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GENERAL ANNOUNCEMENTS

Reminder: ORCID Requirement – BGS Needs Your ORCID

An ORCID provides you with a unique identifier that links all your research output (Publications, grants, professional activities), and it is becoming a requirement for manuscript and [grant submissions](#). By making your ORCID public, the graduate program (BGS) can easily track the successes of our students. That makes us better advocates for you to the University Administration, to Granting Agencies, and to our Communities. Learn more and access the form to submit your ORCID to BGS [here](#).

Office of the Ombuds

Marcia Martinez-Helfman, JD, MSW, Associate Ombuds, will hold office hours in the PSOM starting 1/6 on Mondays, 3:30-6:00pm, in 205 CRB.

The Office of the Ombuds is a confidential, off the record resource for faculty, staff and students. Their purpose is to assist with the management of conflict, resolution of disputes, and problem solving in relation to obstacles to one's full and successful participation as a member of the Penn community. See the full flyer [here](#).

Mindfulness Based Stress Reduction (MBSR) at CAPS

Registration is now open for Mindfulness Based Stress Reduction (MBSR) at CAPS. This program teaches people skills to manage the multiple stressors in their lives. The class meets weekly, beginning with a mandatory orientation on February 5th. See flyer [here](#). Learn more and register here: <https://caps.wellness.upenn.edu/mbsr/>.

Penn Transit Shuttle – Trader Joe's

Penn Transit has announced the launch of a pilot [Shuttle Service to Trader Joe's](#) at 2121 Market Street on Thursday and Saturday evenings! The pilot will take place from **December 5 until February 1**. Based on participation and operational impact, a decision will be made as to the future of the service.

Shuttle service will begin at 6:30 PM, with the first pick-up at Franklin's Table (3401 Walnut Street). The last pick-up from Trader Joe's will be at 9:55 PM. Transportation is first-come, first-served and free with a valid PennCard. For more information on the route, see the following [announcement](#) from the Undergraduate Assembly.

HTRS Student Research Award Applications Now Open

Applications are now open for the **2020 HTRS Student Research Awards (SRA)**, an 8- to 10-week program for medical, PhD, MD/PhD, or PharmD students working on targeted research projects in hemostasis and thrombosis. Proposed projects may be lab-based, clinical or epidemiologic in design. The program includes a \$5,000 award stipend plus a \$2,000 travel allowance, collaboration with a research mentor, and a presentation at a 2021 professional meeting. Applications are now open. **The application deadline is March 2, 2020**. Up to three fellowships will be awarded. For more details, see the [Request for Applications](#).

To apply, please visit <https://htrs.smapply.org>.

UPCOMING EVENTS

Institute for Regenerative Medicine Retreat 2020

Registration is now open for the Institute for Regenerative Medicine's annual retreat! Join them on **January 30, 2020 at the Franklin Institute** to hear from researchers across Penn and CHOP working on stem cell science, tissue engineering, and regenerative medicine. You will also hear about plans for the IRM's next 5 years and resources to help support your research and outreach efforts.

Trainees are invited to submit abstracts for a poster session and lightning talks. When [registering](#), indicate your interest and send an abstract to yaroshc@penntermedicine.upenn.edu.

This year, the keynote speaker will be [Paul Frenette, MD](#), Director of the Ruth L. and David S. Gottesman Institute for Stem Cell and Regenerative Medicine Research at Albert Einstein Medical College. Dr. Frenette is an expert on hematopoietic stem cell (HSC) biology and the connections between HSCs and cancer and sickle cell disease.

Visit the [retreat website](#) for more information and to register.

THESIS DEFENSES

Dec. 20, 12 PM (Rubenstein Auditorium, Smilow): **Lee Richman (CAMB), "Dissimilarity to the self-proteome as a novel determinant of immunogenicity."** Contact [Kathy O'Connor-Cooley](#).

PROGRAM ANNOUNCEMENTS

CAMB

Dec. 17, 4:30 – 6:30 PM (Smilow Commons): **CAMB Holiday Party**. Contact [Kathy O'Connor-Cooley](#).

Dec. 18, 4:30 – 6:30 PM: **CB Happy Hour**. Contact [Kathy O'Connor-Cooley](#).

Dec. 19, 12 – 1 PM (4054 Colket): **Office Hours: CAMB Vice Chair Craig Bassing**. Contact [Craig Bassing](#).

Dec. 20, 12:15 – 1:30 PM: **CPM Research in Progress Seminar: Post Rotation Talks**. Contact [Kathy O'Connor-Cooley](#).

Dec. 20, 4:30 – 6:30 PM: **G&E Fantastic Final Friday**. Contact [Meagan Schofer](#).

CAREER DEVELOPMENT

EVENTS THIS WEEK

Dec. 16, 12 – 1 PM (Grad Center Room 203): **Setting & Reaching Winter Writing Goals**. Working on a thesis, dissertation, or publication? Don't lose momentum on your writing just because classes are over! Join the Grad Center for this 1-hour workshop and leave with a set of realistic writing goals for the winter break and a plan for achieving them. Lunch provided. Learn more and register: gsc.upenn.edu/events.

CALENDAR

[Career Development](#)

RESOURCES

[BGS Career Development Site](#)

[BGS Career Twitter](#)

[BGS Alumni & Current Students LinkedIn](#)

[Penn Career Services - Ph.D./Postdoc Careers Page](#)

[Handshake](#)

[Request a sponsored Membership to the New York Academy of Sciences](#)

STUDENT GROUPS & SOCIAL ANNOUNCEMENTS

Call for Donations – Recycle Styrofoam Boxes for Cat Shelters!

As the winter approaches, many stray cats in West Philly (~400,000) are prone to suffering and even dying from hypothermia. BGS students have partnered with Project Meow to collect styrofoam boxes, to be recycled as winter shelters for Philadelphia's stray cat population. If you have a box in the lab, please email jscoku@gmail.com or lascnm2004@yahoo.com to arrange a timely pick up!

The box should fit about two big cats. Please see [flyer](#) for example.

EVENTS THIS WEEK

Weekdays, Dec. 12 – 19, 9AM – 5:30PM (Grad Center 3rd Floor): **Study & Relaxation Space During Finals.** Whether you're working on your thesis, studying for exams, or grading final assignments, the Grad Center has study/meeting space available on the third floor for those who need to focus. Need to take a break? Stop by the Relaxation Room (#302) for quiet meditation, yoga, and activities to relax and refocus. Daily 9am-5pm during finals.

Dec. 16, 12 – 1 PM (Grad Center Room 203): **Setting & Reaching Winter Writing Goals.** Working on a thesis, dissertation, or publication? Don't lose momentum on your writing just because classes are over! Join the Grad Center for this 1-hour workshop and leave with a set of realistic writing goals for the winter break and a plan for achieving them. Lunch provided. Learn more and register: gsc.upenn.edu/events.

RESOURCES

[Request a sponsored Membership to the New York Academy of Sciences](#)

[Slack for BGS Students](#)

[BGSA Website](#)

[Calendar of BGSA Events](#)

[Grad Center at Penn](#)

[Family Center at Penn](#)

[Book Penn Rooms](#)

[The Community Impact Fund](#)

[Penn Today Events](#)

[Ask Isaac: Your Personal IS Guru](#)

For information about upcoming events or to advertise in next week's bulletin, contact [Rebecca Lopez](#).