Hi Postdocs,

We have plenty of exciting events lined up for you in March - 2019.

1. Networking and Social events
2. PDA-March Madness 2019 (All month long)
3. "Nerd Nite" (14th March)
4. Mindful USC (19th March)
5. Beach workout with Kavin Robinson (17th March)
6. PDA power hour and Yoga
7. Workshop on Nutrition (21st March)
8. Hiking at " Will Rogers State Historic Park (23rd March)
9. Paddle Boarding (31st March)
10. Workshop on- how to file US taxes (26th March)
11. KPAC Seminar series: Preparing for the faculty job market (11th March)
   How to Fund a Startup: essentials for attracting private investment (6th March)
Networking and Social Events

Coffee Hour

Next date: March 13th

Locations:
- UPC: Illy's at the Annenberg building @ 2:00 PM
- HSC: Starbucks @ 2:00 PM
- CHLA: Aroma's Cafe at HBO Cafe @ 9.30 AM

Happy Hour

Canceled.

PDA March Madness 2019

The USC Post-Doctorate Association is dedicating the entire month of March to raise awareness of mental and physical wellness. To this end, we will be hosting events throughout this month to promote wellness of postdoctorates at all of our campuses. Please come and join us in promoting the wellness of our postdoctorate community!

Most Improved Competition

Send us a picture and a brief description of your workout goals for the chance to win vouchers of your choice (see below). Before and after pictures will be judged for most improved.
We can also provide sponsorship for an upcoming event, such as an organized run- just send us the details: postdocs@usc.edu (deadline – 5 pm March 20th).

March Madness Raffle

Details: Remember to sign in for any events that you attend hosted by the USC Post-Doctorate Association in the month of March. The more you participate the more times you will be enrolled in our March Madness Raffle. Winners of the raffle will receive a special gift card! Winners will be declared in early April. We hope to see you soon.

Prizes include:
* Amazon vouchers
* Classpass membership (1 month)
* Spa vouchers
* Headspace membership
* USC gym class membership ($110/semester – give 2 semesters?)
* Sole Bicycle gift cards
* REI, DICK's Sporting Goods, and bike store giftcards
* Healthy food boxes delivered to you by Purple Carrot or Farm Fresh to You
* Cool gear: Hydro Flasks and Nalgene water bottles, Fitbit, workout headphones, shirts, and more!

Upcoming March Madness Events:
• March 8: Get your body fat measured with coach Kevin Robinson
• March 14: Nerd Nite with USC Postdocs
• March 17: Beach Workout with coach Kevin Robinson
• March 19: Mindfulness Workshop with Allen Weiss, Director of Mindful USC
• March 21: Nutrition Workshop and Lunch at UPC
• March 22: Get your body fat measured with coach Kevin Robinson
• March 23: Postdoc Hike at Will Rogers State Park
• March 31: Paddle boarding (SUP) at Marina Del Rey

Events

Get your body fat measured with coach Kevin Robinson

Date and Time: March 8th and 22nd  2-3pm
Location: PE office, room 107 Physical Education Building, 3560 Watt Way, Los Angeles, CA 90089
Details: Please email kevinrob@usc.edu to let him know that you are coming down for the measurement.
Nerd Nite

Come and enjoy a series of interesting presentations!

Date and Time: March 14th 7 – 10 pm
Location: Busby’s East; 5364 Wilshire Boulevard, Los Angeles, CA 90036
Schedule:
Doors open @ 7
Presentations @ 8

Details:
PRESENTATION #1: Ocean to the East, Mountains to the West, and Dinosaurs in the Middle
by Andrew McDonald

PRESENTATION #2: Revivify Your Gays
by Grace Deppe-Waldschmidt

PRESENTATION #3: Fear, Armor, Weapons, and Black-and-White Mammals
by Theodore Stankowich

More information can be found on: https://www.eventbrite.com/e/nerd-nite-los-angeles-march-2019-tickets-56647090974?aff=erelexpmlt

Details: The USC PDA will be purchasing 10 tickets for Nerd Nite at Busby’s East on March 14th. If you, or your friends, are interested in going send us a shout and we will give you our tickets. It is that easy. This is a first-come first-serve event so let us know fast. Deadline for this event is March 13th at 4 pm.

