- Completed within 12-18 months

- **Innovation Webinar Series**

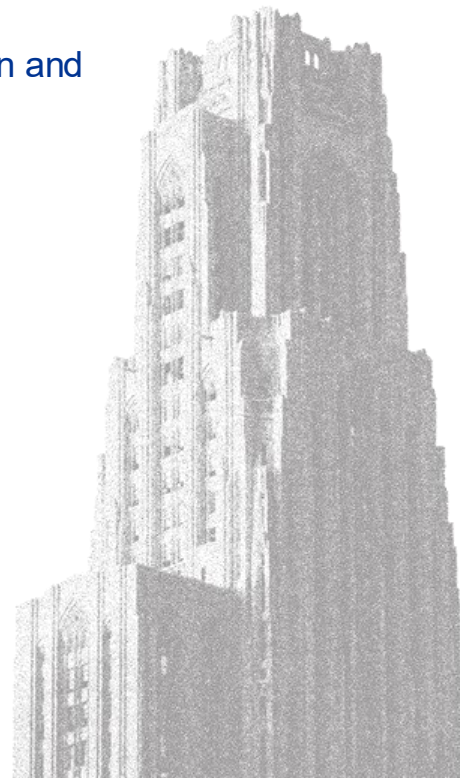
- Monthly Series
- Free to attend
- **Next session: Oct. 29 – “How to Protect Your Invention: Invention Disclosure & Intellectual Property”**



Programming (cont.)

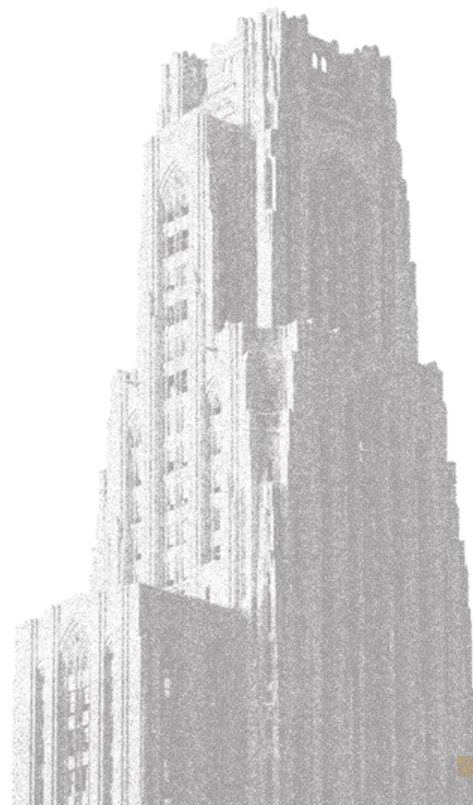
- **Community of Innovators**

- Brings together researchers, OIE staff and external experts for education and mentorship opportunities for early-stage innovators
- Weekly Wednesday meetings



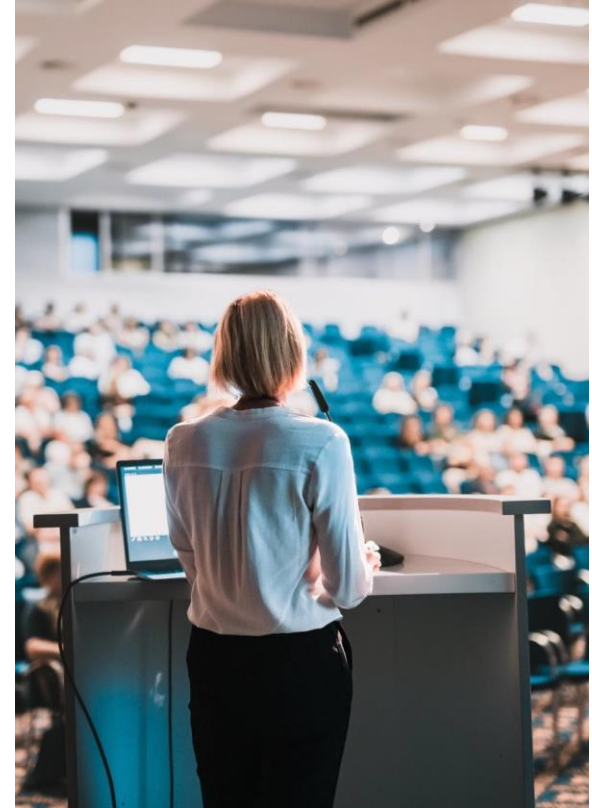
Funding Opportunities

- **Commercialization Gap Fund**
 - Awards are granted in amounts of up to \$75,000
 - Pre-commercialization activities
- **Pitt SPARK**
 - Up to \$250,000 award granted over two-year period
 - Supports development of Pitt innovations selected by an external advisory committee
 - Technologies are to advance against industry defined translation milestones based on commercial value-inflection points.
- **Pitt.INC**
 - *Pre*-invention disclosure support
 - \$25K-100K Grants
 - Must focus on challenges in human health
 - **Rolling applications**



Protect Your Work!

- Before you share your ideas with outside parties, submit an Invention Disclosure to the Innovation Institute.
- Public disclosure that describes an invention prior to filing a patent application may preclude patenting.
 - patenting outside of the United States may not be possible, and
 - patenting within the United States may be prohibited unless a patent is filed within 12 months of the public disclosure.
- Use a confidentiality agreement to have discussions



Invention Disclosure Submission



Invention Disclosure

You've conducted your research and found that you may have developed something new and useful
... an invention, or innovation, with commercial potential ... Now what?



innovation.pitt.edu

- **File as early as possible**
- **Clearly describe the invention and the differences from what exists (prior art)**
- **Identify and quantify the advantages over prior art**
- **Identify applications and uses of the invention**
- **Identify potential commercial markets and companies**

Questions?

