

# JeffPOST

The Newsletter of the Jefferson  
Postdoctoral Association  
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## Special Points of Interest:

- 5th Annual Postdoctoral Research Symposium
- Career After Postdoc
- 2010 JPA Survey
- National Postdoc Association
- Postdoctoral Publications
- Social Events

**JeffPOST**

Editor:

Hui Cheng, PhD

Assistant Editor:

Lisa Kozlowski, PhD

Comments/Suggestions

[jpa@jefferson.edu](mailto:jpa@jefferson.edu)

## 5th Annual Postdoctoral Research Symposium

*By Yi Luo and Katie McClendon (PRS Co-Chairs, 2010)*

The fifth annual Postdoctoral Research Symposium (PRS) was hosted by the JCGS Office of Postdoctoral Affairs (OPA) and the Jefferson Postdoctoral Association (JPA) on June 15, 2010. As designed, the 2010 PRS provided a great opportunity for Jefferson's postdoctoral fellows to present their latest scientific discoveries, which were representative of the multi-disciplinary biomedical research being done at Jefferson. During the two morning oral presentation sessions, eight postdoctoral fellows presented their work. In the afternoon, twenty-six postdocs discussed their work during the poster presentation session. This year, the poster session included a new section called "Early Discoveries". This section was specifically for postdocs that either just started at Jefferson within the past year or had started a new project recently. The focus was on the hypothesis and not the results. All presentations were enjoyed by fellow Jefferson postdocs, as well as Jefferson's deans, fa-



Dr. Keith Yamamoto during his keynote address.



The audience listens intently during the keynote address.

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## Editorial

*By Hui Cheng (Vice-President for Communications, 2010)*

Dear Postdoc Fellows,

Welcome to the 2010-11 edition of **JeffPOST**, the annual newsletter of the Jefferson Postdoctoral Association (JPA)! It is the joint effort between postdoctoral volunteers, JPA board members, and the Associate Dean for Postdoctoral Affairs and Recruitment, Dr. Lisa Kozlowski, that make the continuous production of this publication for the Jefferson community possible and presentable. This new edition not only features postdoctoral research, accomplishments, and professional development, but also highlights postdoctoral social events and touches on recent achievements of the National Postdoctoral Association (NPA).

Please join us to share a variety of postdoctoral activities and accomplishments here in Jefferson in the past year. We wish our fellow postdocs an even more exceptional new year!



From left to right: Drs. Katie McClendon, Yi Luo, Lisa Kozlowski-2010 PRS co-chairs.



Dr. Mary Whitman, JCGS Alumnus and Friend of the JPA Award Winner with Chris So, JPA President.

## President's Corner: Jefferson Postdoctoral Association

*By Christopher So (President, 2010/11)*



It is an honor and privilege to usher in another year as your president of the Jefferson Postdoctoral Association (JPA). The goal of the JPA is to ensure that postdocs are well represented in the university community and are recognized as vital cogs in the research performed here at Thomas Jefferson University. I personally am looking forward to a year of growth and development in career and research advancement for all Jefferson postdoctoral fellows.

This year, we will continue to offer our seminar series - the Technical Skills Seminar Series (TSSS), the Postdoctoral Fellowship Application Program (PFAP), and the Postdoctoral Presentation Series (PPS) - all of which have been very successful in helping develop the research careers of postdocs. We will continue to have our Monthly Open Meetings to keep postdocs informed of programs within and outside

Jefferson that may be helpful during their time here at Jefferson. In addition, the annual Postdoctoral Research Symposium (PRS) will be held in the spring to allow postdocs an opportunity to show off their research to the rest of the Jefferson community. In addition, our fruitful partnership with the JCGS Graduate Student Association (GSA) will continue by coordinating a JPA/GSA Career Night and JPA/GSA Winter Bash.

As president of the Jefferson Postdoctoral Association, I am looking forward to another successful year.

Sincerely Yours,

Christopher So, PhD  
President, JPA (November 2009-Present)




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*"The goal of the JPA is to ensure that postdocs are well represented and recognized as vital cogs in the TJU research community"*

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## What's new? Technical Skills Seminar Series (TSSS)

*By Pragati Katiyar (Vice-President for Career Development, 2010/11)*

We are in a world where science is making leaps and bounds with the help of ever advancing new technology. Keeping up with this technology is important and KNOWLEDGE IS POWER...prior knowledge of the best technique to use that can yield good quality results much faster is extremely important. Therefore, to keep our postdocs updated and well informed the Jefferson Postdoctoral Association (JPA) conducts its monthly "Technical Skills Seminar Series" where we invite scientists from various laboratory vendor companies as well as in-house faculty members to educate us about new and advanced techniques. This takes place in a very informal and relaxed lunch hour that not only postdocs but the entire Jefferson community is welcome to attend. I am happy to inform you that this past year we had some wonderful seminars that were very well attended. For example, scientists from Sigma, Clontech, and Invitrogen came to explain advanced techniques, such as using zinc finger nucleases for targeted editing of the genome by creating double-strand breaks in DNA at user-specified locations, a new technique to help trans-

fect difficult primary cells, and Proto-array, a new technology for protein microarray, respectively. Not only do we invite external scientists but also our invaluable in-house faculty members. This year Dr. Andrew Quong, Associate Professor, Cancer Biology, talked about "Protein Identification and Quantitation using Mass Spectrometry and Isotope Labeling". Due to the extreme success of our program measured by the large number of attendees, one of our faculty members, Dr. Rajanikanth Vadigepalli, approached us to make the Jefferson community aware of a very useful piece of equipment bought by the university, BioMark™ by Fluidigm. It uses integrated fluidic circuits known as dynamic/digital arrays, which makes high throughput research possible. Therefore we worked with Dr. Vadigepalli to invite a scientist from Fluidigm to educate us about the capabilities of BioMark™ in our TSSS. In April, Roche will join us for our seminar series. For any questions or if you would like to request a research topic, please contact us at [jpa@jefferson.edu](mailto:jpa@jefferson.edu).

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*"Keeping up with this technology is important and KNOWLEDGE IS POWER"*

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## Marketing Yourself in a Tough Job Market

*By Lisa Kozlowski (Associate Dean, Postdoctoral Affairs and Recruitment)*

With the current state of the economy that has created a tough job market, you need to do anything that you can to get a “leg up” in the job search. With only 30-40% of life sciences PhDs going into tenure-track positions, you may need to look at the world outside of academia for your career path. While industry (pharmaceutical and biotech) research positions rely on “hard” bench skills, non-research positions in industry or other non-traditional positions (e.g. patent law, science writing) rely on “soft” skills, such as communication skills.

What you need to do is to differentiate yourself from other scientists applying for these positions. One definition of differentiation in biology is the process by which a less specialized cell becomes a more specialized cell type. It is also a series of events involved in the development of a specialized cell having specific structural, functional, and biochemical properties. Differentiation for a person is the process by which a less specialized person becomes a more specialized person. It's a series of events involved in the development of a specialized person. It's to distinguish a person from others, make it more attractive to a particular audience (i.e. hiring managers), and demonstrate its unique aspects.

To market yourself, you need to determine or conceive of your personal brand. You need to look for ways to differentiate yourself. You need to use those differences as strengths. You need to find ways to promote your brand and to communicate to a potential employer what's in it for them.

First you need to look closely at your own capabilities. You need to do a self-assessment. Informally, you can think about and write down the skills you have, starting at the bench, but including skills such as data analysis, troubleshooting, teaching, writing papers and grants, leading groups, and working well in teams to name a few. But also think about what tasks make your day fly by, what are your interests and your passions, which environments do you thrive in, what achievements have you made that have helped your lab or employer. You will also have to consider your needs, such as geographical and financial ones. In addition to an informal self-assessment, there are also online sites where you can take formal self-assessment tests.

