Attendance:
Shilpa Sampathi
Irene Predazzi
Kristen Jernigan
Lindey Morris
Misty Thompson
Barbara Natalizio
Daniel Trott
Ebany Martinez-Finley
Erick Spears
Otito Iwuchukwu

Agenda:

1. Discussion on Topics: “Advice on How to Achieve a Better Work/Life Balance”
   - Open discussion with **Dr. Mistie Germek**
     - Licensed psychologist, BRET Psychological Services
     - [https://medschool.vanderbilt.edu/bret/psychological-services](https://medschool.vanderbilt.edu/bret/psychological-services)
   - She will be available to answer any questions you may have

   Prefers the term work/life reconciliation. Conflict between career and extra career commitments. Different stages of career equal different levels of “balance” If you are working a lot and are ok with it, it is ok. Balance implies a state of equilibrium. Reconcile, make work/life work together.

   Values clarification—what are your most important values? What are the most important and meaningful parts of your life? What accomplishments make you particularly proud? Write your obituary. How can I match my career goals with what I value in life? Difficult to rank order the values, sometimes can be scary to be honest. This exercise can tell you what things are important to you.

Roger: NIH grant application the biomedical research system has been very successful in the past 30 years by providing labor while people are most creative, this is good for “bang for the buck” However, there are fewer later career jobs available (research 1 jobs). NIH wants to know what institutions are doing to help trainees get jobs. BRET is applying for a 5 year $250K grant. He’s encouraging the PDA to read the grant and provide some feedback.

2. 2013 VUMC Postdoctoral Research and Shared Resources Symposium Overview
   - Special thanks to everyone who helped make our event a success!
   - Comments/suggestions to improve event are welcomed
Some confusion about when people were supposed to be at their posters. Good attendance at keynote in the morning.

3. Vanderbilt Postdoc Networking Event

- Tentatively scheduled for July or August
- Similar format to last year: Open networking followed by three-four 10 minute rotations at tables, each with a different topic to discuss
- Seeking volunteers to help with planning, set-up, and clean-up
  
  *(If you are interested in volunteering, please contact Barbara Natalizio)*

Have moderators at tables.

4. The Annual BRET Office of Career Development Symposium

- “Influencing Human Health with your PhD Degree”
  - Will further explore the “Bench to Bedside” phraseology. Speakers representing industries including government, policy, nonprofits, translational research, and administration will talk about their careers at the intersection of science and health.
- Scheduled for Wednesday, July 31st starting at 9:00am
- For more information: https://medschool.vanderbilt.edu/career-symposium2013/

5. PDA Bulletin Board in Light Hall

- Seeking volunteers to help reorganize and creatively assemble bulletin board
- Comments/suggestions are greatly appreciated

6. Student Recreation Center Summer Memberships

- Available now through August 15th
- Individual Faculty/Staff: $61
- Family Summer Membership: $170
- For additional information, see
  
  *http://www.vanderbilt.edu/studentrec/membership/

7. Sign-up sheets for PDA committees

- Scholarly Learning/Symposium Planning
- Postdoc Advocacy
- Social Networking and Activities
- Web and Communication
8. Suggestions for upcoming topics

9. Reminders:

- Register for Kim Petrie’s Career Development List
- Sign up to receive the BRET e-newsletter
- Join Vanderbilt University Biomedical Research Graduate and Postdoctoral Trainee and Alumni Linked-In Group
- **Join the Vanderbilt University Postdoctoral Association Google Group**
  [https://groups.google.com/forum/?hl=en&fromgroups#!forum/VU-Postdocs](https://groups.google.com/forum/?hl=en&fromgroups#!forum/VU-Postdocs)
  - The webboard is designed for open communication amongst Vanderbilt postdocs about science, family, life and anything you feel would be of interest to our community!
  - Sign up today for email alerts of new postings!