Tiffany Rice

Assistant Director of Outreach

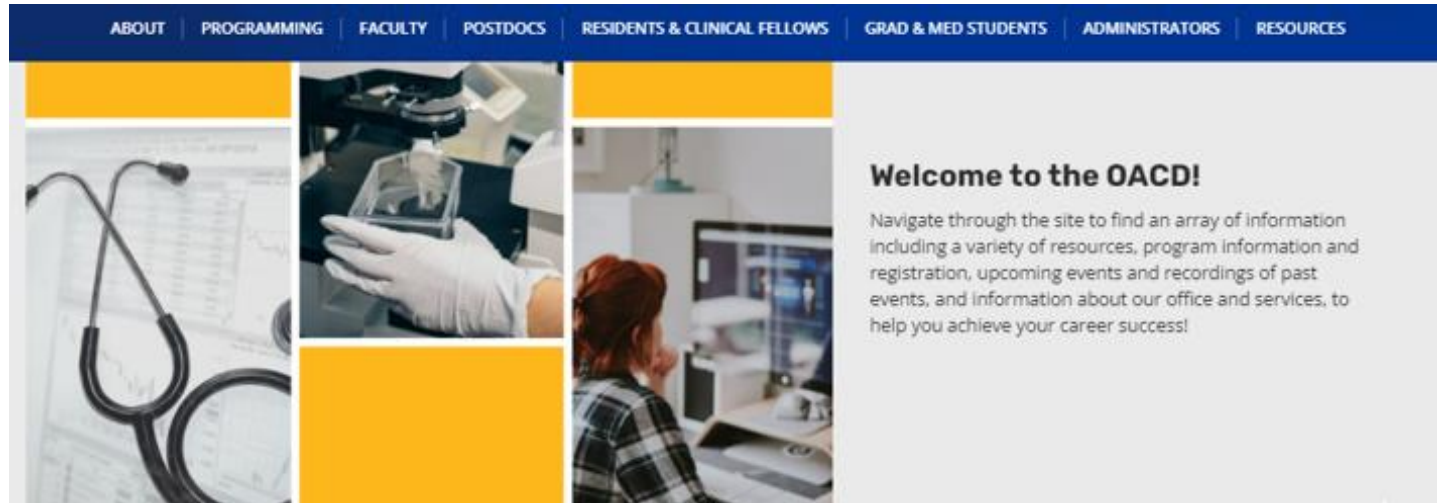
trice@innovation.pitt.edu

- **Website:** innovation.pitt.edu
- **Email:** oihelp@pitt.edu
- **Social Media:** [@pittinnovates](https://www.instagram.com/pittinnovates)
 - LinkedIn, X/Twitter, Facebook, Instagram



Office of Academic Career Development, Health Sciences (OACD)

Laura Miller, PhD, PC
Acting Director, OACD
ljm77@pitt.edu



Oacd.pitt.edu

Office of Academic Career Development



CENTER FOR Postdoctoral Affairs IN THE HEALTH SCIENCES

Prospective Postdocs

Join a world-class center for pioneering biomedical research. Postdocs are vital members of our institutional culture - valued and respected for their significant contributions to the university's research enterprise. A customized, high quality, and enriching postdoctoral training experience is assured within our multicultural and multidisciplinary academic health sciences community.

Current Postdocs

As a postdoctoral trainee, you're intensely focused on your research goals and have set your sights on transitioning into a fulfilling career position. The University of Pittsburgh continues national leadership in providing resources and policies that support your career aspirations, recognizing that your success is also paramount to the university's research

POSTDOCS

ADAPT™

[Benefits and Classifications](#)[Career Development Planning](#)[Compensation](#)[Faculty Research](#)[Funding Opportunities](#)[International Services](#)[Open Positions](#)[Orientation](#)[Postdoctoral Association](#)[Postdoctoral Data](#)[Postdoctoral Guidelines](#)[Programs](#)[Resource Directory](#)[Training Grant Programs](#)[Upcoming Events](#)[Video Library](#)



Welcome to the OACD!

Navigate through the site to find an array of information including a variety of resources, program information and registration, upcoming events and recordings of past events, and information about our office and services, to help you achieve your career success!

WELCOME TO THE OACD - SPRINGBOARD TO CAREER EXCELLENCE

The Office of Academic Career Development is dedicated to providing professionals in the schools of the health sciences with the tools, resources, and support they need to achieve their full potential as leaders in biomedical research, education, and clinical practice. The OACD supports graduate and medical students, postdoctoral fellows, residents, clinical fellows, and faculty, potentiating career excellence at all levels.

oacd.pitt.edu

What PhDs Want in a Postdoc:

*Reimagining STEMM Graduate Education and Postdoctoral Career Development: A Summit
(National Academies; July 22-23)*

- ❖ Orientation
- ❖ Career development plan
- ❖ Mentoring teams
- ❖ Access to professional skill development
 - ❖ Discipline Specific Knowledge
 - ❖ Research & Scholarship Skills
 - ❖ Responsible Conduct & Ethics
 - ❖ Publications
 - ❖ Grant Writing
 - ❖ Communication Skills
 - ❖ Management & Leadership Skills
 - ❖ Career Exploration & Development
 - ❖ Job Search Skills

Office of Academic Career Development



- ❖ Required Orientation
- ❖ Career Development Plan
- ❖ Mentoring Team

Faculty Mentors

- ❖ Research & Scholarship Skills
- ❖ Discipline Specific Knowledge
- ❖ Publications
- ❖ Grant Writing

OACD

- ❖ Essential Professional Skills
- ❖ Career Development Skills
- ❖ Leadership Skills
- ❖ Transition Support

Grant Writing
Publications, etc.

PROFESSIONAL DEVELOPMENT SERIES

**Essential
Professional Skills
Series**

**Career
Development
Series**

**Research
Series**

Sessions Include:

- Optimizing Your Immigration Portfolio
- Communicating Your Research Impact
- Imposter Syndrome
- Negotiations: An Essential Skill



This intentionally-designed series blends OACD programming with top-rated virtual content to give Pitt trainees access to an expanded set of sessions covering skills that all doctoral students and postdoctoral trainees should learn as an essential part of your professional development (see [this stage in the ADAPT model](#) for more information). This series covers a range of topics critical to your success and the foundational content applies across all disciplines.

List of acronyms: BtP: Beyond the Professoriate; NPA: National Postdoctoral Association; OACD: Office of Academic Career Development

✓ August 14, 2025	Unlocking Global Career Options with Interstride *RECORDING AVAILABLE*
✓ August 26, 2025	HSLs: The NIH Public Access Policy and You
✓ August 26, 2025	NPA: Smart Skills: Being a Good Mentor and Mentee
✓ September 9, 2025	HSLs: Selecting a Journal: Finding the Right Place for Your Work
✓ September 16, 2025	HSLs: Evaluating a Journal: Strategies for Assessing Quality
✓ September 17, 2025	NPA: Understanding Your Paycheck
✓ October 2, 2025	Sustainability at Pitt, UPMC, & How You Can Get Involved *RECORDING AVAILABLE*
✓ October 14, 2025	HSLs: Using ORCID and SciENcv to Create an NIH Biosketch
✓ October 15, 2025	NPA: Financial Literacy for Postdocs: Setting Up Your Personal Finances
✓ November 5, 2025	OACD: Optimizing Your Immigration Portfolio
✓ November 7, 2025	HSLs: Communicating Your Research Impact
✓ November 7, 2025	NPA: Financial Literacy for Postdocs: Understanding Health Insurance
✓ November 18, 2025	NPA: Smart Skills: Imposter Syndrome
✓ December 5, 2025	NPA: Financial Literacy for Postdocs: Understanding 401K/403B Retirement Plans

Sessions Include:

- Launching an Academic Career
- Launching a Biotech Career
- Medical and Science Writing
- Resume Writing



