

# NATIONAL POSTDOC APPRECIATION WEEK

Each September National Postdoc Appreciation Week (NPAW) is held in the U.S. to celebrate postdocs. Below, you will find events for PSU's weeklong celebration. You can sign up for the individual events using the links found in their description. If you sign up, please be sure that you show up as accurate counts of attendees are needed for reservations and purchases. Sign up deadlines are put as late as possible, and you may revise submissions so that you have the flexibility to decide close to the onset of the event.

## SUNDAY 9/18



Come hike with us at Colyer Lake on **Sunday, September 18 at 3:00 PM!** This is a 2.7-mile beginner-friendly loop around the lake. Directions can be found [here](#), and more details about Colyer Lake can be found [here](#). Consider bringing a small pack, comfortable clothing, water, sunglasses, comfortable walking shoes, and snacks. Please note that you are responsible for your safety on this outing. Family, friends, and pets are more than welcome as well. If you'd like to join, please sign up [here](#) by noon on **Saturday, September 17**. We will need to provide transportation for postdocs who do not have it, so help with rides is much appreciated and can be noted on the sign-up form. Address questions to Primal Pappachan at [primal@psu.edu](mailto:primal@psu.edu) or [here](#) on the Postdoc slack channel.

## MONDAY 9/19

What better way to celebrate NPAW than by professionalizing how we, as Postdocs, present ourselves online and for job interviews? This year VJM Studios will be on campus taking headshot photos on **Monday, September 19th, in 317 Mueller from 11 AM to 1 PM** (see [map](#)). Each person will get a 3-minute slot with our professional photographer. Please bring \$10 in cash (which is a great deal). Afterward, you can log in to a website and choose your photos for download. Spots are limited and will be assigned on a first-come basis, so please sign up [here](#) fast. Participants will receive a follow-up email with all details. Address questions to Livio Santos, [lzs249@psu.edu](mailto:lzs249@psu.edu).



## TUESDAY 9/20



Do you have student debt? If so, find out how you can get up to \$100,000 repaid towards your student loans with a two-year award from the NIH Loan Repayment Programs (LRPs). During this webinar we will discuss:

- the six different extramural LRP subcategories and their purposes;
- the general eligibility requirements;
- the peer review process for LRP applications;
- personal experiences with the LRP application process.

RSVP [here](#) to take part in this informational webinar on **Tuesday, September 20, 1-2 PM**. Address questions to Danielle Seay, [dk55745@psu.edu](mailto:dk55745@psu.edu).

## THURSDAY 9/22

To demonstrate our appreciation for the hard work of Postdocs at Penn State, the PSPS is hosting a coffee hour in Mueller 216 (see [map](#)) from **3:00 to 4:00 PM on Thursday, September 22**. There will also be an awards ceremony during the coffee hour to recognize Dr. Dishary Banerjee, the recipient of the 2022 Outstanding Postdoc Award, and Dr. Lindsay Fernandez-Rhodes, the recipient of the 2022 Outstanding Postdoc Mentor Award. Come grab a cup of coffee and/or treat, meet the awardees and your fellow postdocs, and let us know how we can best advocate for you! Please bring your mug to reduce waste! Address questions to Prakash Purswani, [pxp5185@psu.edu](mailto:pxp5185@psu.edu).



## FRIDAY 9/23



Join us for an International Potluck Picnic on **Friday, September 23, from 5 to 8 PM at Sunset Park Pavilion 1** (see [map](#)). This is a social event for postdocs to come together and showcase their culture. We recognize that postdocs at Penn State are from all parts of the U.S. and the world! Bring along a dish, snacks, or desert that represents your home-state or country. If you are not a cook, you can always buy your home-dish from the store or just come along to socialize. Bring along a friend or the whole family! The park has plenty of space and seating for everyone. Please fill out this [form](#) by **Thursday, September 22** to let us know you are coming! We look forward to experiencing everyone's cultural cuisines. Address questions to Eoin O'Connor, [epo5193@psu.edu](mailto:epo5193@psu.edu).



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