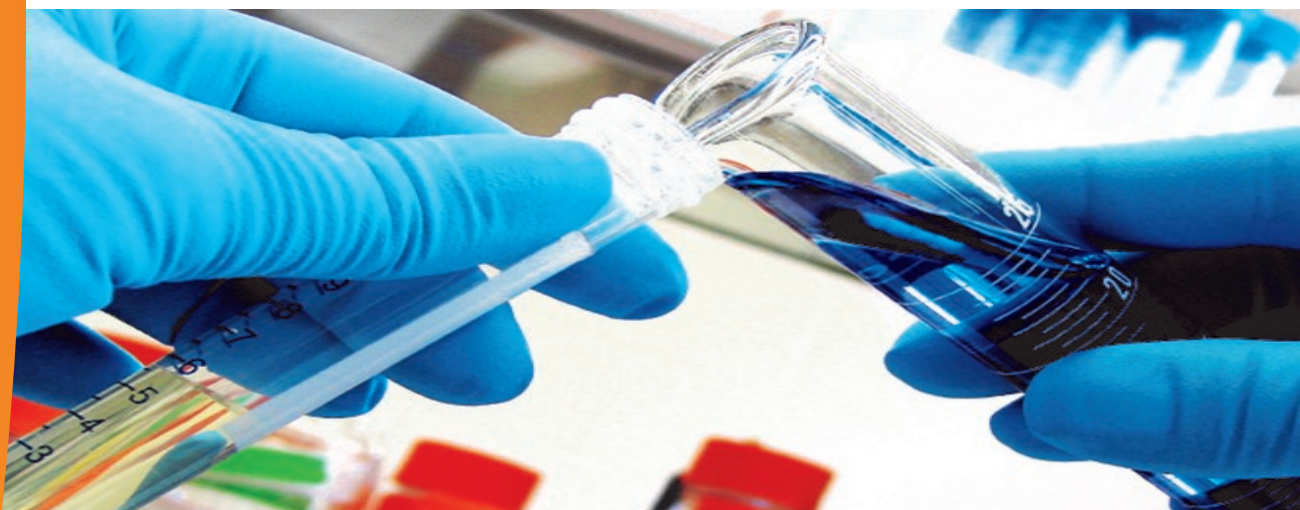


# Postdoctoral Scholars & Fellows Connect

Issue 03 / November 2015



## *THIS MONTH'S FOCUS...* RESEARCH

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

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The Office of Postdoctoral Affairs | 500 University Drive | PO Box 850 | Hershey | PA | 17033

Website: <http://med.psu.edu/web/postdocs/home> | Contact Us at 717.531.4565

# STUDENT EVENTS

## NOVEMBER 2015:

November 11th, 2015— 3:00 p.m. to 4:00 p.m.

**POSTDOCTORAL TRAVEL AWARD MEETING—Open to ALL Postdoc's**

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

**POSTDOCTORAL IDP WORKSHOP**

November 13th, 2015— 6:00 p.m.

**SOCIAL EVENT AT TROEG'S IN HERSHEY**

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"**

## DECEMBER 2015:

December 3rd, 2015— 12:00 p.m. to 1:00 p.m.

**POSTDOCTORAL "BRING YOUR OWN LUNCH" SOCIAL MEETING**

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

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

December 15th, 2015

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

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

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

## JANUARY 2016:

January 20th, 2016— 4:00 p.m. to 5:00 p.m.

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

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

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

January 29th, 2016— 1:00 p.m. to 2:00 p.m.

**LIBRARY WORKSHOP: GETTING STARTED WITH ENDNOTE WEB—Room C3860**

## FEBRUARY 2016:

February 23rd, 2016— 4:00 p.m. to 7:00 p.m.

**DATA & DINE EVENT—University Conference Center**

## 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...*

Research is the cornerstone of your postdoctoral life and training. To celebrate this, the Penn State Hershey Postdoctoral Society organizes "Data and Dine", an annual Postdoctoral Research Symposium for the Penn State Hershey campus. Data and Dine is an excellent opportunity to share your research accomplishments with the entire College of Medicine community. Data and Dine will be held on **February 23, 2016**, and will include a poster session with awards, an invited keynote speaker, and a dinner. In addition, a joint Penn State Life Sciences Symposium between the Hershey and University Park campuses is being planned for Spring 2016. I encourage everyone to submit abstracts for one of these research symposia—these are excellent opportunities to meet and network with other postdocs at Penn State University. Please watch your emails for more information, including abstract submission and registration dates.