✓ August 14, 2025	Unlocking Global Career Options with Interstride *RECORDING AVAILABLE*
✓ August 27, 2025	OACD: Certification in STEM Teaching: Pitt-CIRTL *RECORDING AVAILABLE*
✓ September 3, 2025	OACD: Find Your Dream Career: Discovering Your Path with PerL
✓ September 3, 2025	BtP: How to Use the PhD Training Platform in Your Job Search
✓ September 17, 2025	BtP: Is a Faculty Job Right for You?
✓ September 23, 2025	NPA: Smart Skills: Science Advocacy for Early-Career Scientists
✓ October 1, 2025	BtP: How to Explore Career Options in Industry
✓ October 7, 2025	OACD: Launching an Academic Career: Insider Information to Help You Succeed *RECORDING AVAILABLE*
✓ October 15, 2025	BtP: How to Build a LinkedIn Profile for an Industry Job Search
✓ October 28, 2025	NPA: Smart Skills: Supporting the Next Generation of Aspiring Biomedical Entrepreneurs Through the NIH
✓ November 5, 2025	BtP: Overqualified or Underqualified? Which Is It and What to Do About It?
✓ November 19, 2025	BtP: How to Job Search During Uncertain Times
✓ December 4, 2025	OACD: SCIENCE Career Symposium
✓ December 8-11, 2025	BtP: How to Decide Between An Academic and Nonacademic Career Webinar Series
✓ December 16, 2025	NPA: SmartSkills: Strategies for Navigating a Competitive Job Market

Alumni in Diversity of Careers



Annual 2025 SCIENCE Career Symposium

Find Your Future!

Dec. 4, 2025 | 3:30-5pm

Feedback:

"It was so valuable being able to engage with post-PhD professionals who spoke candidly about their decisions in choosing their path/career."

"Now I know which topics I need to focus on to improve the development of my science career."

"It was valuable learning about the different career options and how to get there."



Fall Sessions Include:

- Developing a Successful Fellowship Application
- Know Your K: Writing a Successful Career Development Award Application
- K99/R00: Pathway to Independence Award
- Mock K Study Section



▼	September 18, 2025	From Idea to IP, Start Up, and SBIR
▼	October 9, 2025	The Keys to Writing a Successful Career Development Award Application
▼	October 23, 2025	Should You Pivot to a Multi-PI Grant? Strategies for Successful Team Science
▼	October 28, 2025	Diversifying Your Research Portfolio: AI Support for Finding Financial Support and Collaborations
▼	November 13, 2025	K99/R00: Pathway to Independence Award
▼	November 17, 2025	What's Next for Your R01? Strategies for Renewal and Expansion
▼	November 18, 2025	Foundations of Quantitative Study, Parts 1 & 2
▼	December 10, 2025	Mock K Award Study Section
▼	January 20, 2026	Navigating the New NIH Review Landscape: Insights on the Simplified Review Framework
▼	February 10, 2026	Introduction to Mixed Methods Research
▼	March 26, 2026	Developing Competitive NIH Research Project Grant Applications
▼	April 8, 2026	R01 Budget Nuts and Bolts

Write Your Way to a Fellowship

2024-
2025

F32s* help postdocs achieve
research independence

- Cohort-based in Canvas
- Weekly Office Hours

*Eligibility based on NIH's F32 requirement: Must be a US citizen or permanent resident at the time of award.



Graduate Courses for Postdocs



Introduction to Grant Writing

At the conclusion of this course, participants will have completed a draft of their own application.



Who Can Apply

- This course is targeted to post-graduate PhD- and MD- level scientists interested in applying for National Institutes of Health (NIH) F and K series grants (including K99/R00), other federal training grants (e.g., VA, DoD) or nonfederal foundations

ARE YOU PREPARED TO LEAD?

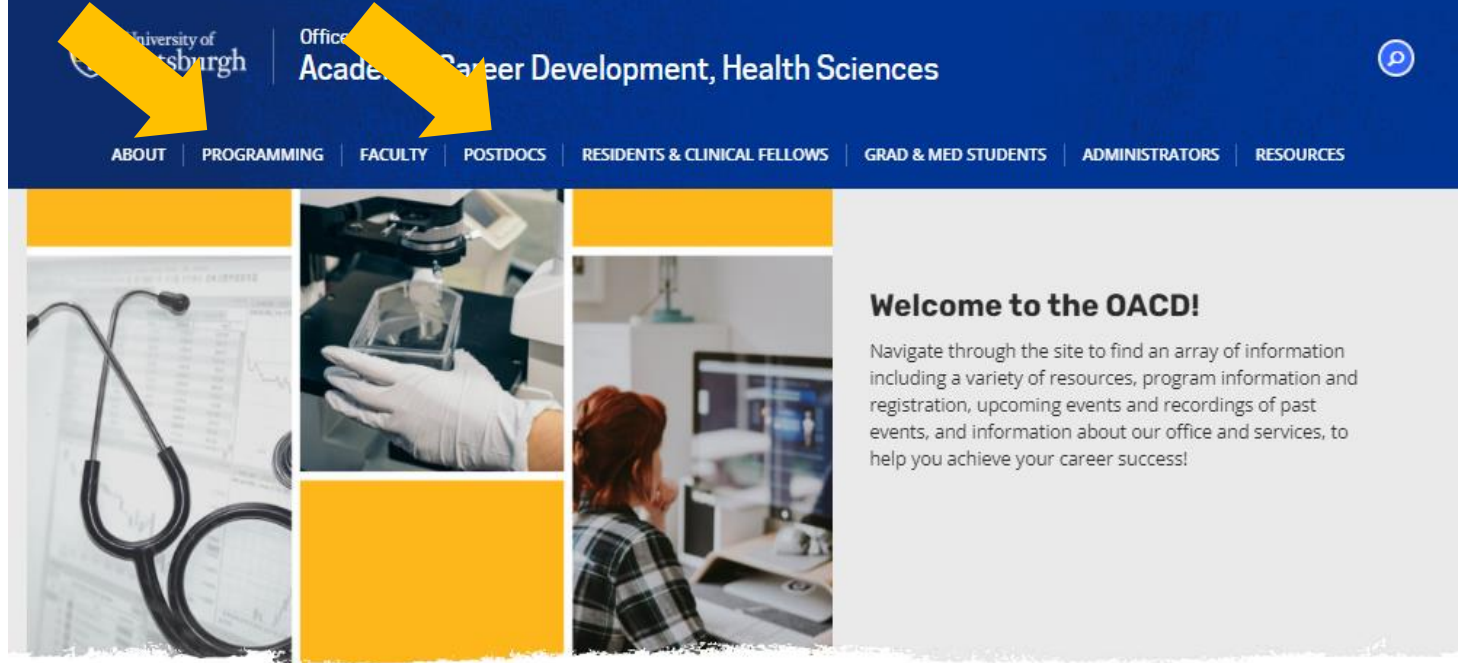
KATZ UNIVERSITY OF PITTSBURGH
JOSEPH M. KATZ
GRADUATE SCHOOL
OF BUSINESS

Graduate Business Courses

SKILLS YOU NEED. PROOF YOU HAVE THEM.