Next you need to determine or conceive of a personal brand. Do this by reviewing your reputation. Ask and listen to what others say about your achievements and talents and what is pointed out on your annual evaluations. Think about what qualities others would note in a recommendation letter for you.

Then you need to find ways to differentiate yourself. To do this, you will need to know what is important in the types of positions that you want to apply for or in career paths that sound interesting to you. You can do this by looking at science career websites, such as [www.sciencecareers.org](http://www.sciencecareers.org), [www.the-scientist.com](http://www.the-scientist.com), and the Chronicle of Higher Education, [www.chronicle.com](http://www.chronicle.com), to name a few. You can read about

different career paths in career books specific for scientists. I have had Scott Library buy many of these books. A complete list is on the JCGS Postdoc website, [www.jefferson.edu/jcgs/postdoc](http://www.jefferson.edu/jcgs/postdoc). You should also talk to people in the career paths, positions, or companies that you are interested in. For this, you need to tap into your network and set up “informational” interviews to acquire information, not to ask for a job. You can ask about the skills necessary for a particular type of position or career field. Ask them how a postdoc can get those skills. It is fine to alert them to your abilities and your career goals, but you need to cultivate a network first before you can start reaping its rewards (i.e. a job). In the next step, use your self-assessment, reputation review, and new and old skills to update your resume into one that shows off those differences as strengths. Have several people read your resume with knowledge of the type(s) of positions and companies that you are interested in. Make sure that you are getting across the strengths that are most important for these positions. I am always available to review resumes. Just e-mail me ([lisa.kozlowski@jefferson.edu](mailto:lisa.kozlowski@jefferson.edu)) to set up an appointment.

Now you need to find ways to promote your brand. Go to meetings and either network in general or join a committee of the professional society to meet new people. Start a profile on LinkedIn, [www.linkedin.com](http://www.linkedin.com), if you don't have one already. Many hiring managers use this site to look for and research potential applicants. You can also use the site to research companies and interviewers. I'm happy to “link” with any Jefferson postdoc, but please do not use the generic invitation. Instead, personalize it with information that connects us, such as the fact that you read this article. This is a good practice for anyone that you want to “link” with. Twitter has also become a way to promote your “brand”. Write a compelling, keyword rich profile and publish high quality targeted Tweets. There are also job boards available on Twitter, such as [tweetajob.com](http://tweetajob.com) and [tweetbeep.com](http://tweetbeep.com).

Lastly, when you are writing that cover letter or are at that interview, you need to communicate “what's in it for the employer”. Focus on improvements that you have made through professional development activities, for example showing leadership and teamwork by being a member of the Executive Board of the JPA. Sell through your emotions. This goes back to what excites you; what are you passionate about. In your cover letter and your interview, you need to show genuine excitement for the position, the company, and the career path. Lastly, make sure to reiterate your strengths at the end of the interview.

I hope these thoughts will get you on your way to an exciting career following your postdoc. A job search can be a job within itself and the sooner you get started on it the better. And remember this quotation from former First Lady Barbara Bush, “You just don't luck into things... You build step by step, whether it's friendships or opportunities.” Good Luck!



## Jefferson Postdoctoral Association and the National Postdoctoral Association: A Winning Combination

*By Christopher So (President, 2010/11)*

Seven years ago, a group of hardworking postdocs and the Office of Postdoctoral Affairs here at Jefferson came together to form the Jefferson Postdoctoral Association (JPA). For years, this association, in collaboration with other departments within Jefferson, has begat programs and events that benefit postdocs and other members of the Jefferson research community. However, the impact of the JPA is not limited to just Jefferson. In fact, our association has made great strides on the national level in combining our efforts with the National Postdoctoral Association (NPA).

The NPA is a non-profit organization dedicated to providing a unique national voice to postdocs in the US. Since its founding, the NPA has assumed a leadership role in addressing postdoc issues. As a founding institutional member of this organization, postdocs of Thomas Jefferson University are entitled to free affiliate memberships to the NPA, with free access to a wealth of career development resources on the NPA website (for more information, go to <http://www.nationalpostdoc.org/>).

The JPA and NPA have a very close working relationship with members of the JPA and Office of Postdoctoral Affairs playing critical roles within this organization. Zoe Fonseca-Kelly, PhD, a former president of the JPA, served as chair of the NPA's Outreach Committee and was recently elected to the NPA's Board of Directors and named Chair of it. Lisa Kozlowski, PhD, the Associate Dean for Postdoctoral Affairs and Recruitment at Jefferson, was the NPA's 2010 Chair of the Distinguished Service Award Selection Committee. She has also served on other NPA committees in the past. Past members of the JPA executive board have also served on NPA committees in past years. Members of the NPA have also contributed to our programs and events. Stacy Gelhaus, PhD, the past chair of the NPA's Board of Directors, has been a featured speaker at our JPA Open Meeting on several occasions. David Taylor, PhD, a member of the Board of Directors, was a featured speaker at this September's National Postdoctoral Appreciation Week Reception here at Jefferson (see below). Both Stacy and David were also in attendance for

our Winter Bash this past March. Dr. Fonseca-Kelly and her dance troupe provided the entertainment for this party, including a salsa dance lesson and a performance.

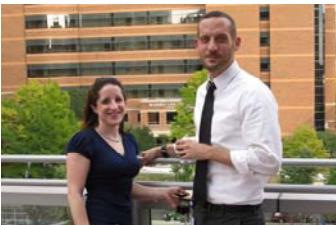
The JPA was also well represented at the 2010 NPA Annual Meeting, held in Philadelphia. This annual meeting brings together key members of postdoctoral associations and postdoctoral offices from universities around the US and Canada with the goal of exchanging ideas to help deal with issues that affect postdocs today. The JPA presented a poster on the collaborations that the JPA has with other departments and associations within Jefferson. This poster was well received by fledgling postdoctoral associations and offices who are attempting to entrench themselves in their respective universities by collaborations.

The JPA was also one of the inaugural participants in the first Postdoctoral Appreciation Day, organized by the NPA on September 24th, 2009. The Appreciation Day was organized to mark and recognize the significant contribution that postdocs make to scientific research every day across the country and the world. The day was an outstanding success with 70 institutions across 27 states hosting celebrations. The 2009 celebration was a Philadelphia-wide event, held at the University of Pennsylvania. In 2010, the national event was lengthened to include a whole week. Jefferson held its own event, the National Postdoc Appreciation Week Reception. We were extremely privileged to have as one of our distinguished speakers Dr. Gerald Grunwald, the new Dean of the Jefferson College of Graduate Studies, who reiterated his commitment to postdocs here at Jefferson. Our event also featured a great raffle with prizes donated by laboratory vendors and the NPA.

The JPA and NPA have shared a fruitful working relationship for many years and will continue to be a winning combination for years to come.

## Save the Date!

**The Third Annual Celebration of National Postdoc Appreciation Week will be held September 19-23, 2011**



Zoe Fonseca-Kelly, PhD (Chair), and David Taylor, PhD (Member), NPA Board of Directors



Postdocs listening attentively to the speakers.



JCGS Dean Dr. Gerald Grunwald speaks about his passion for postdoc issues.



Postdocs enjoying the reception and beautiful weather on the Hamilton terrace.