I hope that you are in the process of writing an Individual Development Plan (IDP) together with your mentor. Remember that the OPA is hosting an IDP Planning Workshop for all trainees and mentors on November 12th. To ensure that you have adequate time for this important activity, I have extended the deadline for IDP submission to **December 15, 2015**.

*Kristin A. Eckert*



Pictured Above:  
Kristin Eckert, Ph.D.



Pictured Above:  
Becky Moyer



# Postdoc Spotlight



## Dahlia Mukherjee

I CURRENTLY WORK IN DR ERIKA SAUNDERS' MOOD DISORDERS LAB. I've been at Penn State Hershey since August 10<sup>th</sup> 2015. My work encompasses both research and clinical responsibilities. My current research focuses on dietary interventions for individuals diagnosed with Bipolar Disorder. We hypothesize that an intervention diet designed to alter intake of poly-unsaturated fatty acids that augments mood stabilizing medications will reduce inflammation; and that the reduction of inflammation will reduce mood variability in bipolar disorder. My research during graduate school focused on depression and value-based decision making. In terms of clinical responsibilities, I work at the Outpatient Psychiatry Clinic at Northeast drive twice a week where I evaluate and treat patients diagnosed with mental health disorders. My expertise lies in cognitive behavioral mode of conceptualization and treatment.

I COMPLETED MY UNDERGRAD B.SC. AND GRADUATE M.SC DEGREE FROM CALCUTTA UNIVERSITY IN PSYCHOLOGY AND APPLIED PSYCHOLOGY RESPECTIVELY. I completed my M.Phil from Glasgow University, UK under the mentorship of Dr Geoff Scobie. I graduated in 2015 with a PhD in Clinical Psychology from the University of Pennsylvania, under the mentorship of Dr Joseph Kable.

I was born in Middleborough, UK and moved to Kolkata, India, when I was nine. I moved to the USA in 2006. My favorite activities outside work include exploring different cultures through traveling and food. I'm pretty good at cooking regional Indian food but nothing beats my mother and grandmother's home cooked meals! I enjoy watching British crime/mystery series including Sherlock, Happy Valley, The Fall, Midsomer Murders, and Death in Paradise. I loved the first season of True Detective.

While filling out a background check form I realized I have moved ten times in the last ten years across three different countries. I'm finally hoping to settle down in this area and thus looking forward to building meaningful and lasting friendships. So if you like wine, good food and company, come say hi!

**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)**

**DATE: November 12<sup>th</sup>, 2015**

**TIME: 1:00-2:00 P.M.**

**WHERE: Room C3621**

**A yearly IDP is required of ALL postdoctoral scholars and fellows at the Penn State College of Medicine.**

## INDIVIDUAL DEVELOPMENT PLAN WORKSHOP

**FOR ALL TRAINEES & MENTORS**

**Your IDP must be submitted to the OPA by December 15<sup>th</sup>, 2015.**

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

For Questions, **Becky Moyer** in the Office of Postdoctoral Affairs, [PostDocs@hmc.psu.edu](mailto:PostDocs@hmc.psu.edu) or Ext. 4565.

**PENNSTATE HERSEY**



**Postdoctoral Affairs**

# 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.

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.**

**Anesthesia Library (C2860)**

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

**December 4, 2015**

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

**Anesthesia Library (C2860)**

**\*Please Note that  
there has been a  
ROOM CHANGE.**

PENNSTATE HERSEY



Milton S. Hershey  
Medical Center

Sponsored by the Office of Faculty  
and Professional Development

PENNSTATE HERSEY



College of Medicine

ENHANCING INTER-CULTURAL COMMUNICATION

WORKSHOPS





## Do you publish?

### Did you sign up for an ORCID ID yet?

ORCID is a non-profit organization that provides free, persistent author identifiers to distinguish individuals from other researchers and links their manuscripts, grants, and professional activities. Having an ID can differentiate people with common names and aggregate publications when name variations have occurred, such as publishing under different names.