Postdocs, apply now to gain skills that set you apart!



WELCOME TO THE OACD - SPRINGBOARD TO CAREER EXCELLENCE

The Office of Academic Career Development is dedicated to providing professionals in the schools of the health sciences with the tools, resources, and support they need to achieve their full potential as leaders in biomedical research, education, and clinical practice. The OACD supports graduate and medical students, postdoctoral fellows, residents, clinical fellows, and faculty, potentiating career excellence at all levels.

oacd.pitt.edu

Resource Directory

The OACD Resource Directory contains a list of websites, organizations, and resources on a variety of topics related to your career development and success. You can refine the results by using any combination of the search options below including keyword, category, and audience.

Search

Category

- Career Exploration
- Career Specific Development
- Career Transition
- Employment Postings
- Family-friendly
- International
- Job Search Skills
- Networking
- Pittsburgh Information

[Clear](#)

Audience

- Faculty
- Postdocs
- Residents & Clinical Fellows
- Grad & Med Students
- Administrators

[Clear](#)[APPLY](#)[RESET](#)

AAAS Science Careers

Career Exploration, Career Specific Development, Professional Development
Faculty, Postdocs, Residents & Clinical Fellows, Grad & Med Students, Administrators

View *Science* Magazine's career homepage for articles, news, and journals relating to scientific careers.

Office of Academic Career Development

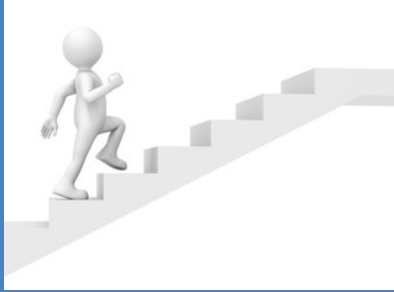


“Mastering the Art of Career Flexibility in Turbulent Times”
October 30, 2025 | O’Hara Student Center

Office of Academic Career Development



- Personal 20-minute, 1:1 Career Consultation
- 11-1pm with a faculty member you select
- October 30, 2025
- O'Hara Student Center



oacd.pitt.edu



Office of Academic Career Development

HEALTH SCIENCES

RESOURCES FOR CAREER SUCCESS

Laura Miller, PhD, PC
ljm77@pitt.edu

What is the UPPDA?

Introduction to the UPPDA

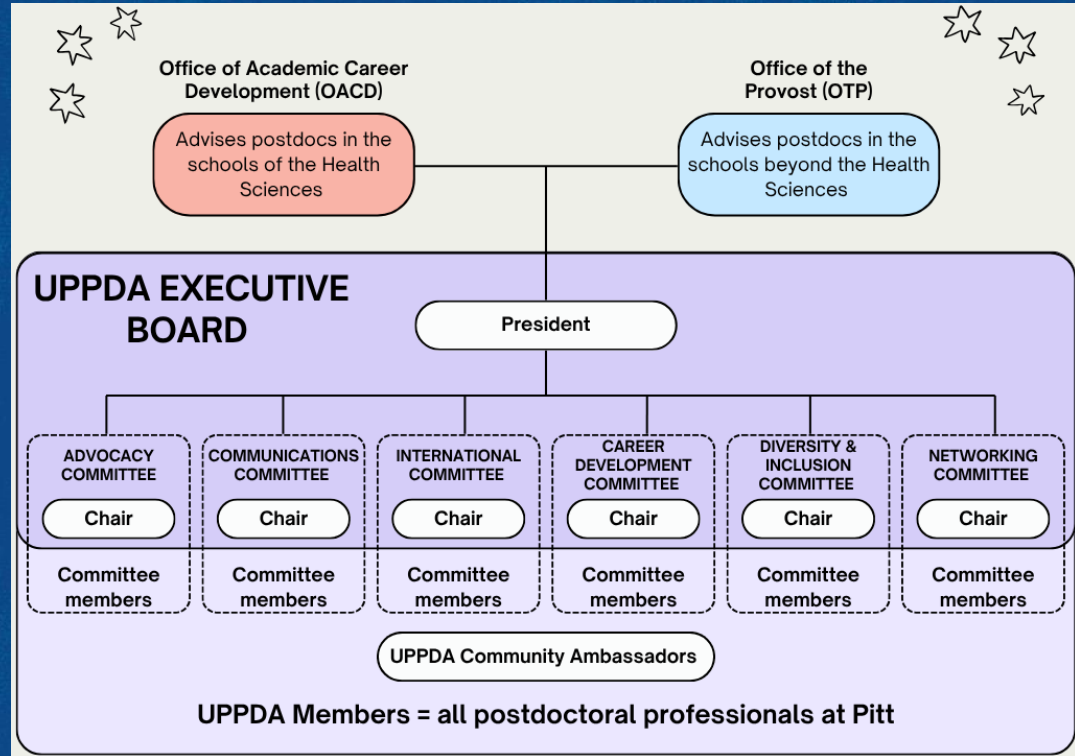
Our Mission

...is to facilitate a more constructive and positive experience for postdocs that will benefit both postdocs and the University of Pittsburgh alike.

Our Focus

- Institutional representation
- Career development
- Networking & social opportunities
- Education about policies that affect postdocs

Our Structure



2025-2026 UPPDA Executive Board



Jessica Nuwer, PhD
President
j.nuwer@pitt.edu



Casey Becker, PhD
Advocacy Chair
cab648@pitt.edu



Monojit Bhattacharjee, PhD
International Chair
mob114@pitt.edu



Kaushik Sreeram, MBBS
Diversity & Inclusion Chair
kak699@pitt.edu



Afsana Naaz, PhD
Career Development Chair
afn14@pitt.edu



Mary Cacace, PhD
Communications Chair
mac519@pitt.edu



Manohar Koduri, PhD
Networking Chair
mak995@pitt.edu

UPPDA Volunteers

UPPDA Committee Members

Communications Committee

Improve & manage information sharing

Mary Cundiff

Meiyuzhen (Chimey) Qi

Mary Roland

Career Development Committee

Provide opportunities & resources

Ipsita Dey

Ashish Dhayani

Janet Bih epse Fofang

Andzoa Jamus

Joyce Li

International Committee

Support our international postdocs

Aswathy BS

Julia Chagas

Aru Gupta

Rafaela Jose da Silva

Kamakshi Mehta

Rupali Mittal

Samira Raminfar

Daphne Rodriguez

Akanxa Roonie

Advocacy Committee

Champion postdoc needs

Edna Evington

Samuel Johnson

Ashley Schafer

Networking Committee

Create connection & collaboration

Marie-Charlotte Allichon

Julia Chagas

Anumeha Saha

Carolina Soares

Kamakshi Mehta

Zeynep Yildirim-Erdogan

UPPDA Volunteers

UPPDA Community Ambassadors

Unite & engage the broader postdoc community

Community	Ambassador
Hillman Cancer Center	Adam Officer
Department of Dermatology	Ashish Dhayani
Department of Chemical & Petroleum Engineering	Sagar Dhoble
Department of Physics	Zhenfei Jiang
Department of Radiology/BioE	Anna Korol
Department of Pharmacology & Chemical Biology	Vik Meadows
Department of Pharmacy	Syampasad NP

