

# Postdoctoral Scholars & Fellows Connect

Issue 02 / October 2015



## *THIS MONTH'S FOCUS...* CAREER DEVELOPMENT

The monthly newsletter for and by postdoctoral scholars and fellows at the Penn State Hershey College of Medicine.

Learn about the research being done by postdocs at the College of Medicine, workshops and seminars sponsored by the Office of Postdoctoral Affairs, upcoming Postdoctoral Society events, and fun activities in the community for the entire family. Feel free to forward any announcements or suggestions of content for future issues to Becky Moyer, [rmoyer7@hmc.psu.edu](mailto:rmoyer7@hmc.psu.edu).

PENNSTATE HERSEY



Postdoctoral  
Affairs

## IN THIS ISSUE:

- Page 1:** This Month's Focus: Career Development
- Page 2:** Events  
The Office of Postdoctoral Affairs
- Page 3:** Postdoc Spotlight
- Page 4:** Enhancing Intercultural Communication:  
Part I—Workshops
- Page 5:** Enhancing Intercultural Communication: Part II—  
Small Group Training Modules
- Page 6:** Recap of Orientation & Information Session  
Conflict Management with Catherine Morrison
- Page 7:** Monthly Postdoc Lunch  
Recap of Annual Postdoctoral Picnic
- Page 8:** What's in the Community?  
Bowling Event

# STUDENT EVENTS

## OCTOBER 2015:

October 7th, 2015— 1:00 p.m. to 3:00 p.m.

**GRANT WRITING 2015—MEDICAL SCIENCES**—Teleconferenced to Room C3621

October 15th, 2015— 12:00 p.m. to 1:00 p.m.

**POSTDOC LUNCH**—Bring your Own Lunch to Dining Room B in the Rotunda Cafe

October 21st, 2015— 4:00 p.m. to 5:00 p.m.

**SOCIETY MEETING**—Room C1800 (Humanities Conference Room)

October 23rd, 2015— 6:00 p.m. to 8:00 p.m.

**BOWLING EVENT**

October 29th, 2015— 3:00 p.m. to 5:00 p.m.

**CONFLICT MANAGEMENT with Catherine Morrison** (Postdocs, Grad Students Only)

October 30th, 2015— 4:00 p.m. to 5:00 p.m.

**ENHANCING INTER-CULTURAL COMMUNICATION WORKSHOP—  
"Science for Communicating Science to the Public"**

## NOVEMBER 2015:

November 12th, 2015— 1:00 p.m. to 2:00 p.m.

**POSTDOCTORAL IDP WORKSHOP**

November 18th, 2015— 4:00 p.m. to 5:00 p.m.

**SOCIETY MEETING**—Room C1800 (Humanities Conference Room)

November 20th, 2015— 4:00 p.m. to 5:00 p.m.

**ENHANCING INTER-CULTURAL COMMUNICATION WORKSHOP—  
"Resources for Improving Academic & Professional Writing"**

November 30th, 2015

**DEADLINE FOR INDIVIDUAL DEVELOPMENT PLAN (IDP)**

## DECEMBER 2015:

December 4th, 2015— 4:00 p.m. to 5:00 p.m.

**ENHANCING INTER-CULTURAL COMMUNICATION WORKSHOP—  
"Improving Communication Skills for Professional Development"**

December 16th, 2015— 4:00 p.m. to 5:00 p.m.

**SOCIETY MEETING**—Room C1800 (Humanities Conference Room)

## JANUARY 2016:

January 28th, 2016— 3:00 p.m. to 5:00 p.m.

**TIME MANAGEMENT with Susan R. Johnson, MD, MS**

## Know Your Council Members

Jocelyn Myers,  
Ph.D.  
**PRESIDENT**

Heather Lehman,  
Ph.D.  
**SECRETARY**

Georgios  
Noutsios, Ph.D.  
**TREASURER**

Kathleen Kokolus,  
Ph.D.  
**SOCIAL EVENTS**

## The Office of Postdoctoral Affairs...

### *From the Director's desk...*

Career and professional development are very important components of postdoctoral training. In recognition of this fact, the Office of Postdoctoral Affairs (OPA) hosts a variety of seminars and workshops during the year, covering topics that will help you develop as a scientific professional. Be sure to look in this newsletter each month for listings of upcoming events.