Many publishers, funders and professional organizations are requiring ORCID IDs so sign up for yours today! <http://orcid.org/>

## Did you know.....???

Have you ever used the Clipboard feature in PubMed? This tool allows you to send a list of selected citations to a temporary holding location. It can be very helpful when doing several searches and choosing only the items of interest. Simply check the box to the left of the citation(s) you'd like, select Clipboard from the "Send to" option in the upper right, and add to Clipboard. A link to the Clipboard will appear next to "Send to." As you continue searching, PubMed will indicate which citations you have already saved. See this in action: [https://www.nlm.nih.gov/bsd/disted/pubmedtutorial/O3O\\_22O.html](https://www.nlm.nih.gov/bsd/disted/pubmedtutorial/O3O_22O.html) When you are done, the list can be emailed, printed, or moved to reference management software or a more permanent holding area such as MyNCBI. Items are cleared from the Clipboard after eight hours.

Remember, when using PubMed, always access PubMed from the library website, even if you are off campus. This allows you access to the thousands of articles paid for by Penn State.

Please contact Robyn Reed at [rreed4@hmc.psu.edu](mailto:rreed4@hmc.psu.edu) if you have any questions.

# LIBRARY WORKSHOP

WHEN: Friday, January 29th, 2016

TIME: 1:00 p.m. to 2:00 p.m.

WHERE: Room C3860

Getting Started with **EndNote<sup>Web</sup>**

[CLICK HERE](#)  
TO  
REGISTER!

## REGISTRATION IS REQUIRED

A Start-up Guide will be provided 2 Weeks Prior.  
Please Bring Your Laptops to this Workshop.

Endnote Web is a FREE Bibliographic software available to the PSU Community!

# SAVE THE DATE

More Information to Follow

January 28<sup>th</sup>, 2016

3:00-5:00 p.m.:

Postdocs &  
Grad Students  
Room C3860

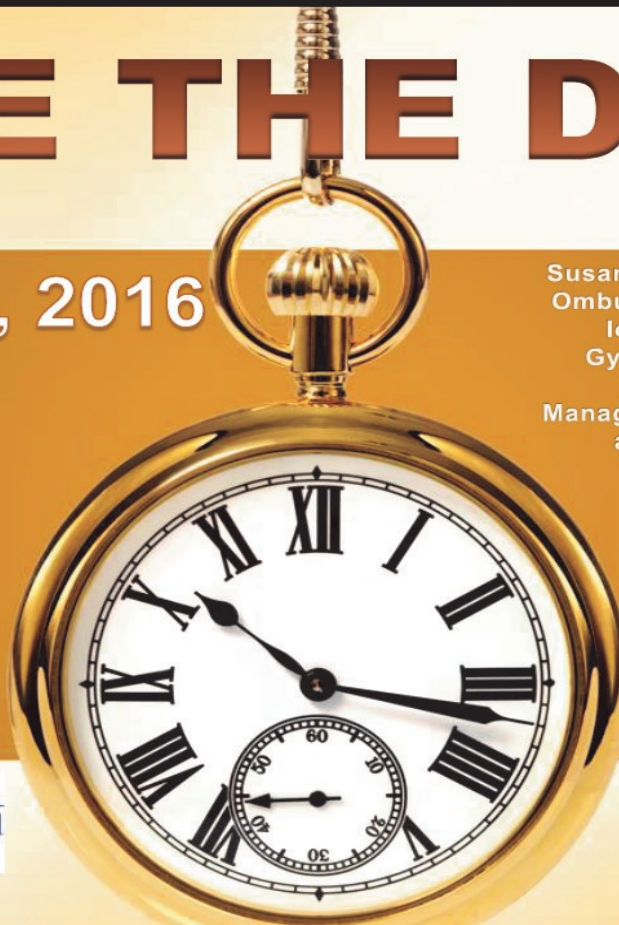
**REGISTER  
HERE**

PENNSTATE HERSEY



Faculty and Professional  
Development

Susan Johnson, M.D., M.S., University  
Ombudsperson from the University of  
Iowa, Professor of Obstetrics and  
Gynecology. Dr. Johnson is widely  
recognized as an expert on Time  
Management and gives invited talks to  
academic institutions around the  
country and for the AAMC.



# TIME MANAGEMENT



# BRING YOUR OWN LUNCH



## POSTDOCTORAL SOCIAL MEETING

**WHEN:** Thursday, December 3rd, 2015

**WHERE:** Dining Room A (Rm H1233G)

**TIME:** 12:00—1:00 pm

Join us and meet other Postdocs and  
talk about Life in Hershey!

For any questions, please contact Becky Moyer in the Office of Postdoctoral Affairs, Ext. 4565 or [PostDocs@hmc.psu.edu](mailto:PostDocs@hmc.psu.edu).