UPPDA Volunteers University Senate Reps

Committee	Representative	Email
Athletics and Recreation	Shakti Dahiya	shd156@pitt.edu
Benefits and Welfare	Afsana Naaz	afn14@pitt.edu
Budget Policies	Riyazuddin Mohammed	RIM190@pitt.edu
Bylaws and Procedures	Casey Becker	cab648@pitt.edu
Campus Utilization and Planning	Joyce Li	jol314@pitt.edu
Community Relations	Sandeep Urandur	sau31@pitt.edu
Computing and Information Technology	Adam Officer	officera@upmc.edu
Educational Policies	Gabriela Medina	gam177@pitt.edu
Equity, Inclusion & Anti-Discrimination Advocacy	Kaushik Sreeram	kak699@pitt.edu
Faculty Affairs	Parnaz Boodagh	boodaghp@pitt.edu
Governmental Relations	Ashley Shafer	aes100@pitt.edu
Library	Manohar Koduri	mak995@pitt.edu
Research	Rachael Rush	r.rush@pitt.edu
Student Admissions, Aid and Affairs	Adeline Supandy	ads380pitt.edu
Tenure and Academic Freedom	Cynthia Felix	cyf9@pitt.edu

UPPDA Works in Progress

**Postdoc
Climate
Survey**

**Establishing
Monthly
Events**

**International
Postdoc
Podcast
Series**

**Constitution
Update**

**Peer
Mentoring
Program**

Upcoming UPPDA Events

UNIVERSITY OF PITTSBURGH
*POSTDOCTORAL
RESEARCH
SYMPOSIUM*

SAVE
THE
DATE!

April 29th, 2026!

Upcoming Other Events



University-Wide Townhall Webinar
Oct 22nd, 12 – 1 pm



Upcoming Other Events



Individual Career Conversations
- email Laura (OACD) if you
would like one

Where can Pitt postdocs find information?

The top places to look

1. Postdoctoral Training at Pitt



www.postdoc.pitt.edu



Postdoctoral Community

Join a vibrant **community** of 800+ postdocs in 15 schools.

POSTDOCTORAL TRAINING AT PITT

Join a world-class center for pioneering research and scholarship. Postdocs are vital members of our institutional culture, valued and respected for their significant contributions to the University of Pittsburgh's research enterprise. The scientific training and professional career development of postdocs are supported by a variety of institutional programs and services.

[Learn More about Postdoctoral Training at Pitt](#)

RESOURCES



Classifications and Benefits »

Learn about classifications, benefits, time-off and leave policies, including parental leave and FMLA, as well as student loan programs.



Postdoctoral Compensation »

Find Pitt's Minimum Compensation Policies and info on taxation for postdoctoral associates and scholars.



Parental Leave Guidelines »

Find parental leave information in the Guidelines for Postdoctoral Associates and Postdoctoral Scholars document.



International Services »

This welcoming, professional office serves Pitt's community of international students, postdoctoral scholars and researchers, faculty and staff.



Cool Pittsburgh »

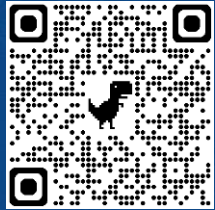
Pittsburgh, known as the "City of Bridges," is a vibrant place to live, with many things to do and places to go.



Postdoctoral Association »

The University of Pittsburgh Postdoctoral Association (UPPDA) is a dynamic professional organization supporting postdoc training.

2. Center for Postdoctoral Affairs



www.oacd.health.pitt.edu/postdocs



[ABOUT](#) | [PROGRAMMING](#) | [FACULTY](#) | **[POSTDOCS](#)** | [RESIDENTS & CLINICAL FELLOWS](#) | [GRAD & MED STUDENTS](#) | [ADMINISTRATORS](#) | [RESOURCES](#)



CENTER FOR Postdoctoral Affairs

IN THE HEALTH SCIENCES

Prospective Postdocs

Join a world-class center for innovative biomedical research. Postdocs are vital members of our institutional culture - valued and respected for their significant contributions to the university's research enterprise. A customized, high quality, and enriching postdoctoral training experience is assured within our multicultural and multidisciplinary academic health sciences community.

Current Postdocs

As a postdoctoral trainee, you're intensely focused on your research goals and have set your sights on transitioning into a fulfilling career position. The University of Pittsburgh continues national leadership in providing resources and policies that support your career aspirations, recognizing that your success is also paramount to the university's research enterprise.

POSTDOCS

- [About](#)
- [ADAPT™](#)
- [Alumni Initiative-PACT](#)
- [Benefits and Classifications](#)
- [Career Development Planning](#)
- [Compensation](#)
- [Funding Resources](#)
- [International Services](#)
- [Open Positions](#)
- [Orientation](#)
- [Pittsburgh Life](#)
- [Postdoctoral Association](#)
- [Postdoctoral Data](#)
- [Postdoctoral Guidelines](#)
- [Programs](#)
- [Resource Directory](#)
- [Training Grant Programs](#)
- [Upcoming Events](#)
- [Video Library](#)

3. UPPDA Website

 University of Pittsburgh Postdoctoral Association

ABOUT US | RESOURCES | **EVENTS** | COMMITTEES | OPPORTUNITIES

Events

Save the Date!

Discover the resources and opportunities available to you



UPPDA
Postdoc Town Hall
For new postdocs & seasoned pros alike!
Friday, October 17th, 2-3pm
BST S100A & Zoom

Share questions, ideas, concerns, needs, values, and any other thoughts you have

Whether you're just starting your postdoctoral journey or a seasoned professional, we invite you to join the UPPDA EB for an engaging session designed specifically for Pitt postdocs.

What to Expect:

 University of Pittsburgh Postdoctoral Association

ABOUT US | RESOURCES | EVENTS | COMMITTEES | **OPPORTUNITIES**

Opportunities For Postdocs

Career Development

Women in Medicine and Science Forum Fall 2025

Journal of Life Sciences: Call for Postdoc Reviewers

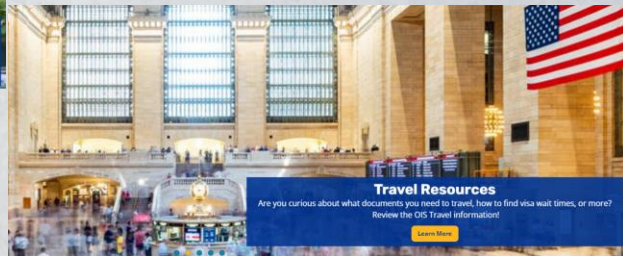
Funding

Innovators Wanted: Enter the \$40K HealthTech Competition!

