

## OFFICE OF THE VICE PROVOST FOR RESEARCH



### NEWS & RESOURCES FOR PENN POSTDOC FELLOWS FROM THE VICE PROVOST FOR RESEARCH

Dear Postdocs,  
I hope this message finds you safe and well.

During these unprecedented times when we are experiencing disruptions to our professional and personal lives, the safety and well-being of all members of the University community remain the University's highest priority. After all, it's the people who make Penn a great institution.

As you know, the University has ramped down all non-essential research activities on campus. There are research activities that can be done remotely, and most are actively engaged. There may also be other mechanisms to support your career trajectories that can be accessed during this time - activities that can enhance your skills during the disruption to your regular work routine.

Consult with your mentor about activities that can be accomplished in the current environment. Consider working on your Independent Development Plan, taking an online course, learning a new software program, and finding time to exercise. These can help arm you for the short term and future challenges that might come your way.

We've compiled a list of resources that we hope you will find useful while we plan and wait for a resumption to campus activity. If you have any additional suggestions that you would like to share with your fellow postdocs, let us know and we will help distribute the information.

Sincerely,

A handwritten signature in black ink that reads "Dawn".

Dawn Bonnell  
Vice Provost for Research



## University COVID-19 Information:

The most up to date information on University operations and guidance can be found at <https://coronavirus.upenn.edu/>. We have a collective responsibility to mitigate the spread of COVID-19 to protect those more vulnerable. Avoid gatherings of any size. Stay home. Wash your hands frequently and take your temperature. Practice social distancing at all times. Social distancing means: Maintain a distance of at least 6 feet (2 meters) from others and stay out of crowded places. We have a collective responsibility to mitigate the spread of this disease to protect those more vulnerable.

## LinkedIn Learning:

An on-demand library of instructional videos covering the latest business, technology and creative skills. It provides personalized course recommendations and is designed to help you move forward with new skills. For information about logging on go to <https://www.isc.upenn.edu/how-to/linkedin-learning-faq>. (Note: Pennkey logon is required.)

## Center for Teaching and Learning: Programs and Services (CTL):

CTL encourages post-docs to engage with our workshops for graduate students or faculty as appropriate. The center also offers mini-courses and seminars to help post-docs prepare for their roles as future faculty and to communicate their work more effectively in their field. <https://www.ctl.upenn.edu/programs-and-services-post-docs-penn>

## Penn Libraries:

The Penn Libraries are providing [virtual resources and services](#) while their buildings are closed. In addition, they have been working with academic publishers to make [additional virtual content](#) openly [available](#). In addition, [subject librarians](#) are standing by to support online teaching, research, and learning throughout the rest of the semester.

## Career Services continues to support postdocs with their career development:

Take advantage of video and phone appointments with advisors from Career Services. You can schedule a 30-minute chat or video appointment weekdays through [Handshake](#). If you prefer you can schedule a 15-minute slot in the “same-day drop-in” appointment type on Handshake after 9:15am every day. Also, check out 1) [Guide to looking for remote job opportunities](#) 2) [“Acing your remote job interview” video](#) 3) [Other digital career resources](#)

## Strategies to Explore Careers, Write Resumes, and Navigate Tricky Interview Questions as a Parent:

Are you a student/postdoc parent or prospective parent interested in identifying family-friendly future employers, how to address possible experience gaps in time in your CV or resume, or whether to bring up being a parent in an interview? This video series, a partnership between the Part 1: [Exploring Careers](#); Part 2 : [Writing Resumes](#); Part 3: [Navigating Tricky Questions](#)

## Health Insurance - COVID-19:

As the COVID-19 situation continues to evolve, information and access to health insurance information is important. Aetna, Penn’s postdoc Health Insurance provider, has a [website dedicated to covid-19 information and available resources](#).

## Health and Well Being:

Mental and physical health are always important but especially in the current environment. If you are feeling ill be sure to contact your health care provider. Click [here](#) to find out more about your health care options. To get immediate assistance for acute mental health issues click [here](#).

If you are reaching the end of your fellowship your postdoc health insurance coverage will be expiring. Depending on your needs, there are other health insurance options besides COBRA (being offered by Gallagher formerly Garnett Powers). Click [here](#) to find information about COBRA rates and about finding other health insurance options.

## Penn Campus Recreation's Virtual Group Exercise Schedule:

Classes will take place on both Zoom and Instagram Live (@penncampusrec). Click [here](#) to join the group exercise class you'd like to participate in! NOTE: you must enter the password to enter meetings on Zoom.

## Safety:

Bias-motivated attacks have been reported in Philadelphia and around the country. Penn's Division of Public Safety supports the physical and emotional wellbeing of all Penn communities. Should any member of our community receive any threatening messages or become the victim of a criminal act, or see suspicious activity that should be indicative of a future act of violence, regardless of the location of the occurrence, please call the Division of Public Safety's Emergency Communications Center immediately at 215-573-3333.

Penn Public Safety and the University District Ambassador Program are available to provide Walking Escorts from 10:00am until 3:00am between 30th & 50th and Spring Garden Street to Woodland Avenue. Students can call 215-898-WALK (9255) to [Request a Walking Escort](#). Penn's on-demand Evening Shuttles and Penn Accessible Transit services will continue to operate as normal. Shuttles provide free transportation from campus stops to anywhere in the service boundaries between 20th & 50th and Spring Garden Street to Woodland Avenue.

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