Another key to a successful postdoctoral experience is creating an Individual Development Plan, or IDP. This is your opportunity to define your specific career goals, and together with your mentor, identify the steps needed to attain those goals. You can also identify career development activities offered by the OPA that will augment your postdoctoral training experience. A yearly IDP is required of all postdoctoral scholars and fellows at the Penn State College of Medicine. This year, your IDP must be submitted to the OPA by **November 30, 2015**. To assist you in this activity, I am hosting an IDP Planning Workshop for all trainees and mentors on November 12, from 1-2pm. Please talk with your mentor about writing an IDP and consider attending this workshop.

*Kristin A. Eckert*



Pictured Above:  
Kristin Eckert, Ph.D.



Pictured Above:  
Becky Moyer

# Postdoc Spotlight

## Heather Lehman

Heather grew up in **Tower City, PA**, a small town in the coal-mining region of Schuylkill County. She attended Shippensburg University majoring in Biology. Heather then got her PhD from the **University of Delaware** where she worked with Kenneth van Golen studying the role of RhoC GTPase and Akt in the setting of inflammatory breast cancer. Currently, Heather is starting her fourth year as a post-doc with Doug Stairs (**Pathology**). Heather's current work investigates the hypothesis that p12octn and EGFR signal through NFkB and downstream effectors to cause invasion in esophageal squamous cell carcinoma. In her spare time Heather enjoys spending time with her husband and two daughters especially when they can spend time outdoors! When there's extra time she loves to catch up on a **Notre Dame** game (which doesn't always go over well working at Penn State!)

## Katie Kokolus

Katie began working with Todd Schell (**Micro/Immuno**) in January where she is studying the role of  $\beta$ -adrenergic receptor signaling in the progression of melanoma and how these receptors relate to a patient's response to immunotherapy. Before coming to Penn State, Katie graduated from **Duquesne University** and received her PhD from **Roswell Park Cancer Institute** where she worked with Elizabeth Repasky. For her thesis, Katie studied the effects of housing-induced cold stress on tumor growth in mouse models. Katie grew up in **Buffalo, NY** and is a big fan of hometown teams: **Buffalo Bills** and **Buffalo Sabres**! Outside of work Katie enjoys visiting friends, trying craft beers and going to museums. She loves watching reruns of **Law & Order** (any version)! She is excited that winter and fall are on the horizon and anticipating the end of the humid PA summer!

## Jocelyn Myers

Jocelyn has been working with Craig Meyers (**Micro/Immuno**) since February 2012 where she studies infectivity and oncogenicity between human papillomavirus 16 (HPV16) European and African variants in ethnic specific human cervical keratinocytes. Before coming to Penn State, Jocelyn attended **Johnson C. Smith University** in Charlotte, NC, and majored in biology. She went to graduate school at **Howard University** in Washington, DC, where she was mentored by Dr. Clarence Lee and Dr. Matty Knight. At Howard, Jocelyn studied the role of proteolytic enzymes in the host of the parasitic helminth that causes intestinal schistosomiasis. Jocelyn grew up on **St. Helena Island, SC**. Outside of work, she likes spending time with family and friends. Her favorite sports are basketball and football and her favorite football team is the **Dallas Cowboys**. Growing up on the SC coast, she looovvees seafood! Jocelyn calls herself a TV junkie! Her favorite shows are **The Wire** and **Sons of Anarchy**. She also likes to watch **Game of Thrones**, **Suits**, **Scandal**, **Grey's Anatomy** and the **Blacklist**.



**Penn State Hershey Postdoc Society Council 2015** (L-R) Jocelyn Myers (President), Kristen Eckert (Advisor), George Noutsios (Treasurer), Becky Moyer (Admin Assistant), Katie Kokolus (Social Events), Heather Lehman (Secretary).