## ANNUAL POSTDOCTORAL RESEARCH SYMPOSIUM **DATA & DINE**

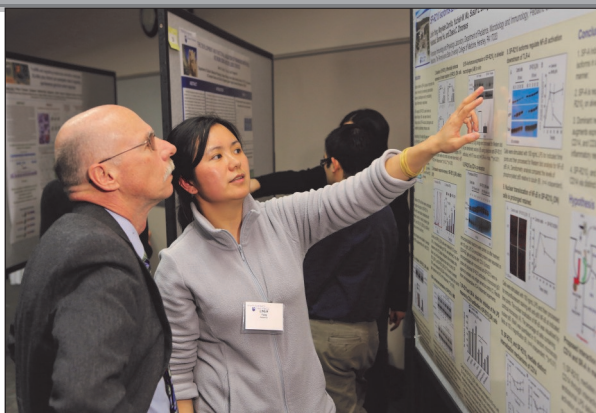
**DATE:** February 23rd, 2015

**TIME:** 4:00—7:00 p.m.

**LOCATION:** University Conference Center

**Register Here**

**Poster Session  
and Awards,  
followed by  
Dinner and a  
Keynote speaker.**



## Society Meetings

**NOVEMBER 18TH:**  
Room C1800

**DECEMBER 16TH:**  
Room C1800

**JANUARY 20TH:**  
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?



**HERSHEYPARK**  
CHRISTMAS CANDYLANE®

**November 13-December 31, 2015**

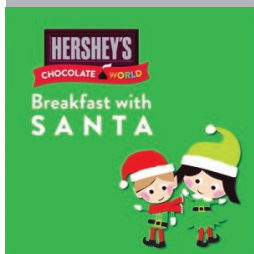
**Bigger, Better & Brighter**

The magic of the holidays comes to life with our biggest and brightest *Hersheypark Christmas Candylane* yet! Enjoy more than 4 million twinkling lights and fun rides for the whole family starting November 13.



- **New!** Take a ride on 4 of our favorite coasters, *sooperdooper Looper*, *Laff Trakk*, *Wildcat*, and *Cocoa Cruiser*
- Visits with Santa and his 9 live reindeer
- Ice Skating
- at Rudolph's Skating Pond
- Holiday-themed entertainment
- Holiday shopping, seasonal treats, and more!

For More Information, Call [1-800-HERSHEY \(437-7439\)](tel:1-800-HERSHEY)



**November 14 –  
December 20, 2015**

Saturdays & Sundays  
8 – 9 a.m.

\$29.95 Adult  
\$24.95 Children  
FREE Children (0-2)

Start your day the merry way with Breakfast with Santa & Mrs. Claus at **HERSHEY'S CHOCOLATE WORLD** Attraction! This interactive and entertaining morning will delight and dazzle both young and young at heart.

- Enjoy a Hershey-inspired breakfast menu
- Visit with Santa at the Hershey's Holiday Chocolate House and receive a professional 5x7 photo or digital download
- Decorate KISSMAS cookies with Mrs. Claus
- Sing-a-long to holiday songs with Hershey's rolars
- Receive a special gift from Santa (for children 12 and under)
- Experience an exclusive showing of the 4D Chocolate Mystery
- FREE all day parking

**Reservations are strongly recommended.**

For More Information, Call  
[1-800-HERSHEY \(437-7439\)](tel:1-800-HERSHEY)

**November 10-15, 2015**



**The Hershey Theater**

Tuesday – Thursday: 7:30 PM  
Friday: 8:00 PM  
Saturday: 2:00 PM & 8:00 PM  
Sunday: 1:00 PM & 6:30 PM

**November 20-22, 2015**

**Day Out With Thomas™**



America's favorite little blue engine is chugging and now talking his way into town with pal Percy by his side.

Join [Strasburg Rail Road™](http://StrasburgRailRoad.com) for a special [Day Out With Thomas](http://DayOutWithThomas.com) as Percy joins the No. 1 engine for a national tour.

For the special event, your ticket to Day Out with Thomas includes a train ride with Thomas, as well as lots of other exciting activities and a complete selection of Thomas merchandise in our gift shop.

For More Information, Call 717-687-7522  
[www.strasburgrailroad.com](http://www.strasburgrailroad.com)

# SOCIAL EVENT



**Join us for a fun  
evening with your  
fellow postdocs!**

**DATE:** November 13th

**TIME:** 6:00 pm

**WHERE:** Troegs Brewery

200 East Hershey Park Drive  
Hershey | PA | 17033