Work from Home Stipends

USC is implementing a COVID-19 technology stipend for postdocs who are working from home. It is to cover a reasonable percentage of the cell phone, internet and other technology expenses that may be generated by working from home during the pandemic.

Please contact Dan Carino, Director of Postdoc Affairs, dcarino@usc.edu

Confused about parking? Parking permits are now required. Details can be found here:

USC Transportation COVID-19 Operational Updates
Parent Postdocs

Family and dependent care resources at USC:

USC provides support and resources for all stages of your life, and the lives of your family members as well.
The NPA is pleased to announce the 11th annual celebration of National Postdoc Appreciation Week (NPAW): September 21-25, 2020!

With challenges, comes innovation. We are excited to announce a multi-institutional collaboration resulting in the first virtual NPAW celebration!

Register for an event at:

Nationalpostdoc.org

Events topics include:
Resilience, mental wellness, health insurance for postdocs 101, Career development events, speed networking, teaching, mentoring, career panel discussion and more. Register soon! Some events are limited.
Professional Strengths Finder Workshop with Emily Feher
Join the USC Postdoctoral Association for a Professional strengths finder workshop. The workshop includes a free Clifton Strength Analysis and a 1 hour session with Emily to provide strengths coaching.

**MONDAY, SEPTEMBER 21, 11AM - 12PM PDT**

**WEDNESDAY, SEPTEMBER 23, 11AM - 12PM PDT**

**SCISMIC - JOB HUNTING DURING COVID-19**
As national Postdoc Appreciation Week 2020 is winding to a close, please join the USC PDA and Scismic for a webinar on how to adapt your job hunt during the COVID-19 pandemic.

**FRIDAY, SEPTEMBER 25, 2020 10AM - 11AM PDT**

**TRIVIA NIGHT - WITH PRIZES!**
End the week with your fellow postdocs. Come to Virtual Zoom Trivia Night. Meet new people and win prizes!

**FRIDAY, SEPTEMBER 25, 2020 7PM PDT**
HOW TO JOB HUNT
during COVID-19
co-hosted with the USC Postdoctoral Association

As National Postdoc Appreciation Week 2020 winds to a close, join the USC Postdoctoral Association and Scismic for a webinar on how to adapt your job hunt during the COVID-19 pandemic.

VENUE
Zoom

DATE & TIME
1:00-2:00 PM PT

LIMITED SPACES
REGISTER NOW!
Password: npaw2020
UNLEASH YOUR TALENTS

The key to success is to fully understand how to apply your greatest talents and strengths in your everyday life.

PEOPLE WHO FOCUS ON USING THEIR STRENGTHS ...
- are three TIMES as likely to report having an excellent quality of life
- are the six TIMES as likely to be engaged in their jobs

PEOPLE WORKING IN THE STRENGTHS ZONE ...
- look forward to going to work
- have more positive than negative interactions with coworkers
- treat customers better
- tell their friends they work for a great company
- achieve more on a daily basis
- have more positive, creative, and innovative moments

DO YOU GET TO DO WHAT YOU DO BEST EVERY DAY?

1 in 4

Only

... can strongly agree that at work, they have the opportunity to do what they do best every day.

EVERYONE HAS TALENT

Talent is a naturally recurring pattern of thought, feeling, or behavior that can be productively applied.

Examples of talent include:
- effortlessly and instinctively starting conversations
- thinking in an orderly or timely manner
- easily and naturally influencing others
- seeing patterns in data
- consistently having a positive outlook on life

STARTING CONVERSATIONS
- effortlessly and instinctively

THINKING
- in an orderly or timely manner

INFLUENCING OTHERS
- easily and naturally

DONALD O. CLIFTON, PH.D.
PSYCHOLOGIST AND BUSINESS EXECUTIVE
(1924-2003)

What will happen when we think about what is right with people rather than fixating on what is wrong with them?

TEAM SUCCESS

A strengths-based team is a group of imperfect but talented contributors valued for their strengths, who need one another to realize individual and team excellence.

- We know and intentionally use our unique talents and strengths.
- We know and appreciate each other’s strengths.
- We combine our strengths with those of others on our team to achieve success.

WE CAN DO AND ACHIEVE MORE BY USING OUR TALENTS.

Notice them. Use them.
Share them. Celebrate them.

THEMES ARE THE BASIC LANGUAGE OF TALENT

Similar to your fingerprint, the sequence of your themes is unique to you. The odds that someone has the same five Signature Themes in the same order as you are 1 in 33 million.

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