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Mindfulness Presentation

Allen Weiss, the director of Mindful USC (www.allenweiss.com), will be leading a mindfulness session at UPC on March 19th from 2-3 pm. Space is limited, so please RSVP for this event by emailing uscpda@usc.edu.
Deadline is March 18th at 5 pm. *Attendees will be eligible for Headspace membership

Date and Time: March 19th, 2-3 pm
Location: Fishbowl USC Office of Religious Life; 835 W 34th Street, Los Angeles, CA 90089 (TBC)
Speaker: Allen Weiss
Moderator: Terri Stephen
Bio: Allen Weiss is the Director of Mindful USC, a senior mindfulness meditation teacher at InsightLA in Los Angeles, and a mindfulness teacher to individuals and in companies. He started meditating in the mindfulness tradition in 2005 and in 2011 his Basics of Mindfulness class at InsightLA was voted the Best in Los Angeles by LA Magazine. He completed the Dedicated Practitioners Program (DPP) at Spirit Rock Meditation Center in 2008, was given teacher transmission by Trudy Goodman and Jack Kornfield in 2014 and yearly attends 2-week meditation retreats.

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Beach Workout with Kevin Robinson

Coach Kevin Robinson will be leading a beach workout at Santa Monica beach on March 17th at 10:30 am.
Come down and enjoy a chilled breeze, an energizing workout, and the beautiful scenery. If more than 20 people sign-up, we will be organizing beach sports as well like beach volleyball or soccer! Deadline for this event is March 16th at 5 pm.

Date and Time: March 17th, 2019; 10:30 am - 12:00 pm
Location: Santa Monica Beach; Santa Monica Beach, Santa Monica, CA 90401
Schedule:
To be confirmed

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PDA Power hour and Yoga

Power Hour @ UPC
When: Every Monday and Wednesday
Time: 12:00 pm-1:00 pm
Where: PE building at UPC and/or IM track
Contact: Coach Kevin Robinson kevinrob@usc.edu

Yoga @ HSC
When: Every Monday
Time: 5:00 pm- 6:00 pm
Contact: Please follow the FB link
Nutrition Workshop

As part of March Madness, the USC PDA will be hosting a special nutrition workshop at the University Club. A healthy lunch and a talk from our special nutritionist will be provided on us! Come down and enjoy some great food, company, and a short talk about how to make your meals healthier. *Attendees will be eligible to win a ‘How Not to Die’ cookbook. Space is limited, so please RSVP for this event by emailing uscpda@usc.edu.

Deadline is March 18th at 5 pm

Date and Time: March 21st 12-1.30 pm

Speaker: Michael Laing

Moderator: Terri Stephen

Bio and description:

Michael graduated cum laude from the University of Florida with a bachelor's degree in Applied Kinesiology and Physiology: Exercise Science and a minor in nutritional sciences. He is a certified personal trainer and fitness nutritionist through the American Council of Exercise. He has had extensive training working with the aging population under a world-renowned doctor of physical therapy, Lisa Corsa. During his time with Dr. Corsa, was able to test the effectiveness of lifestyle interventions on patients. The program was incredibly effective and a research paper has been written and is being submitted in March 2019 to a journal for publication. He is currently
enrolled in USC coordinated program of dietetics which will result in a masters in nutrition, healthspan, and longevity as well as qualify him to become a registered dietician.

Location: University Club; 705 W 34th Street, Los Angeles, CA 90089
Schedule:
- Meet at 11:55 in front of the University Club (Confirm room)
- At 12:00 will be giving a presentation about proper nutrition and healthy eating habits
- At 1-1.30pm lunch will be served.

Hiking

To promote a healthier lifestyle, Coach Kevin Robinson will be hosting a hike at for all interested post-doctorates. Put on your hiking shoes and grab your water bottles and let’s hike up the Will Rogers trails! Post-doctorates who finish the hike with us are eligible to win a free water bottle. Please RSVP for this event by emailing uscpda@usc.edu. Deadline is March 22nd at 5 pm.