## Jefferson Postdoctoral Publications 2010

By Hui Cheng (Vice-President for Communications, 2010)



One of the biggest rewards for a postdoc is to have his/her research featured in a peer-reviewed journal of prestige in his/her field. It is through insightful conception, careful design, strict experimentation, critical analysis, and of course years of diligence and perseverance, that he/she finally reaps scientific publications. Congratulations to all the Jefferson postdocs that had the joy to publish in the year of 2010! We present here a sampling of the terrific research achievements of TJU postdocs, showcased by manuscripts in which they were the first author (**Bold print**).

**Aksamitiene E**, Kholodenko BN, Kolch W, Hoek JB, Kiyatkin A. PI3K/Akt-sensitive MEK-independent compensatory circuit of ERK activation in ER-positive PI3K-mutant T47D breast cancer cells. *Cell Signal*. Sep 2010;22(9):1369-1378.

**Bhardwaj A**, Cingolani G. Conformational selection in the recognition of the snurportin importin beta binding domain by importin beta. *Biochemistry*. Jun 22 2010;49(24):5042-5047.

**Chen M**, Awe OO, Chen-Roetling J, Regan RF. Iron regulatory protein-2 knockout increases perihematomal ferritin expression and cell viability after intracerebral hemorrhage. *Brain Res*. Jun 14 2010;1337:95-103.

**Cheng H**, Force T. Molecular mechanisms of cardiovascular toxicity of targeted cancer therapeutics. *Circ Res*. Jan 8 2010;106(1):21-34.

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**Colon-Gonzalez F**, Kraft WK. Pharmacokinetic evaluation of fosaprepitant dimeglumine. *Expert Opin Drug Metab Toxicol*. Oct 2010;6(10):1277-1286.

**Eisenbrey JR**, Forsberg F. Contrast-enhanced ultrasound for molecular imaging of angiogenesis. *Eur J Nucl Med Mol Imaging*. Aug 2010;37(Suppl

1):S138-146.

**Huang C**, Xia PY, Zhou H. Sustained expression of TDP-43 and FUS in motor neurons in rodent's lifetime. *Int J Biol Sci*. 2010 Jul 4;6(4):396-406.

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**Kaplan FM**, Mastrangelo MJ, Aplin AE. The Wrath of RAFs: Rogue Behavior of B-RAF Kinase Inhibitors. *J Invest Dermatol*. Nov 2010;130(11):2669-2671.

**Lahoud G**, Hou Y. Biosynthesis: A New (Old) Way of Hijacking tRNA. *Nat Chem Biol*. 2010 Nov;6(11):795-6.

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**Li H**, Nourbakhsh B, Ciric B, Zhang GX, Rostami A. Neutralization of IL-9 ameliorates experimental autoimmune encephalomyelitis by decreasing the effector T cell population. *J Immunol*. Oct 1 2010;185(7):4095-4100.

**Li H**, Rostami A. IL-9: basic biology, signaling pathways in CD4+ T cells and implications for autoimmunity. *J Neuroimmune Pharmacol*. Jun 2010;5(2):198-209.

**Li P**, Waldman SA. Corruption of homeostatic mechanisms in the guanylyl cyclase C signaling pathway underlying colorectal tumorigenesis. *Cancer Biol Ther*. Aug 11 2010;10(3):211-8.

**Lin JE**, Li P, Snook AE, Schulz S, Dasgupta A, Hyslop TM, Gibbons AV, Marszlowicz G, Pitari GM, Waldman SA. The hormone receptor GUCY2C suppresses intestinal tumor formation by inhibiting AKT signaling. *Gastroenterology*. Jan 2010;138(1):241-254.

**Migneco G**, Whitaker-Menezes D, Chiavarina B, Castello-Cros R, Pavlides S, Pestell RG, Fatatis A, Flomenberg N, Tsirogos A, Howell A, Martinez-Outschoorn UE, Sotgia F, Lisanti MP. Glycolytic cancer associated fibroblasts promote breast cancer tumor growth, without a measurable increase in

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*“One of the biggest rewards for a postdoc is to have his/her research featured in a peer-reviewed journal of prestige in his/her field”*

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## Jefferson Postdoctoral Publications 2010

angiogenesis: Evidence for stromal-epithelial metabolic coupling. *Cell Cycle*. Jun 6 2010;9 (12):2412-2422.

**Pedrini S**, Sau D, Guareschi S, Bogush M, Brown RH, Jr., Naniche N, Kia A, Trotti D, Pasinelli P. ALS-linked mutant SOD1 damages mitochondria by promoting conformational changes in Bcl-2. *Hum Mol Genet*. Aug 1 2010;19(15):2974-2986.

**Shao Y**, Aplin AE. Akt3-mediated resistance to apoptosis in B-RAF-targeted melanoma cells. *Cancer Res*. Aug 15 2010;70(16):6670-6681.

**Stefanini L**, Bergmeier W. CalDAG-GEFI and platelet activation. *Platelets*. 2010;21(4):239-243.

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**Wan SG**, Taccioli C, Jiang Y, Chen H, Smalley KJ, Huang K, Liu XP, Farber JL, Croce CM, Fong LY. Zinc deficiency activates S100A8 inflammation in the absence of COX-2 and promotes murine oral-esophageal tumor progression. *Int J Cancer*.

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**Yuan Y**, Jiao X, Lau WB, Wang Y, Christopher TA, Lopez BL, Ramachandrarao SP, Tao L, Ma XL. Thioredoxin glycation: A novel posttranslational modification that inhibits its antioxidant and organ protective actions. *Free Radic Biol Med*. Aug 1 2010;49(3):332-338.

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**Zhong Z**, Yeow WS, Zou C, Wassell R, Wang C, Pestell RG, Quong JN, Quong AA. Cyclin D1/cyclin-dependent kinase 4 interacts with filamin A and affects the migration and invasion potential of breast cancer cells. *Cancer Res*. Mar 1 2010;70 (5):2105-2114.

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*“Jefferson postdocs  
publish extensively in  
all areas of research”*

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### An Inside look at "The Lounge"

*By Fred Kaplan (Vice-President for Nominations & Elections, 2010/11)*

It goes by many names. Some call it the Graduate Lounge, while others call it the Postdoc Lounge. There are even those that call it “The Lounge”. Officially it is known as the Jefferson College of Graduate Studies (JCGS) Student Lounge and the doors were opened to graduate students and postdocs at Jefferson on JCGS Alumni Day, April 16th 2010. With donations from the JCGS Alumni Association, Jefferson Postdoctoral Association (JPA), Graduate Student Association (GSA), Jefferson staff and friends of JCGS, cramped office space once residing on the fourth floor of Jefferson Alumni Hall (JAH) has been transformed into a place designed to be a refuge from the stresses of lab work and classes.

As you enter the lounge, you will see that it is divided into three rooms. The two smaller rooms are where you will find the conference and kitchenette areas. The conference room has a large table where up to ten people can gather for a meeting, presentation, or study group. The JPA uses that room for our executive board meetings. You too

are welcome to have your meetings there. The kitchenette has a standard size refrigerator, water cooler, microwave, single serve coffee/tea maker and counter space to prepare your food. There is also a table and chairs to sit at and eat. The main area is set-up to resemble a living room. There is a spacious couch and comfortable chairs for you to sit back and relax. The ambience is further enhanced by a coffee table, floor lamps and an accent wall. Feel like doing a little work, computers and a printer are there for you to search PubMed, print out an interesting article and relax on the couch while you read it.

As good as this sounds, it is nothing if the postdocs at Jefferson do not use it. So stop by and visit the JCGS lounge. It is located in room 469 JAH. Oh yeah, do not forget your ID; you will need it to enter the lounge. If you have any problems entering the lounge or with the lounge in general, please contact Dr. Lisa Kozlowski at [lisa.kozlowski@jefferson.edu](mailto:lisa.kozlowski@jefferson.edu).