MDI's Pitt Un-Challenge (PUNCH)



4. Office of International Services

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How are postdocs defined at Pitt?

Postdoctoral Classifications

A postdoctoral professional is an individual who has received a doctoral degree (or equivalent) and is engaged in a temporary and defined period of mentored advanced training to enhance the professional skills and research independence needed to pursue his or her chosen career path.

Postdoctoral Associate

- University employee
- Supported by research funds in return for work done to meet the goals for which funds were given
 - K99/R00, a faculty's R01, department funds
- Benefits deducted pre-tax

Postdoctoral Scholar

- Not a University employee
- Funded by sources that prohibit employment and/or collection of fringe benefit rates and FICA
 - T32, F32, some foundation awards
- Benefits deducted post-tax

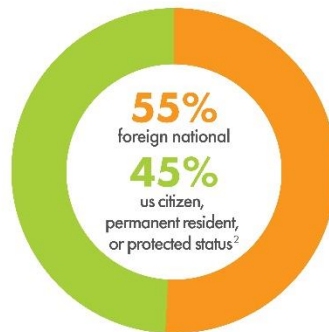
postdoctoral trainees

915

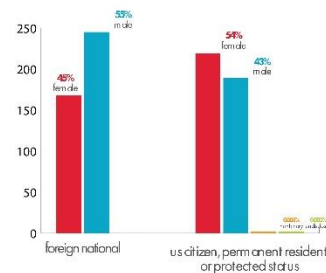
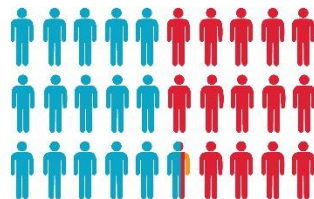
79% associates*
21% scholars**

* university employee status

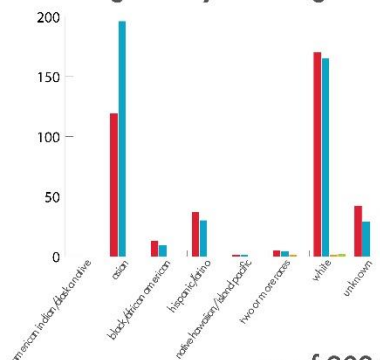
** funding prohibits employee status



gender by citizenship status

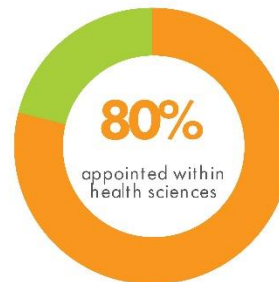
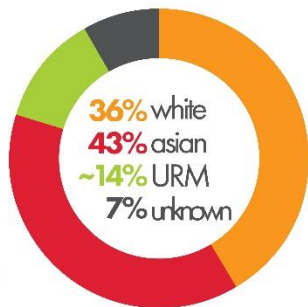


gender by ethnic origin



postdoc breakdown by unit

- 596 medicine
- 83 arts & sciences
- 66 engineering
- 61 upmc hillman cancer center
- 27 public health
- 21 pharmacy
- 13 dental medicine
- 11 lrhc
- 8 health & rehabilitation sciences
- 8 nursing
- 5 computing & information
- 5 education
- 4 public & international affairs
- 4 ucis
- 2 svc & provost
- 1 business



36% white
43% asian
8% hispanic/latino
4% black or african american
~1% american indian/alaskan native
~1% native hawaiian/island pacific
1% two or more races
7% unknown

as of 2024, pitt received over \$22 million dollars in federal institutional training grant funding.

87% of postdoc scholars are funded by training grants.

58 total training grants

- 3 engineering
- 5 public health
- 46 medicine
- 1 arts & sciences
- 2 nursing
- 1 dental medicine

Postdoc Benefits & Other Resources

Postdoctoral Compensation

Years of Experience	NIH Stipend for FY25	Monthly Stipend
0	\$62,232	\$5,186
1	\$62,652	\$5,221
2	\$63,120	\$5,260
3	\$65,640	\$5,470
4	\$67,824	\$5,652
5	\$70,344	\$5,862
6	\$72,960	\$6,080
7+	\$75,564	\$6,297

- Pitt's minimum salary for postdocs is set at the NIH minimum & adjusted annually
- The current minimum salary is \$62,232*
- NIH stipend levels *based on years of experience* are seen as best practice but are not guaranteed to postdoc *associates*
- At time of reappointment, postdoc associates should consult Pitt's annual compensation increase guidelines

**YOU ARE ALLOWED AND ENCOURAGED
TO NEGOTIATE YOUR SALARY**

Insurance & Retirement



www.hr.pitt.edu/current-employees/benefits/health-and-wellness

	Postdoctoral Associate	Postdoctoral Scholar	Contact	Phone Number	
Health and Wellness					
Benefits Orientation	Online	Online	Postdoc Associate: Benefits Orientation Postdoc Scholars: Benefits Orientation		
Insurance					
Medical Insurance	Pre-Tax Cost Share	After-Tax Cost Share	Benefits Eligibility HR Contact Form		
Dental Insurance	Pre-Tax	After-Tax			
Vision Insurance	Pre-Tax	After-Tax			
Basic Life/Accidental Death and Dismemberment Insurance	Eligible - No Cost	Eligible - No Cost			
Optional Life/Accidental Death and Dismemberment Insurance	Eligible	Eligible			
COBRA	Eligible	Eligible			
Flexible Spending Accounts					
Health Care	Pre-Tax	Not Eligible	Benefits Eligibility HR Contact Form		
Dependent Care	Pre-Tax	Not Eligible			
Qualified Commuter Expense	Pre-Tax	Not Eligible			
Parking Reimbursement					
Mass Transit Reimbursement					
Retirement					
403(b) Plan	Pre-Tax or Roth After Tax	Not Eligible	Benefits Eligibility HR Contact Form		
Matching Contributions	Not Eligible	Not Eligible			
457(b) Plan (Full-Time Status Only)	Pre-Tax	Not Eligible			
Individual Retirement Account (IRA)	Eligible	Eligible	TIAA	800-682-9139	

Time-Off & Leave Policies

- Compensated for **20 days total** for vacation, sick, and personal time per contract year **in addition to** all University holidays and Winter Recess
- Eligible for paid parental leave after the birth or adoption of a child
- Qualify for **12 additional weeks of unpaid leave** through the Family and Medical Leave Act (FMLA) after working 12 months

