

Postdoctoral Appreciation Week Activities

Schedule September 20th to 25th

	Sunday 20th	Monday 21th	Tuesday 22th	Wednesday 23th	Thursday 24th	Friday 25th
9:00	Terry Fox Run (option #1)					Dr. Phillip S. Clifford "Begin with the end in mind – Planning for a successful career"
9:30						
10:00						
10:30						
11:00					Wellness Activity - Yoga	
11:30						Lunch at the Grad Club
12:00				CV and Resume Building Workshop		
12:30		New Postdoc Orientation				
1:00	Terry Fox Run (option #2)					
1:30						
2:00						
2:30						
3:00						
3:30						
4:00				Soccer Game		
4:30					Happy Hour – Free Nachos	
5:00						
5:30						
6:00						
6:30						
7:00						
7:30						
8:00						Pub Crawl
8:30						
9:00						

Free Event
Paying Event
Donate/find sponsors

ALL WEEK (September 21st to 25th)

* **FREE ACCESS** to the Recreation Centre (Please show your Western ID card and mention that you are a postdoctoral fellow at the Recreation Centre reception desk to get one week free at the gym)

Schedule of Events

Sunday September 20

Terry Fox Run: This year our team, **WesternPostdocs**, is participating in Terry's CAUSE on Campus. Please join by clicking on the following link: www.terryfox.ca/WesternPostdocs

From our team page, click on the 'Join This Team' button to register and help us fundraise. If you can't join us, you can also support our team by making an online donation using the link above.

Time: 9am or 1pm on campus – distances are 5km or 10 km (bike, rollerblade, and wheelchair accessible)

Location: "Concrete Beach" – Outside the UCC

Monday September 21

Postdoc Orientation: All new postdocs are invited to attend this orientation to receive important information about being a postdoc at Western. Lunch will be provided.

Time: 12:30-1:30 pm

Room: International and Graduate Affairs Building, 1N05

Registration: <http://grad.uwo.ca/events/?id=162>

Wednesday September 23

CV and Resume Workshop: Bring your CV to this workshop and let experts help you make it the best document possible for the academic job hunt. As well, you will learn how to turn your CV into a strong resume that will help you to get a non-academic career! Lunch will be provided.

Time: 12-1

Room: UCC 147a

Registration: <http://grad.uwo.ca/events/?id=163>

Soccer: Come join fellow postdocs for a soccer match!

Time: 4-5

Location: Mustang Field

Registration: <http://grad.uwo.ca/events/?id=164>

Thursday September 24

Yoga at Campus Rec: Relieve stress and get a work out in!

Time: 11:00-12:00 pm

Location: UWO Campus Rec Centre (please show your ID at the desk and mention that you are a postdoc)

Registration: <http://grad.uwo.ca/events/?id=165>

Happy Hour: Come share free nachos with fellow postdocs at the Grad Club. Look for our reserved tables.

Time: 4:30-6 pm

Location: Grad Club, Middlesex College

Friday September 25

"Begin with the end in mind – Planning for a successful career" workshop.

Hosted by Dr. Phillip S. Clifford <http://www.ahs.uic.edu/facultyresearch/profiles/name,13973,en.html>

This workshop will outline a planning process that postdocs can use to create a career plan tailored to their own individual strengths and aspirations. Participants will be led through exercises intended to assist in self-exploration and will be provided tools to assist in career exploration. By the end of the session participants will set specific goals for taking charge of their own careers.

Time: 9:00-12:00

Location: UCC 147

Registration: <http://grad.uwo.ca/events/?id=166>

Free Lunch at the Grad Club: Come join us at the Grad Club for the Indian Buffet. Look for PAW's reserved tables.

Time: 12-1pm

Location: Grad Club, Middlesex College

Registration: <http://grad.uwo.ca/events/?id=167>

Pub Crawl: Come join us on this tour of local pubs! If you want to join the group later in the evening, please let Andrea Di Sebastiano (adiseba@uwo.ca) know BEFORE the pub crawl begins and she will provide a phone number for you to find the group.

8pm: Toboggan Brewery

9:30: Milo's Craft Beer Emporium

11:00: Chaucer's Pub