Postdocs enjoying a round of bingo at the November 2010 coffee hour in the JCGS lounge.

## The Birth of the International Postdoctoral Committee

*By Dalip Sethi (Secretary, 2010/11)*



The postdoctoral community of Thomas Jefferson University is a diverse body and more than 70 percent of them are of international origin. Every year, new postdocs from different countries join this community. For the past seven years, the Office of Postdoctoral Affairs (OPA) and the Office of International Exchange Services (OIES) have been addressing the needs and concerns of international postdocs. To further ease the transition of new postdocs to Thomas Jefferson University, the Jefferson Postdoctoral Association (JPA), guided by the OPA and OIES, has formed an International Postdoctoral Committee (IPC). The main objective of this committee is to provide realistic country-specific information to international postdocs such as locations of grocery shops, housing, local cultural organizations, etc. upon their arrival. Along

with this information, the IPC will have volunteers who can be contacted by incoming postdocs for additional information even before they arrive.

Knowing the sense of isolation felt by many international postdocs, the IPC will facilitate social interactions among newly recruited postdocs by arranging social hours and organizing cultural evenings so that they will become acquainted with American culture. The optimal goal of this committee is to assist international postdocs to have an enjoyable learning experience at Jefferson. To find out more or to join the IPC, please e-mail [jpa@jefferson.edu](mailto:jpa@jefferson.edu).



## "Mentoring Matters"

*By Paraskevi Viviana Vogiatzi (Vice-President for Social Affairs, 2009/10)*



On Sunday March 14, 2010, the last day of the annual National Postdoctoral Association (NPA) meeting held in Philadelphia, Dr. Audrey J. Murrell presented her talk titled "Mentoring Matters." Dr. Murrell is an Associate Professor of Business Administration, Psychology, and Public and International Affairs at the University of Pittsburgh's School of Business and serves as Director of the David Berg Center for Ethics and Leadership. I feel very fortunate that I was able to attend this session. Her talk was based on the relationship between mentees and mentors, for example postdocs and faculty supervisors. A mentee or protégé is the person who is guided and supported by an older and more experienced person or mentor while the term mentor has been adopted in English as a term meaning a father-like teacher.

Dr. Murrell began her presentation with the history of mentoring. In Greek mythology, Mentor, or "Μέντωρ", was the son of Alcumus and the teacher of Odysseus, Ithaca's king. When Odysseus left for the Trojan War, his foster-brother Eumaeus was in charge of Odysseus' young son, Telemachus, and his palace. As things went awry at the palace, Athena visited Telemachus in the guise of Mentor. She encouraged him to stand up

against the suitors of his mother, Penelope, and go abroad to find out what happened to his father.

Nowadays, a mentor is a trusted counselor, teacher, or friend, usually a more experienced person. Some professions have "mentoring programs" in which newcomers are paired with more experienced people, who advise them and serve as role models as they advance. Today, mentors provide expertise to less experienced individuals to help them advance their careers, enhance their education, and build their networks.

Dr. Murrell noted that the ideal mentor should have good interpersonal skills, patience, honesty, accessibility, and dedication to the mentoring relationship. A good mentor provides moral support, words of wisdom, and celebrates the success of the mentee. The mentoring relationship is based on trust, mutual respect, and open communication. A good mentor transfers critical knowledge and collaborative learning in a constructive and timely manner and supports diversity in many ways.

Good mentees are expected to take the initiative

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*"A good mentor transfers critical knowledge and collaborative learning in a constructive and timely manner and supports diversity in many ways"*

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*Cont'd on page 8*

## 2010 Distinguished Mentor Awards

One of the most important aspects of a postdoc's training is her/his mentor. Mentors are crucial for the successful development of future scientists. Mentoring requires time and effort on the part of the mentor which can be stressful when added to the pressure to secure grants and publish articles. The JPA and OPA recognize this dedication by encouraging postdocs to recommend mentors who have aided with their

scientific and professional development.

The 2010 annual nominees for the Distinguished Mentor Award (DMA) were: Eleni Anni, PhD, Manuel Covarrubias, MD, PhD, Gyorgy Hajnoczky, MD, PhD, Jan Hoek, PhD, and Rajanikanth Vadigepalli, PhD (all from Pathology, Anatomy & Cell Biology); Suba Krishnan, MD (Pediatrics); Diane Merry, PhD, and Philip Wedegaertner, PhD

(Biochemistry and Molecular Biology); and Karen Knudsen, PhD (Cancer Biology). The winner was **Jan Hoek, PhD**.

In addition, we would like to thank all of the faculty for their commitment to training future scientists. We also encourage those postdocs with great mentors to nominate them for the 2011 DMA!



Dr. Jan Hoek (Left) received this year's Distinguished Mentor Award. In addition, Dr. Lisa Kozlowski presented honorary awards to 8 other mentors, including Dr. Karen Knudsen (Middle) and Dr. Rajanikanth Vadigepalli (Right).

## "Mentoring Matters"

*By Paraskevi Viviana Vogiatzi (Vice-President for Social Affairs, 2009/10)*

*Cont'd from page 7*

and have a commitment to the success of the relationship. They need to have a passion to succeed, be willing to learn, respond honestly to feedback, and have the courage to face weaknesses and make changes.

In very competitive environments, such as clinical, administrative, research, and other educational settings, the employees should be motivated and driven to do things that are essential to create success for them and for the organization at large. Mentoring solutions, such as incentive compensation, training, flexible work arrangements, and employee participation, can lead to high perform-

ance work practices. Mentoring relationships can be expansive and enriching. Over time they may change as the mentee becomes a collaborator of the mentor and an independent investigator who may mentor his/her own trainees.

Dr. Murrell is the author of the books, "Mentoring Dilemmas: Developmental Relationships within Multicultural Organizations" and "Intelligent Mentoring". It was a great pleasure to attend her talk on formal and informal mentoring as a multidimensional issue and how it can lead to more positive work attitudes, better decision making, and enhanced creativity within work teams.

## Upcoming Events

**Women in Science Seminar**, March 28th 2011 with Mary Whitman, PhD (JCGS PhD alumna) and Kristin Sharples, PhD (JCGS postdoc alumna)

**Technical Skills Seminar Series (TSSS)**, April 5th by Roche; May 10th by TJU microscopy facility.

**JPA/GSA Career Night**, April 6th 2011 with Anthony Torre, MS (JCGS alumnus)

**Immigration Seminar**, April 26th, 2011

**Sixth Annual Postdoctoral Research Symposium**, June 2011. If you are a postdoc and would like to be part of the 2011 PRS Planning Committee, please email the committee at [prs@jefferson.edu](mailto:prs@jefferson.edu)

## Postdoctoral Travel Awards 2010

### Postdoctoral Travel Awards

As part of their mission to foster the development of postdoctoral fellows, the JCGS Dean's Office and the OPA established a fellowship program to support the attendance of postdocs at scientific meetings. These fellowships constitute a great means to encourage the participation of Jefferson postdocs in national and international conferences and are available throughout the year.

Attendance and presentation at scientific meetings allow postdocs to share their results with colleagues, hone their presentation skills, as well as network with scientists. The following postdocs were awarded travel grants this year:

**Dr. Simone Buraschi**, Laboratory of Dr. Renato Iozzo, 2010 Biennial Meeting of the American Society for Matrix Biology.