	Postdoctoral Associate	Postdoctoral Scholar	Contact	Phone Number
Time Off, Leave, and Disability				
Compensated Days (Includes vacation and sick)	20 days	20 days	Postdoc Time-Off and Leave Policies	
University Holidays & Recess	Eligible	Eligible		
Paid Parental Leave	6 weeks for birth parent by natural delivery 8 weeks for birth parent by caesarian section 4 weeks for non-birth parent	6 weeks for birth parent by natural delivery 8 weeks for birth parent by caesarian section 4 weeks for non-birth parent		
Nonpaid Family Medical Leave	12-Week Eligibility	12-Week Eligibility	Metlife	888-777-7418
PA Workers' Compensation	Eligible	Not Eligible	Report Work-Related Injury	



Assistance programs

UPMC Life Solutions

- Personalized work life referrals
- Online work life resources
- Crisis 24/7 contact information
- Counseling and coaching services
- Disability & family medical leave outreach



www.hr.pitt.edu/current-employees/work-life-balance/lifesolutions



Assistance programs

Care.com membership

Find reliable care options to assist you with:

- Child care
- Senior care
- Pet care
- Self care
- And more!



www.hr.pitt.edu/current-employees/work-life-balance/caring-family/carecom

What you get when you sign up:

- Unlimited access to a network of local caregivers
- 10 backup care days/year for child and adult care
- Tuition discounts on tutoring and child-care centers

Benefit through Care.com	Cost to You	Details	Example Scenarios
Premium Membership <p>Eligible employees have a total of 10 backup care days for child and adult care per program year (September 1 to August 31)</p> <p>Note: A “day” is a minimum of four hours of care and a maximum of 10 hours of care.</p>	<p>Free access to the Care.com network</p> <p>You pay for the full cost of caregivers you hire</p>	<p>Unlimited access to the online network to:</p> <ul style="list-style-type: none"> • Post jobs • Search and view profiles of local caregivers • Receive applications from local caregivers • Request background checks • Reply to applications and other messages received from caregivers 	<p>You are looking for a:</p> <ul style="list-style-type: none"> • Full-time nanny • Occasional babysitter • Eldercare health aide • Pet sitter
Backup Care for Children <p>Eligible employees have a total of 10 backup care days for child and adult care per program year (September 1 to August 31)</p> <p>Note: A “day” is a minimum of four hours of care and a maximum of 10 hours of care.</p>	<p>In-home care: \$4 per hour copayment</p> <p>In-center care: \$10 per day copayment</p> <p>Personal Network: Reimbursement up to \$125 per day after copayment (up to the maximum 10 days allowed)</p>	<p>You may use a backup day using Care.com’s in-network caregivers to provide care in your home. The caregiver is subsidized by the University and you pay a copayment of \$4 per hour. Copayments are paid directly to Care.com.</p> <p>You may use a backup day using Care.com’s in-network child care center subsidized by the University and you pay a copayment of \$10 per day. Copayments are paid directly to Care.com.</p> <p>You may use a backup day using a caregiver of your choice, independent of Care.com. You pay for the care directly and file a claim for reimbursement (up to \$125 per day) with Care.com</p>	<p>Business-related reasons you can use Backup Care or file a claim (if using the Personal Network):</p> <ul style="list-style-type: none"> • Regular care provider is not available • School or child care center is closed (i.e., holidays) • Child is sick • Work-related travel • Work obligations outside of normal working hours • Temporary gap in regular care coverage (e.g., switching regular care providers; recently joined Pitt and waiting for a daycare spot to open)
Backup Care for Adults <p>Eligible employees have a total of 10 backup care days for child and adult care per program year (September 1 to August 31)</p> <p>Note: A “day” is a minimum of four hours of care and a maximum of 10 hours of care.</p>	<p>In-home care: \$4 per hour copayment</p> <p>Personal Network: Reimbursement up to \$125 per day after copayment (up to the maximum of 10 days allowed)</p>	<p>You may use a backup day using Care.com’s in-network caregivers to provide care in your home. The caregiver is subsidized by the University and you pay a copayment of \$4 per hour. Copayments are paid directly to Care.com.</p> <p>You may use a backup day using a caregiver of your choice, independent of Care.com. You pay for the care directly and file a claim for reimbursement (up to \$125 per day) with Care.com.</p>	<p>You may use the backup days for yourself or a loved one (you may be in a situation in which you may need the service for your own personal needs).</p> <p>Examples include:</p> <ul style="list-style-type: none"> • You or a loved one are recovering from surgery, injury, or illness. • A ride is need to/from a medical appointment.

Wellness for Life

- Looking to become more fit? Want to quit smoking? Wondering how you can make the switch to fresher, healthier foods? Pitt's Wellness for Life program focuses on proactive health care management.
- Services and programs are offered to promote positive lifestyle activities and choices. With numerous resources, tools, and services on campus, you can learn how to maintain a healthy, fulfilled life.



www.hr.pitt.edu/current-employees/work-life-balance/wellness-for-life

Education Benefits

	Full-Time, Regular Postdoctoral Associates and Postdoctoral Scholars	Part-Time Regular Postdoctoral Associates and Postdoctoral Scholars
For Self:		
Undergraduate Programs	✓	Not eligible
Graduate Programs	✓	Not eligible
For Spouse/Domestic Partner:		
Undergraduate Programs	✓	Not eligible
Graduate Programs	✓	Not eligible
For Dependent Child(ren)¹:		
Undergraduate Programs	✓	Not eligible
Graduate Programs	Not eligible	Not eligible

- First \$5,250 in a calendar year is tax free, after that, taxed and withheld at a rate of 29.65%
- Katz School of Business, microcredential “Leading People in Organizations”
- Pitt-CIRTL Teaching certificate*

www.hr.pitt.edu/current-employees/benefits/education-benefits/post-doc

Education Benefits

MBA Courses for Postdocs



[www.oacd.health.pitt.edu/
mba-courses-postdocs](http://www.oacd.health.pitt.edu/mba-courses-postdocs)



- Katz Graduate School of Business micro-credential “Leading People in Organizations”
- Class sections dedicated to postdocs
- Skills you need. Proof you have them.
 - Understand human behavior & dynamics to foster better teamwork
 - Develop effective communication strategies
 - Lead & engage other professionals
 - Network productively with colleagues & potential employees
 - Gain interpersonal skills that will set you apart from competitors

Education Benefits Opportunities

Pitt-CIRTL Teaching Certificate



[www.engineering.pitt.edu/
subsites/centers/cirtl/](http://www.engineering.pitt.edu/subsites/centers/cirtl/)

