

PDA Meeting: October 17, 2016, 9-10:30AM, the Graduate School

In attendance:

Ashley Young

Nicole Ditillo (Graduate Assistant)

Laura Demarse (Assistant Dean for Professional Development)

Doris Sande (President)

Karl Pazdernik (President Elect)

Alexander Franke (International Officer)

Serina Mazzoni-Putman (Secretary)

Ellen Chetwynd

Greer Arthur (Communications)

Xinyu "Catherine" Zhang (Diversity Officer)

Presentation from Counseling Center at NCSU (<https://counseling.dasa.ncsu.edu>)

Presented by: Ronni Margolin, PhD

- Postdocs can use the counseling center, many services are covered by the student health insurance
- Drop in programs on Wednesdays, (stress management) and Thursdays (meditation)
- Stress is a neurological and physiological response, body releases cortisol
- We can get into a cycle of chronic stress: one deadline after another
- Many sources of stress: work-life satisfaction, career search, finances, research, family and friends, etc.
- Self-care is important:
 - 12-minutes of meditation, 20-25 minutes of exercise (research supports the positive effect of these types of self-care)
 - Setting goals
 - Clearing your mind, practicing mindfulness (take three minutes to notice what's happening, breathe deeply; or take several small moments throughout the day to notice things around you...the sky, etc.), making lists to get the clutter out of your head
 - Maintain connections to people and nature

Location for next year's PDA symposium

- Keep May Date?
- Location: Talley? McKimmon? Hunt?
- Breakfast mixer with industry

FLSA

- **Teaching postdocs and research postdocs will be treated the same on our campus...if you are a primary teaching postdoc you will also fall under this rule here at NCSU!!**
- Transition to time sheets: if you work more than 40 hours a week, you will be paid out comp time or overtime
- Discuss with your PI, this is effective December 1
- Trial period starting October 29th
- There will be training for PIs and postdocs that are transitioning to time sheets

Update from Greer

Working on next edition of Verve and also mini-documentaries profiling postdocs

Website updates...next month

Next meeting November 14th, 9-10:30am