**Dr. Veronica Eisner**, Laboratory of Dr. Gyorgy Hajnoczky, Biophysical Society 55th Annual Meeting, 2011.

**Dr. Hind Lal**, Laboratory of Dr. Thomas Force, American Heart Association Scientific Sessions Meeting, 2010.

**Dr. Purushottamachar Puranik**, Laboratory of Dr. Vincent Njar, American Chemical Society Meeting, 2011.

**Dr. Reiko Sakaguchi**,

Laboratory of Dr. Ya-Ming Hou, Pacificchem 2010.

**Dr. Alyson Zeamer**, Laboratory of Dr. Jay Schneider, 40th Annual Society for Neuroscience Meeting, 2010.

**Dr. Shao-Gui Wan**, Laboratory of Dr. Louise Fong, American Association for Cancer Research, 2010.

**Dr. Pragati Katiyar**, Laboratory of Dr. Andrew Aplin, American Association for Cancer Research, 2010.

**Dr. Yanrong Su**, Laboratory of Dr. Glenn Radice, American Association for Cancer Research, 2010.



*"A variety of awards and distinctions are granted every year to Jefferson's postdocs in recognition of their achievements"*

## 2010 Postdoctoral Research Symposium Winners - Congratulations!



Pictured from left to right: Best Early Discoveries Reiko Sakaguchi (Biochemistry & Molecular Biology, Ya-Ming Hou); Best Poster Breann Barker (Biochemistry & Molecular Biology, Jeffrey Benovic); Best Oral Presenter Xingguo Liu (Pathology, Anatomy & Cell Biology, Gyorgy Hajnoczky); Best Poster Heather Montie (Biochemistry & Molecular Biology, Diane Merry); Best Oral Presenter Lan Cheng (Medicine, Glenn Radice); Best Early Discoveries Mehboob Ali (Pharmacology & Experimental Therapeutics, Giovanni Pitari); Best Poster Lucia Stefanini (Hematology, Medicine, Wolfgang Bergmeier).

Not in picture: Best Poster Jianjun Wang, Natalia Zhukovskaya (Biochemistry & Molecular Biology, Jeffrey Benovic)

Congratulations to **Dr. Biswanath Patra** (Pathology, Anatomy & Cell Biology, Rajanikanth Vadigepalli) who received the Junior Scientist award from the Association of Scientist of Indian Origin in America (ASIOA) during Experimental Biology Meeting 2010 and who was the Gordis Award Finalist at the Research Society on Alcoholism Annual Meeting 2010. And to **Dr. Georges Lahoud** (Biochemistry and Molecular Biology, Ya-Ming Hou) who was awarded the Great-River Post-Doctoral Fellowship (2010-2011) by the American Heart Association.



## In Pursuit of a Career After PostDoc...

By Pragati Katiyar (Vice-President for Career Development, 2010/11)

In continuation of our JeffPost series “In Pursuit of a Career After PostDoc...” I gathered more stories of incredible careers of Jefferson alumni. These are stories from people who have chosen both traditional and not so traditional, but very rewarding, career paths that can possibly expand the horizon of your job search. Everyone is dealing with different life situations, so in order to cover various situations this article caters to the career pursuits of people who enjoy working under pressure, people who like a lot of traveling and those whose passion lies in a more academic setting. I am sure some of these stories will inspire you and give you a chance to think about your career choices with a different perspective. In addition, if you would like to know about any other careers not covered so far, please write us at [jpa@jefferson.edu](mailto:jpa@jefferson.edu) and we will try our best to find an alumnus who might have pursued that career to answer your questions in our next issue of JeffPost. Lastly, I would like to thank our alumni for sparing their precious time to share important information about the journey of their career.



### Joseph Marini, PhD

Associate Director of Pharmacokinetic Bioanalysis, Centocor, Radnor, Pennsylvania

*Tenure at Jefferson:* Dr. Joseph Marini completed his PhD in Immunology from Jefferson College of Graduate Studies (JCGS) in 1997 under the supervision of Dr. Robert Korngold in the Department of Microbiology and Immunology. After finishing his PhD, he joined The Mathilda and Terence Kennedy Institute of Rheumatology, a division of Imperial College, London, as a postdoctoral research fellow. He later returned to the US and extended his postdoctoral training one year under Dr. Robert Korngold before joining Centocor Research and Development, Inc., a wholly owned subsidiary of Johnson & Johnson, as a Senior Research Scientist in the Clinical Pharmacology group. Dr. Marini has since gone on to become Associate Director of Pharmacokinetic Bioanalysis at Centocor.

*Decision to make this change:* When asked about his career choice he said that he always envisioned having a career in industry. Before becoming a graduate student, Dr. Marini worked as a Research Technician in Jefferson’s Department of Neurology. Here he had an opportunity to work on a project studying anti-tumor necrosis factor- alpha as part of a collaboration between Centocor and Jefferson. He continued working on the project as a graduate student, and then his postdoctoral training at the Kennedy Institute of Rheumatology provided him with essential clinical trials experience. He said, “I always wanted to join industry, and my interest in autoimmunity along with my background in clinical trials helped me gain necessary skills required for my current position at Centocor.”

*Interview process in industry:* When I asked about the interview process as well as the overall working environment in industry, he said, “It’s a very different environment than academia because the measures for success are not analogous. In a university research setting, there is a legitimate focus on producing publications and obtaining grants. To advance, one

needs to have a solid publication record as well as strong grant writing skills. Within industry, performance goals are geared around ensuring the integrity of the data, and maintaining the quality and safety of the trials through good laboratory practices.” Of course, both arenas place a high value on scientific rigor and intellectual curiosity. In addition, the grant writing skills Dr. Marini developed as a graduate student and postdoctoral fellow have served him well, as he is often called upon to help draft study protocols, clinical and non-clinical study reports, and industry publications. According to him, he joined Centocor out of his passion for translational research as he finds working with the potential final product extremely exciting.

*Anything you would have done differently about your career:* Dr. Marini said he would not want to change anything. He had the benefit of working first in academia and now industry, using skills he developed in both arenas, and he’s very happy in his current setting.

*Advice for postdocs:* Networking!!! I am sure our readers are not new to this word. Yet the message from old and new alumni is consistent: Get out there. Talk to people. According to Dr. Marini, networking allows you to learn the variety of career paths available and is frequently a critical step in getting your work noticed. Giving his own example, he explained that while doing his postdoc at Kennedy Institute of Rheumatology in London, his supervisor advised him to look for suitable positions in Centocor as he was involved in carrying out some collaborative clinical trials there. “Therefore,” said Dr. Marini, “I would advise current postdocs to go to meetings and network to first find out where their interest lies. This can only be done by meeting and knowing people in varied careers.” He also indicated that these days it is tough to get into industry directly after graduate school. Therefore one should use their postdoctoral time wisely to gain more experience. In addition, he advised to not always rely on posted positions within industry. Sometimes it’s best to just send your CV to a contact and have the contact pass your CV to a hiring manager or enter your information into the company’s internal hiring database.



## **Jeffrey Martini, PhD**

Medical Science Liaison, Cephalon, West Chester, Pennsylvania

*Tenure at Jefferson:* Dr. Jeffrey Martini completed his PhD in Pharmacology from JCGS in 2008 under the supervision of Dr. Walter Koch in the Center for Translational Medicine. He continued on for a brief postdoctoral fellowship there. He then joined Ben Franklin Technology Partners as a Life Science Investment Consultant. After 2 years with Ben Franklin Technology Partners, he moved to a position as a Medical Science Liaison (MSL) at Cephalon.