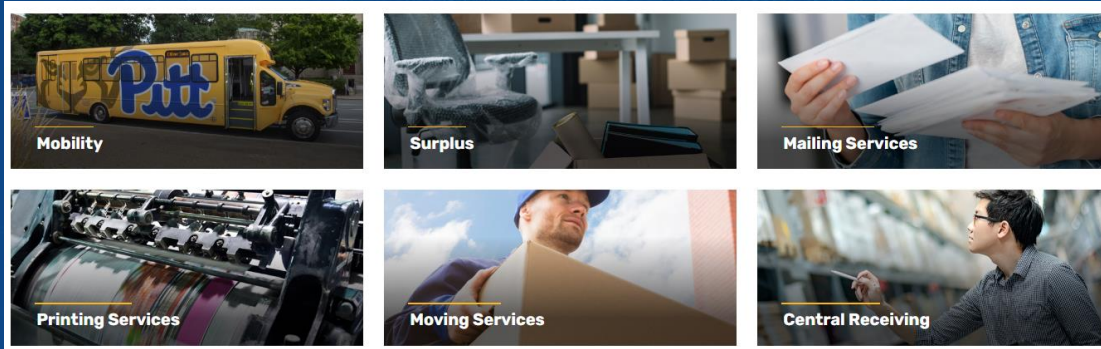


- CIRTL is a cross-university network of 41 research universities across the US and Canada
- Committed to enhancing excellence in undergrad STEM education through evidence-based teaching practices
- Pitt-CIRTL programming includes:
 - Workshops and seminars
 - Semester-long seminar-based courses
 - Journal/book clubs
 - Learning community lunch meetings to discuss Teaching-as-Research (TAR) projects
- Not necessary to pay/use education benefits

Campus Services

	Postdoctoral Associate	Postdoctoral Scholar	Contact	Phone Number
Campus Services				
ID Card/Bus Ridership Privileges	Eligible	Eligible	Panther Central	
Parking Permits	Pre-Tax	Contact oacd@pitt.edu	Parking Services	
Recreational Facilities *	Excludes Student Facilities	Excludes Student Facilities	Intramural & Recreation	
University Business Cards	Eligible	Eligible	Printing Services	
University Child Development Center	Eligible	Not Eligible	University Child Development Center	
University Club Membership	Eligible	Contact oacd@pitt.edu	University Club	

Parking, Transportation, and other Services



Find information about:

- Campus parking – there's an app
- Pitt & CMU shuttles
- Public transportation
- Printing & mailing

Campus Services

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Campus Services				
ID Card/Bus Ridership Privileges	Eligible	Eligible	Panther Central	
Parking Permits	Pre-Tax	Contact oacd@pitt.edu	Parking Services	
Recreational Facilities *	Excludes Student Facilities	Excludes Student Facilities	Intramural & Recreation	

Recreational Facilities

- As of July 18, existing facilities have either closed or restricted access
- New Recreation and Wellness Center (RWC) opened on September 14
- Currently open only to students who have paid their (increased) wellness fee
- University proposed \$45 fee for staff making $\geq$ \$50,000, \$35 for less¹
- Faculty and staff unions actively negotiating membership rates¹⁻⁴
- All postdocs now make more than some staff
- Situation is still unfolding

¹Aug. 21: <https://www.utimes.pitt.edu/news/new-rec-center-opening>

²Sept. 5: <https://www.utimes.pitt.edu/news/committee-shares-concerns>

³Sept. 19: <https://www.utimes.pitt.edu/news/excitement-abounds-during>

⁴Oct. 3: <https://www.utimes.pitt.edu/news/faculty-members-share>



Pitt Arts

www.studentaffairs.pitt.edu/pitt-arts

Artful Wednesdays

Free performances from noon to 1pm at Nordy's Place in the Lower Level of the William Pitt Union



www.studentaffairs.pitt.edu/pitt-arts/artful-wednesdays

Cheap Seats



Discounted tickets to postdocs



Pittsburgh:

Symphony Orchestra
Opera

Ballet Theatre
Cultural Trust

Public Theater
CLO and CLO Cabaret

www.studentaffairs.pitt.edu/pitt-arts/cheap-seats

School Ombudspersons

The ombudsperson assists postdocs with resolving conflicts and issues that arise during their training that cannot be addressed within their academic department.

The principal roles of the ombudsperson:

- **Listen** to postdoc concerns
- **Explain** university policies
- **Act as a neutral party** that facilitates communication
- **Refer** individuals to others as appropriate
- **Coach** individuals on how to talk to faculty



**Connect With the
UPPDA!**

UPPDA Socials/Website

Our Linktree!



 uppda.pitt.edu

 uppda@pitt.edu

 University of Pittsburgh
Postdoctoral Association

 [uppda_](https://www.instagram.com/uppda_)

UPPDA Chat Group on Slack & WhatsApp

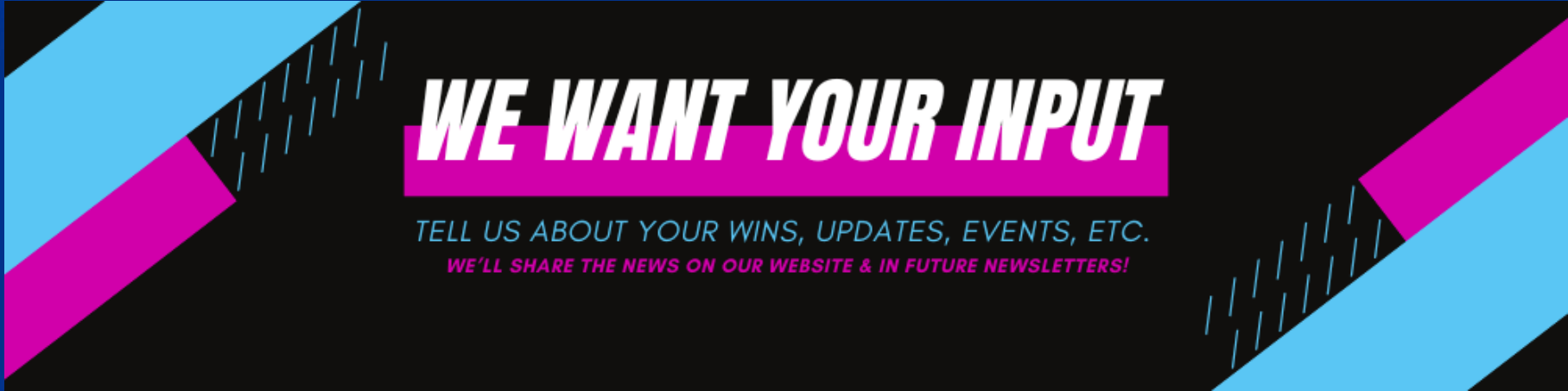
Slack



WhatsApp



Share your wins with us!



WE WANT YOUR INPUT

TELL US ABOUT YOUR WINS, UPDATES, EVENTS, ETC.

WE'LL SHARE THE NEWS ON OUR WEBSITE & IN FUTURE NEWSLETTERS!

Open Discussion Questions?

uppda@pitt.edu

j.nuwer@pitt.edu

