**Communication to NC State Postdocs from OPA & PDA**

**Sent 3/19/20**

The evolving situation with COVID-19 and recommendations to work remotely and avoid gatherings of 10+ individuals have changed and will continue to change the way we work and interact until its impact has abated.

The NC State [Office of Postdoctoral Affairs (OPA)](https://grad.ncsu.edu/professional-development/opa/) and [Postdoctoral Association (PDA)](https://grad.ncsu.edu/professional-development/opa/current-postdocs/pda/) want you to know about the variety of resources available to you during this trying time.

**Online Resources & Community**

First, we have several online platforms that you can use to stay connected to your postdoc community.

We encourage you to join and participate in our [NC State Postdocs Slack Group](https://join.slack.com/t/ncstatepostdocs/shared_invite/enQtNzc3NzA3MTM1MTI0LWVmNTJjYjNmNGRkNjUyMjI3ZWZhODZmYmMyMGI1NjUxYWY4ZGY5NDkwOWNlMTNlNThmNGY4NjdmYjdiNzUwZTM). [Read our Slack How To Guide here](https://drive.google.com/open?id=1EYJa2R6mwq5ua4Hs5bicZr4-PGMjBP6S).

A new **#covid19** channel has been created in Slack for you to share your questions or concerns with us. There will also be a link to an anonymous Google Form for you to share more sensitive concerns with OPA and PDA leadership. We will work to answer your questions and communicate those back to our postdoc community.

We will also work to offer virtual programming centered around community building. Be on the lookout for our virtual happy hours and other online community building events. You can join us from wherever you are!

If you want to engage in professional networking virtually, we encourage you to join and use our [NC State Postdocs Past & Present LinkedIn Group](https://www.linkedin.com/groups/12185408/) to identify individuals working in careers you may be interested in pursuing after your postdoc. This group has over 260 members working in a variety of fields.

Also, note that the Graduate School Professional Development team has plans to continue to offer programming virtually whenever possible. So, please check the [Workshops & Series](https://grad.ncsu.edu/professional-development/workshops-and-series/) page for updates.

In addition, we hope you take advantage of the large number of online career and professional development resources available through the [National Postdoctoral Association](https://www.nationalpostdoc.org/) (NPA), [LinkedIn Learning](https://www.lib.ncsu.edu/faq/how-do-i-access-linkedin-learning-nc-state-university-libraries), and the [National Center for Faculty Diversity and Development](https://grad.ncsu.edu/news/2016/01/ncfdd-memberships/). As an NC State postdoc, you have access to these resources. Learn more about how to claim your NPA affiliate membership and access resources [here](https://grad.ncsu.edu/professional-development/opa/current-postdocs/#Affiliate).

**For the Latest COVID-19 Updates**

For the most current information from the university on its response to COVID-19, please [click here](https://www.ncsu.edu/coronavirus/). This is the central university resource for updates from leadership, frequently asked questions and important resources.

**Regarding Remote Work**

The Vice Chancellor for Research and Innovation sent out a [message regarding **Reduction in Research and Scholarship Activities** Wednesday (3/18) evening](https://drive.google.com/file/d/1RdKb2eSskMjAJQHGyB_1EPlzkASRKwT1/view?usp=sharing).

*An excerpt:* In coordination with the [university’s guidance](https://www.ncsu.edu/coronavirus/limiting-people-on-campus-classes-online/), we are taking steps to significantly reduce research and scholarship activity on campus. We understand that certain identified critical research functions, facilities and laboratory operations are necessary for the long term viability of the research programs. However, **these critical research activities are considered exceptions that must receive approval, and all other on-campus research activities need to cease immediately.**

Please consult with your supervisor on the best ways for you to remain productive while, in most cases, eliminating your on-campus work (unless an exception has been granted; see above).

[Explore Research Continuity Resources](https://research.ncsu.edu/coronavirus/).

[Academic Continuity Planning Resources](https://provost.ncsu.edu/faculty-resources/keep-teaching/).

**Campus Resources**

If you are on campus, please be sure to check [this site for what facilities are currently open](https://www.ncsu.edu/coronavirus/community-resources/campus-facilities-services/). For example, the [Counseling Center](https://counseling.dasa.ncsu.edu/coronavirus/) is conducting phone and online appointments only at this time. Also, for those due off-cycle or non-direct-deposit checks, Payroll will not allow check pickup in person. Rather, they will mail any check(s) due to you to your address on file in MyPack Portal.

OPA and the PDA are here to support our postdoctoral population. We will get through this challenging time together. If you have questions, please don’t hesitate to email [postdocadmin@ncsu.edu](mailto:postdocadmin@ncsu.edu) or [ncstate-pda@ncsu.edu](mailto:ncstate-pda@ncsu.edu).

Wishing you well.

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