*Decision to make this change:* At the end of graduate school, Dr. Martini developed an interest to work as a medical science liaison. He gathered information about this profession from his vast and varied network. Upon asking if the change was difficult, he explained that it was a bit of a challenge, but with the help of strong technical knowledge and significant networking he got his first break in this field. Prior to joining Cephalon he worked in a venture capital firm for 2 years and according to him that experience helped him a lot in establishing himself outside the academic environment.

*Important skills required for this job:* Two skills extremely important for this job are:

**Strong technical background:** To ask relevant questions pertaining to the problem that your company is trying to address. Therefore one should be able to talk intelligently and exchange scientific information with world leaders in the field.

**Strong interpersonal skills:** To build business relationships, it is extremely important to have skills to deal with different personalities.

*Typical day as a MSL:* According to Dr. Martini, "Every day is different. We have to manage a territory by building key relationships between industry, academic, clinical and medical personnel." He said that during a typical day he is most involved in disseminating education through interactions with investigators who are world leaders in the field. He explained that MSLs do not work to promote any particular product of a company, but rather they help to establish disease awareness as well as help in facilitating the scientific aspect of any clinical trial by providing input on updated current research. They cultivate and maintain relationships between their company and external leaders through appropriate scientific exchange. Additionally, they also help to enhance the scientific and clinical knowledge of their colleagues as well as the general public through education and scientific exchange.

*Plans for the next five years:* He laughed and said, "For now it is very difficult to say since I am new to the profession, am enjoying it and am learning varied aspects of it," but he would certainly like to climb to the next step as soon as possible.

*Pros and cons of this career:* The positive aspects of this career path include having knowledge of cutting edge research and staying on top of the current research. Additionally you get to act independently and if you are highly motivated, you can make your own path as a MSL. The only downside is that you have to travel a lot.



## **Anastasios (Tassos) Lympereopoulos, PhD**

Assistant Professor, Nova Southeastern University, Ft. Lauderdale, Florida

*Tenure at Jefferson:* Dr. Anastasios (Tassos) Lympereopoulos worked as a postdoctoral researcher in Dr. Walter Koch's lab in the Center for Translational Medicine at Thomas Jefferson University for 5 years before moving on to his next position as Assistant Professor of Pharmacology at Nova Southeastern University. During his time at Jefferson he also participated in the Jefferson Postdoctoral Association as Vice-President of Elections and Nominations. He liked working at Jefferson and gained a lot of work-life balance due to its location in the city.

*Search for current job and its main requirements:* Dr. Lympereopoulos mainly did his job search online and looked for positions with a teaching requirement. His current position did not require prior funding but had requirements for research publications and some teaching experience. Fortunately he had prior teaching experience in his home country that helps him to fulfill the teaching responsibilities for his current position. Currently, he is on a track of continuing contract which is equivalent to a research tenure track position, but involves more teaching. He also has his own lab where he is currently recruiting staff to continue his research.

*Difference between your postdoc and current position:* Upon asking, he laughed and said, "The only difference is that now I am also teaching but since I have my own lab I am more like a PI who is enjoying best of both worlds by balancing both teaching and research." His typical day is 10am to 6pm, which is mainly spent in his office preparing for lectures. In order to keep the research in motion, he also devotes 1-2 days in planning and conducting experiments. When asked about his experience in TJU, he said, "I liked being a postdoc at Jefferson as I liked the research." He spoke highly of his advisor who gave him freedom to work on whatever he was interested in terms of research. The only thing that he thinks he missed while at Jefferson was not getting the opportunity to teach.

*Was the postdoc experience at TJU helpful in attaining this position?:* He was very appreciative that he was able to publish a lot while at Jefferson which helped him meet some of the requirements of his current position. However, he again noted that he was not able to find any teaching opportunities while at

*Cont'd on page 14*



## Social Corner

*By Paraskevi Viviana Vogiatzi (Vice-President for Social Affairs, 2009/10)*

For the Jefferson Postdoctoral Association (JPA), vocation and avocation come together. JPA seeks to involve Jefferson postdoctoral fellows in career seminars, technical skills seminars, professional development workshops, and an annual research symposium as well as social events. This past year has been particularly successful with many social activities for Jefferson postdocs.

Here are a few of the social events enjoyed this year. In March 2010, the JPA and the Jefferson College of Graduate Studies' Graduate Student Association (GSA) co-hosted a winter party with a salsa dance theme. Sandra Bonne-Annee, a PhD student, and I were the lead party organizers. However, we could not have done it without the help of the other JPA and GSA officers and other graduate student volunteers. Activities included a salsa dance lesson led by former JPA President Zoe Fonseca-Kelly and her friends in the Arte Soneros dance troupe from Estilo Dance Studio. This was followed by a lovely dance performance from this dance troupe. Approximately 100 postdocs, graduate students and their families attended this event. The food was great and the raffle prizes were well-received. The traditional limbo contest, musical chairs, and relay race gave our guests a bit of fun! I was so lucky to be able to organize this great JPA/GSA event and I am so proud to have worked with such great JPA and GSA teams!

Also in March, the JPA and GSA joined up again to host a career seminar and social hour. Sanjoy

Biswas, MS, a Jefferson alumnus, gave a presentation about his career path at GlaxoSmithKline in the labeling division. He then joined us for an informal networking social hour at Marathon Grille. Many students and postdocs came to speak with him about career opportunities.

Another fantastic event was the bowling night at Lucky Strikes in Center City during the month of June. The JPA was able to subsidize the event. It was wonderful that many new postdocs and postdocs with families attended this event.

In August we made a trip to Atlantic City with postdocs and their families. In November, we had a successful coffee hour in the JCGS Lounge (Room 469 JAH). The new JPA International Postdoc Committee arranged to have games available. Attendees played several spirited rounds of bingo and won Jefferson prizes. Just recently in December, we had another fun family outing, this time to the Adventure Aquarium in Camden, NJ.

If you haven't had the opportunity to attend one of these JPA social events, don't worry, there are many more to come. For those who have already attended some of these events, please share with the JPA your experiences and any ways to improve the JPA's social mission.

Good luck and enjoy your postdoctoral experience with all the best for your future!



Jefferson postdoctoral fellows and their families on a summer trip to Atlantic City.



Dance troupe, Arte Soneros, performs during the salsa dance-themed Winter Bash.

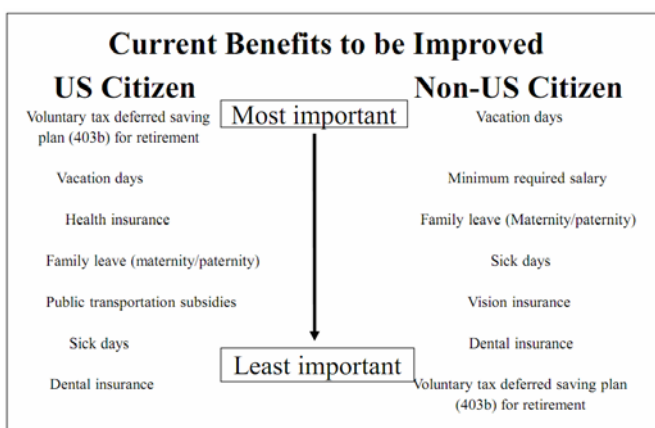
## JPA Survey 2009/2010

By Zhe Ding (Senior Vice-President, 2008-10)



Data from our annual Jefferson Postdoctoral Association (JPA) surveys have been used to inspire the continued efforts of the Office of Postdoctoral Affairs (OPA) and the JPA. Input from postdocs is crucial to the development of training programs as well as a bargaining tool for us to obtain additional benefits from the university. This year, 44% of postdocs completed the survey, slightly more than last year. The number of male postdocs who took the survey was double that of female respondents. 42% of respondents were in their first year at Jefferson.