## George Noutsios

George was born and raised in **Thessaloniki, Greece** where he received his BSc and MSc from **Aristotle University of Thessaloniki**. About 5 years ago, he decided to come to the USA to pursue a career in lung diseases research. Back in Greece, George's research focused on the regulation of polyhydroxyalkanoids (PHA) in bacterium *Thermus thermophilus* in conjunction with the enzymes of PHA synthase and phosphotransacetylase. Here at Penn State, George works with Dr. Floros (**Pediatrics**) studying cap-dependent and cap-independent mechanisms and the role of cis-acting elements and trans-acting factors on splicing and translation of the surfactant protein A, as well as the genome-wide tag SNP associations of candidate genes with lung disease susceptibility in the prematurely born infant. George loves working out at the gym and is always there right after work; so if anybody needs a gym buddy just let him know! He likes good food, craft beer and he is very good at grilling. George's favorite TV show is **Breaking Bad** and of course the **Big Bang Theory** (we all relate to that one in one way or the other, right?)

**If you would like to be interviewed for a "Spotlight" of your Research in future issues, please contact**  
**Katie Kokolus**, [kkokolus@hmc.psu.edu](mailto:kkokolus@hmc.psu.edu)



# NEW PROGRAM

**Enhancing English Skills for International Biomedical Professional (EESIBP). Pilot study being funded by Office of Faculty and Professional Development.**

## GOALS OF THE PROGRAM:

To support and enhance the career trajectory of international biomedical professionals on our Campus for whom enhancing their English skills would.

- ◇ Increase their ability to fully engage in and contribute to institutional mission
- ◇ Increase their ability to communicate effectively with the public & scientific community at large
- ◇ Increase their sense of belonging to the institutional intellectual community

We have partnered with EEPIC, the English for Professional Purposes Intercultural Center of the Department of Applied Linguistics at University Park.

## PART I: WORKSHOPS

WORKSHOPS—Open to all—No registration required.

***“Strategies for Communicating  
Science to the Public”***

**October 30, 2015**

**4:00-5:00 p.m.**

**Lecture Room A (C4618)**

Questions contact  
Donna Harris at  
[dharris1@hmc.psu.edu](mailto:dharris1@hmc.psu.edu)

***“Resources for Improving  
Academic & Professional Writing”***

**November 20, 2015**

**4:00-5:00 p.m.**

**Lecture Room D (C7619)**

***“Improving Communication Skills  
for Professional Development”***

**December 4, 2015**

**4:00-5:00 p.m.**

**Lecture Room A (C4618)**

# NEW PROGRAM

## PART II: SMALL GROUP TRAINING MODULES

Small group modules are offered for enhancing skills in specific professional areas. The content of these modules are listed below. The duration of the modules will be approximately 6 weeks. The timing and content will be tailored based on the needs of the participants who are selected for each module.

If interested, sign up on-line, indicating which of the modules you are interested in and indicating your priority (1 being the module of most interest to you). You can sign up for as multiple modules.

### Conversational English in the Workplace

For Internationals seeking to improve their interpersonal communication with colleagues for effective collaboration.

### English Speaking and Listening Skills

Related to lab situation and science related.

### Delivering Effective Research Presentations

For international researchers needing practice in presenting and delivering research presentations.

**REGISTRATION LINK WILL BECOME ACTIVE ON  
THURSDAY, OCTOBER 1ST, 2015 AT 12NOON.**

**[CLICK HERE](#) TO REGISTER**

**Each module will accept up to 7 participants.**

Priority is as follows: 1) *Faculty*

2) *Grad Students and Post-docs, Prioritized by order of Application*

3) *Visiting Scholars*

**FURTHER INFORMATION & DETAILS ON THE TRAINING MODULES ARE AVAILABLE ONLINE AT:**

<http://med.psu.edu/web/opd/international-biomedical-professionals>

# TUTORING INFORMATION

INDIVIDUAL TUTORING AVAILABLE—\$5 per session

ENHANCING INTER-CULTURAL COMMUNICATION

## POSTDOCTORAL ORIENTATION & INFORMATION SESSION

### Thanks to all that joined our most recent Orientation & Informational Session on Tuesday, September 15th, 2015!

The agenda covered topics to help answer many of your questions. The session began with a welcome by Dr. Leslie Parent, Vice Dean for Research & Graduate Studies. Also included, were presentations about Human Resources, Library Services and Career Development.