Date and Time: March 23rd, 2019; 10:45 am – 2 pm
Location: Will Rogers State Historic Park; 1501 Will Rogers State Park Rd, Pacific Palisades, CA 90272
Schedule:
10:45 am – Meet up with Coach Kevin Robinson at Will Rogers State Historic Park
11:00 am – Start hiking!
2:00 pm – Finish the hike!

Paddle Boarding (SUP)

Coach Kevin Robinson will be hosting a paddle boarding excursion for all interested post-doctorates. Come down to Marina Del Rey Beach and learn how to paddle board with the best! Keep in mind that knowing how to swim is a must for paddle boarding. If you are a highly experienced swimmer and interested in helping us organize the event please send an email to uscpda@usc.edu. Deadline is March 27th at 5 pm

Date and Time: March 31st, 2019; 10:15 am – 1 pm
Location: Marina Del Rey Beach; 4135 Admiralty Way, Marina Del Rey, CA 90292
Schedule:
Workshop: How to file US taxes

USC Office of International Services is arranging a workshop on How to file USA tax returns.

When: Tuesday, March 26, 2019,
Time: 3:00 PM to 4:30 PM
Where: Taper Hall (THH) 101

Join USC Office of International Services us at How to File U.S. Taxes information session on Tuesday, March 26, 2019, to learn about tax preparation presented by Sprintax.

Registration is required- Please follow the link:
https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eg387fponfa985c27&oseq=&c=&ch=

Bring your USC ID for check in.

KPAC Seminar Series: Preparing for the Faculty Job Market

Keck Postdoctoral Advisory Council (KPAC) invites you to attend a seminar and QA session on "Negotiations" for the faculty job market.

For more information please follow their flyer below
Kpac Seminar Series: Preparing for the Faculty Job Market

Considering a career in academia?

The Keck Postdoctoral Advisory Council (KPAC) invites postdocs and grad students to join us for the fourth seminar of a five-part series with discussion and Q&A about preparing for the faculty job market.

Seminar Part 5: Negotiations

Monday, March 11th, 2019 Noon-1pm
Zilkha Neurogenetic Institute Herklotz Seminar Room (ZNI 112)

Lunch will be provided, served at 11:45 am

After planning your search, submitting your documents, presenting your research, and interviewing with committees, the last step of the job search is negotiation. In this fifth seminar, panelists will discuss the components of a faculty job offer, the typical structure of start up packages, and some strategies for reaching an offer and package that meets your needs. We will have the following faculty members from USC Keck to answer your questions and share their thoughts and experiences from both sides of the hiring process:

Jessica L. Barrington-Trimis, Assistant Professor of Preventive Medicine
Giorgia Quadrato, Assistant Professor of Stem Cell Biology and Regenerative Medicine
Andrew P. McMahon, Director, Broad Center for Regenerative Medicine and Stem Cell
Arthur W. Toga, Director, USC Stevens Neuroimaging and Informatics Institute

Stay tuned for upcoming announcements as we prepare for the next cycle of the series!

We are also holding a separate hands-on workshop series to provide postdocs with personal feedback on their faculty application materials. For more details, please email jsmeeton@usc.edu
(BEC's) seminar on- How to fund a Startup: Essentials for attracting private investment

Biotech Entrepreneurship Coalition's (BEC) third seminar for 2018-2019 series will feature Llewellyn Cox, a partner at MarsBio and Lecturer at the Department of Translational Genomics, KSOM. In this seminar, they will explore the options for initial funding and outline the legal and financial steps new entrepreneurs need to take in order to create a fundable biotech startup. Join them at the USC Health Science Campus for what will be an insightful discussion into the world of Biotech start-ups.

This event is scheduled for tomorrow (6th March 2019), RSVP is required!

Please follow the link below for more details:

https://www.eventbrite.com/e/bec-2019-seminar-3-how-to-fund-a-startup-essentials-for-attracting-private-investment-tickets-56455374545
Virus-free. [www.avg.com](http://www.avg.com)