The citizenship of the postdocs that responded to this year's survey reflected that of the Jefferson postdoc community, with the majority being non-U.S. citizens (72%). One benefit concern crossed citizenship with the majority of postdocs voicing a need for additional vacation days. This issue has now been worked on by the OPA and the JPA. Dr. Kozlowski, Associate Dean for Postdoctoral Affairs and Recruitment, was able to get an enhancement to vacation days for postdocs. As of July 1, 2010, all postdocs can carry over up to 1 week of vacation days. This means that a postdoc can have up to 3 weeks of vacation at any one time. One noticeable difference in responses from U.S. and non-U.S. citizens was the request by U.S. citizens for an improved retirement plan. This remains to be worked on. Being mentored is a critical component of postdoctoral training. Compared with 37% in the 2009 survey, 45% of postdocs agreed that they have received adequate mentoring in their current postdoctoral position in 2010. 53% of US citizen postdocs and 42% of non-US citizen postdocs are satisfied with their mentoring. This being said, there are still ~50% of postdocs that do not feel that they are being mentored well. Interestingly, female postdocs were more satisfied with their mentoring than males postdocs. In order to improve mentoring, postdocs provided suggestions, such as arranging a committee of mentors for postdocs, having faculty encourage postdocs to attend both scientific and career oriented seminars, providing training for the transition from postdoc to independent faculty member and honoring a mentor of the year. The OPA and JPA already give out a Distinguished



Mentor Award (see page 8) at the Annual Postdoctoral Research Symposium. The idea of a committee of mentors is intriguing and the JPA and OPA are currently exploring the possibility of having this type of committee for postdocs.

The JPA and the OPA are a postdoc's home at Jefferson and their website provides a lot of useful information. However, only 49% of postdocs have visited this website very often and 33% of postdocs have never visited it. Everyone is encouraged to take advantage of this resource for information on career development, JPA events, and more at <http://www.jefferson.edu/jcgs/postdoc>.

To provide an informal way for postdocs to communicate, the JPA has hosted many social activities for postdoctoral fellows at Jefferson. To determine how to increase attendance and what events are most appealing, survey questions asked about commute time, families, and types of social events. The results revealed that 42% of postdocs spend less than one hour commuting to Jefferson, 52% have children, 68% of those with children are interested in bringing them to an on-campus, family-oriented party and 72% are interested in bringing their children on an off-campus trip. For US-citizens, the top three events that they have or would like to attend are a wine/beer tasting, a summer barbeque, and monthly social hours. For non-US citizens, they are interested in a summer barbeque, a Philadelphia museum exhibit, and monthly social hours. Based on those results, the JPA is planning more social events in the future.

**\*\*Please contact the JPA at [jpa@jefferson.edu](mailto:jpa@jefferson.edu) if you have any questions or suggestions or would like to sign up for any of the programs outlined here. \*\***

*Do you agree that you have received adequate mentoring in your current postdoctoral position?*

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
US	11.8%	5.9%	11.8%	52.9%	17.6%
Non-US	7.0%	2.3%	27.9%	41.9%	20.9%
Male (All)	12.8%	5.1%	23.1%	38.5%	20.5%
Female (All)	0.0%	0.0%	23.8%	57.1%	19.0%

**\*\*JPA surveys are carried out every year. We hope to have a bigger response each year in order to provide better services that match your needs.\*\***



## My Experience at an International Conference I

*By Maggie Huang (Treasurer, 2010/11)*

My name is Maggie and I am a postdoctoral fellow at the Center for Translational Medicine, Department of Medicine, in the laboratory of Dr. Walter Koch. Dr. Koch's lab does research on cardiac diseases, including cardiac hypertrophy, cardiac ischemia, and heart failure. We usually go to conferences organized by the American Heart Association.

The American Heart Association hosts many meetings throughout the year, including the winter Scientific Sessions, which is the biggest, and other more specialized, smaller scale meetings that focus on such topics as basic cardiovascular sciences, stroke, high blood pressure, arteriosclerosis, thrombosis, and vascular biology. The winter Scientific Sessions covers basic, clinical, population, and translational science. It is well attended by both scientists and clinicians and it provides an opportunity to learn about state-of-the-art cardiovascular research and how it is applied in clinical practice. On the other hand, the Basic Cardiovascular Sciences (BCVS) Scientific Sessions mainly attracts research scientists and has grown in popularity in the past few years. I attended BCVS Scientific Sessions in both 2009 and 2010 and benefited a lot.

The 2010 BCVS Scientific Sessions was held in Rancho Mirage, CA from July 19 to 22. The program involved presentations during the day and a poster session in the evening. Having talks and posters at different times of the day was helpful since you do not miss any talks you were interested in because you have to be either at your own poster or visiting posters.

The presentations during the day were 30 min. talks given by es-

tablished investigators, reporting the latest data from their labs. The talks were grouped according to the area of interest, for example, cardiac protection during diseases, cell death, microRNA, cardiac regeneration and stem cells. The talks were very informative and allowed you to learn from the top scientists in this inner circle of your specialized area. In addition, a keynote lecture was given by a scientist whose work has made a huge impact on the recent developments of this field. This year, Dr. Roger Tsien, a pharmacology professor at the University of California, San Diego, and the 2008 chemistry Nobel Prize winner, was the keynote speaker and gave a talk about fluorescence tagging and the utilization of this method in his recent research, including developing new reagents for cancer therapeutics. Dr. Tsien's passionate talk was very informative and educational.

The poster session provided a good opportunity for trainees like graduate students and postdoctoral fellows to share their latest work and ideas. Although the BCVS meeting is smaller than the winter meeting, almost all of the top scientists in cardiovascular research are there and they do visit the posters. Therefore, you'll have the chance to meet and talk to them, seeking their advice, and of course, networking.

I enjoyed the meeting greatly and found it a good learning experience. I strongly recommend that postdoctoral fellows attend meetings since they open up your mind, expose you to new ideas, and may bring major differences to your research career.

## In Pursuit of a Career After PostDoc...

*By Pragati Katiyar (Vice-President for Career Development, 2010/11)*

### *Cont'd from page 11*

Jefferson which put him at a disadvantage when looking at faculty positions that had a high teaching load.

**Best and worst part of your current job:** Best part is teaching. Since the position is not research-oriented, things in the lab can sometimes go slowly in comparison to a research institution. Secondly, very few grants are available and since not many faculty members and staff share the same passion for research, sometimes it's difficult to find collaborators. According to him, for someone who stayed in Philly for 5 years the ONLY WORST part of his current job is TOO MUCH RAIN in Florida but he is slowly adjusting.

**Anything you would like to do differently about your career:** Nothing!!! He said, "Teaching was my goal. It took me a while to get here so the only thing that I would have done sooner was to gain some additional teaching experience. I am happy with my career and my overall destination would not change."

**One major piece of advice for postdocs:** His advice to current postdocs who are interested in teaching is to incorporate as much teaching as possible by finding local opportunities. Most importantly he said, "Don't be afraid to try, to search for jobs and once you find your dream job—Do not sell yourself short—Have confidence and keep your options open."