If you have any further questions about the Orientation, please email them to Becky Moyer at [rmoyer7@hmc.psu.edu](mailto:rmoyer7@hmc.psu.edu).

For copies of the handouts from the Orientation, please contact Becky Moyer, [rmoyer7@hmc.psu.edu](mailto:rmoyer7@hmc.psu.edu), or Ext. 4565 in the Postdoctoral Office of Affairs, Room C1602.

## CONFLICT MANAGEMENT

With Catherine Morrison

Catherine J. Morrison, JD is a negotiation and conflict management expert who helps academic professionals become more capable at resolving conflicts and negotiating effective change. She brings extensive experience as an administrator in academic medicine and an award-winning professor. She employs negotiation and conflict management frameworks



that are compatible with clinical diagnostic models and bioscience research approaches and that apply across diverse cultures.

Postdocs, Graduate Students  
3:00—5:00 p.m.

Lecture Room B (C5621)

**\*REGISTRATION IS NEEDED TO  
ACCESS TRAINING MODULES**

**\*[CLICK HERE](#) to Register by October 23rd, 2015\***



# Monthly Postdoc Lunch

# SOCIAL EVENT

**Take time to meet other Postdocs!  
Talk about Science & Life at Hershey!**

**DATE:** October 15th, 2015  
**TIME:** 12:00 PM—1:00 PM  
**WHERE:** Dining Room B  
(Room H1233F)

**BRING YOUR OWN LUNCH!**

## ANNUAL POSTDOCTORAL PICNIC

The Penn State Hershey Annual Postdoctoral Picnic was held Sunday, September 13, 2015 at Indian Echo Caverns. Thank you to all who attended, and we look forward to seeing everyone at future Postdoctoral Society events!



## Society Meetings

**OCTOBER 21ST:**  
Room C1800

**NOVEMBER 18TH:**  
Room C1800

**DECEMBER 16TH:**  
Room C1800

Held on the 3rd Wednesday  
of the Month from  
4:00-5:00 P.M.

**Enjoy Coffee & Light  
Refreshments**

Please Feel Free to  
Join Us!

# What's In the Community?



October 16-18, 23-25 and 30-Nov. 1, 2015

HERSHEYPARK® IN THE DARK

Sweets, Treats & Front-Row Seats

Times: 5:00pm-10:00pm on Fri., 12:00pm-10:00pm on Sat., 12:00pm - 9:00pm on Sun.

Visit Hersheypark In The Dark three big weekends October 16- 18, 23-25 and 30-November 1.



October 17th, 2015



2nd Annual Cork & Pork Festival

Time: 8 PM—10 PM

Location:

Spring Gate Vineyard  
5790 Devonshire Road  
Harrisburg, PA 17112

Delicious wines, scrumptious pork dishes, and entertainment.

October 14th to 18th, 2015



DISNEY ON ICE

The Giant Center

Call 717-534-3911 for more details.

Time: Wednesday - Friday: 7:00 PM  
Saturday: 11:00 AM, 3:00, 7:00 PM  
Sunday: 12:00 & 3:30 PM

Grab your Mickey ears and get ready for the ultimate Disney experience at Disney On Ice celebrates 100 Years of Magic.

October 29th, 2015



TIMES: 6:00-8:00pm  
Derry Township & Hummelstown Borough



FUN FOR THE ENTIRE FAMILY!

Open Thursdays 10am-5pm  
Open Fri-Sat 10am-10pm  
Flashlight Mazes Fri & Sat Nights  
Closed Sundays

Come spend a Day at the Farm!

For More Information,  
Call (866) 546-1799.

# BOWLING EVENT

**WHEN:** October 23<sup>RD</sup>, 2015

**WHERE:** ABC North Lanes  
5303 Locust Lane  
Harrisburg, PA 17109

**TIME:** 6:00 PM – 8:00 PM

**RSVP BY OCTOBER 16<sup>th</sup>, 2015**

Becky Moyer at  
[Postdocs@hmc.psu.edu](mailto:Postdocs@hmc.psu.edu)  
OR [Click Here](#) to Register