## My Experience at an International Conference II

By DongSoo Kang (Postdoc, Kimmel Cancer Center)



I would like to share my experience of attending a scientific meeting called the Great Lakes G Protein-Coupled Receptor (GPCR) Retreat this past year. This international joint meeting with the Club des Récepteurs à Sept Domaines Transmembranaires du Québec is held annually at sites near the Great Lakes area between the United States and Canada ([www.gpcr-retreat.com](http://www.gpcr-retreat.com); the website keeps an archive of current and previous meetings). Since the meeting mainly focuses on GPCR- and G protein-related signaling, the keynote and invited speakers are leading scientists in these fields. After I had submitted a manuscript of my on-going research project, I was looking for a scientific meeting related to this project, which is a structure-function study of the GPCR-mediated endocytic complex. I was informed by e-mail about the 11th Great Lakes GPCR Retreat which was to be held in Rochester, NY from October 15 to 18, 2009.

As soon as the meeting was announced, I submitted an abstract. A few weeks later, the meeting committee contacted my supervisor to ask whether I could present my data in a mini-oral presentation session. I took the opportunity and prepared both a poster and an oral presentation. While I was at the meeting, I was surprised in several ways. First, it was held at the Memorial Art Gallery at the University of Rochester, which provided a unique environment for a scientific meeting. Everyone enjoyed viewing the paintings and sculptures in the Gallery during the breaks. Second, I had thought that most participants would come from academic institutions near the Great Lakes, like the name of the meeting suggests. However,

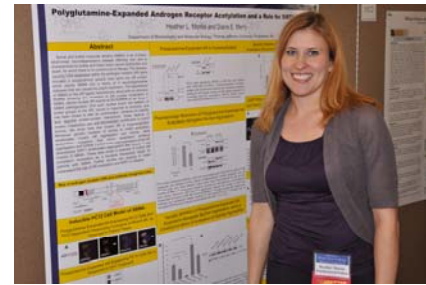
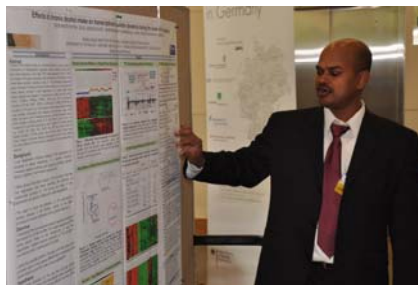
invited speakers and poster presenters were from various regions of the US, Europe, and Canada. Graduate students and postdoctoral fellows comprised about 70% of the attendees. There were 78 posters during the 2.5 day-long meeting, which covered various topics. Invited speakers and the keynote speaker were renowned scientists who had given invited talks at Jefferson in past years and whose names I could recognize from their publications. The topics they covered were diverse such as functions of protein-protein interaction, structures of GPCR-related signaling/regulatory proteins, in vivo studies of GPCRs, and advanced techniques to answer challenging topics such as single molecule imaging and screening of potential drugs targeting GPCRs. Lastly, the mingling of senior scientists and trainees during lunch, dinner and the poster sessions made for a relaxed ambience during the meeting.

Overall, it was a fruitful meeting to get to know what other scientists are doing, to get a sense of what is new in the field, and to get acquainted with other scientists. Generally speaking, the GPCR Retreat is an intermediate-sized meeting with the majority of participants being either graduate students or postdoctoral fellows. It would be an excellent meeting for someone who does not have much experience attending scientific meetings because it is a relatively short, focused meeting in a specialized field with a relaxed air over the entire meeting.

## Improving Your Research Presentation Skills with the Postdoctoral Presentation Series (PPS)

By Zhe Ding (Senior Vice-President, 2008-10)

Are you confident with your research presentation skills? The Postdoctoral Presentation Series (PPS) provides postdocs an opportunity to practice presenting their work. Participants in this series range from those that are preparing for meetings to those that just want a little input on their own research. Moderated by members of the Jefferson Postdoctoral Association, this series is offered on a per need basis and is only attended by postdocs, who will offer not only scientific input and questions, but also tips to improve your research and your presentation. It is a great opportunity to practice and to get opinions from outside of your lab that will make you confident with your research presentation skills. For any further questions about this unique series or if you would like to take part in it, please contact us at [jpa@jefferson.edu](mailto:jpa@jefferson.edu).





## 5th Annual Postdoctoral Research Symposium

By Yi Luo and Katie McClendon (PRS Co-Chairs, 2010)



### Cont'd from page 1

culty, research staff and graduate students. Both oral and poster presentations were judged by Jefferson faculty and the best in each session received a monetary award for professional expenses. The awardees and their mentors are listed on Page 9.

As a tradition of PRS, a keynote speaker was invited as a highlight of the event. This year's keynote address was given by Keith Yamamoto, PhD, professor of Cellular and Molecular Pharmacology and Executive Vice Dean of the School of Medicine at the University of California, San Francisco. Dr. Yamamoto is an acknowledged leader in research focused on the mechanisms of signaling and gene regulation by intracellular receptors. His keynote address, "Intracellular Receptor (IR) Superfamily of Regulators", was appreciated by the faculty, postdocs, and students from many different research departments at Jefferson.

Immediately following the keynote address, this year's Distinguished Mentor Award (DMA) was presented to Dr. Jan Hoek for his excellent mentorship skills. The DMA was established by the JPA and OPA in 2007 as a way to recognize and commend TJU faculty that have gone above and beyond to provide great postdoctoral mentorship. Eight other faculty members were nominated for the 2010 DMA and they are listed on Page 8. We greatly appreciate the effort that these faculty members put towards postdoctoral mentoring, and we urge those of you with great mentors to nominate them for the 2011 DMA.

A new addition to PRS this past year was an afternoon Plenary Session on "Clinical Research/Trials

at Jefferson". The session, which was comprised of four subsections, was designed to introduce students, postdocs, faculty and staff on how to take bench research to the clinical level. Dr. Adam Dicker, who co-leads the Radiation Research and Translational Biology Program at the Kimmel Cancer Center and serves as Director of the Christine Baxter Research Laboratory for Experimental Cancer Therapies, started the session by describing his own experience successfully applying findings from his laboratory to the clinical setting. This was followed by Maureen O'Connell, Associate Director, Clinical Research Management Office, who addressed how to start a clinical trial at Jefferson and the overall trial review process. The third part of the session was addressed by Tracy Max, Associate Director of Regulatory Affairs in the Clinical Research Management Office. This part focused on the regulatory aspects of clinical trials, including FDA regulations. Dr. David Whellan, who is the Director of Clinical and Outcomes Research at TJU, concluded the session by discussing the funding aspects associated with organizing and conducting clinical trials at Jefferson.

Following the Plenary Session, the PRS awards for oral and poster presentation winners were presented by Dr. Lisa Kozlowski, Associate Dean for Postdoctoral Affairs and Recruitment, and PRS 2010 Co-chairs, Drs. Katie McClendon and Yi Luo (see Page 9 for winners). The exciting day-long event concluded with a reception where postdocs, faculty, and students could mingle, discuss science, or just relax.



Plenary session on "Clinical Research/Trials at Jefferson"



Faculty, postdocs and staff from the International Office at the poster session.



Postdoc Simone Bura-schi with his labmates

### JPA Executive Board, 2010/11

Back row (left to right)-Yi Luo, PhD, VP for Social Affairs; Dalip Sethi, PhD, Secretary; Christopher So, PhD, President; Zhe Ding, MD/PhD, Senior VP; Fred Kaplan, PhD, VP for Nominations & Elections.

Front row (left to right)-Pragati Katiyar, PhD, VP for Career Development; Maggie Huang, PhD, Treasurer; Hui Cheng, PhD, VP for Communications. (Not pictured - Anna Gumpert, PhD, New VP for Communications.)



Office of Postdoctoral Affairs and Jefferson Postdoctoral Association  
M-60 Jefferson Alumni Hall, 1020 Locust St, Philadelphia, PA 19107