



Mount
Sinai

The Mount Sinai Postdoc Periodical

Monthly newsletter, July 2016



ISMMS 7th Annual Postdoc Symposium Industry: Beyond the Bench

Keynote address by Dr. Lana Skirboll (Sanofi)
Plenary address by Dr. Joanne Kamens (Addgene)

Panel Discussion with Scientific Leaders in Industry
Data Blitz Presentations by ISMMS Postdocs
Networking Reception



 Icahn School
of Medicine at
**Mount
Sinai**

Robin Chemers Neustein Award Winners



Co-Chair Corner



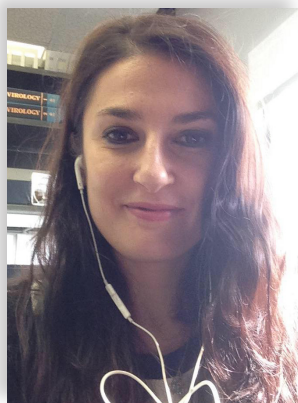
Hélène Salmon, PhD, and Lara Manganaro, PhD, are the recipients of the 2016 Robin Chemers Neustein Postdoctoral Fellowship Award. They were chosen from a truly outstanding group of postdoctoral candidates who were nominated for the award.

Dr. Salmon works in the department of Oncological Science and Medicine (Hematology/Oncology) at the Icahn School of Medicine at Mount Sinai (ISMMS), where her research is focused on understanding the contribution of the tumor stroma to immune responses against cancer. Dr. Manganaro works in the department of Microbiology, Medicine, and Infectious Diseases at ISMMS, and her research focuses on understanding patterns and mechanisms of HIV drug resistance.



Dr. Hélène Salmon

Drs. Salmon and Manganaro are the seventh and eighth recipients of the Robin Chemers Neustein Postdoctoral Fellowship Award, which is intended to encourage and support female research scientists at ISMMS. The award was established in 2010 through a generous gift from Robin Chemers Neustein, a former member of Mount Sinai's Boards of Trustees. Recipients are senior female postdoctoral scientists who intend to complete their training within two years, and have demonstrated high impact accomplishments in the biomedical sciences, plus the potential for an independent scientific career. As part of the fellowship award, Drs. Salmon and Manganaro will each receive \$25,000.



Dr. Lara Manganaro

Please join us in congratulating Drs. Salmon and Manganaro as the 2016 recipients of the Robin Chemers Neustein Postdoctoral Fellowship Award.

Greetings!

We hope that you are enjoying your summer and the (very) hot weather! Even with the heat, the Postdoctoral Executive Committee (PEC) is looking forward to autumn with the 7th Annual Postdoc Day to be held on Friday, September 23. The theme this year is "Industry: Beyond the Bench" and we are already excited about what is shaping up to be a stellar line-up of speakers! The keynote speaker is Dr. Lana Skirboll, previous Director of Science Policy at the NIH and current Vice President of Science Policy at Sanofi, and the plenary lecture will be given by Dr. Joanne Kamens, Executive Director of Ad-dgene. Both of these outstanding scientists will tell us about their paths into non-academic careers and share their advice to help you obtain your career goals. A panel discussion with leaders in the biotech and pharmaceutical industries will be held along with a networking reception (and a professional prep session!). Keep your eyes open for details!

A recent development in postdoc life in NYC is the formation of the NYC Postdoc Coalition. Started in April 2016, this group consists of representatives from all 7 major research institutes in NYC (ISMMS, Rockefeller, Columbia, NYU, Albert Einstein College of Medicine, Weill Cornell Medicine, and Memorial Sloan Kettering Cancer Center). The aim of this coalition is to better advocate for the needs of postdocs in NYC by having an open discussion between postdoc representatives about what is and isn't working at their respective institutions. Future plans also include NYC-wide postdoc socials – this is a great networking opportunity and we're thrilled to be a part of the group!

If you are interested in working with the PEC to improve career development and community at ISMMS through postdoc advocacy, email delaine.ceholski@mssm.edu. We are always looking for members and currently have lots of ideas and goals but not enough people!

Best,

Delaine

Delaine K. Ceholski and Alison P. Sanders are your PEC Co-Chairs

Ways to keep in touch

- Our website: <http://icahn.mssm.edu/education/post-doctoral-training>
- Follow our Twitter account: [@MtSinaiPostdocs](https://twitter.com/MtSinaiPostdocs)
- Join our Facebook page: "Mount Sinai Postdocs"
- Follow us on LinkedIn ([Mount Sinai Postdocs and Postdoc Alumni](#))

The Mount Sinai Postdoc Periodical

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Postdoc Sanity: Happiness on a Postdoc Budget

By Natasha Eliyahu-Shtraizent

It's not a secret that, as postdocs, we have to juggle our preferences to keep our finances balanced. Motivated by mass movement and outlook of our future success, we are happy to endure the 4+ years of hard work and low pay.

I came across an article describing a strategy on good budgeting habits and here are the tips that I thought were applicable for us:

- 1. Set the goal:** At every stage of our life we have a different set of financial goals. Concentrate on the immediate goals. It is unlikely that you will save money for a down payment for a house during your postdoc, but it is possible that you will get a chance to travel or explore cultural venues while living in NYC. The main goal is to not dip below zero at the end of the month after you've payed your rent and bills. So don't stress about not being able to match up with other people in financial advancement. A postdoc is short-term so enjoy spending a little money on things you can afford.
- 2. Plan ahead:** Make an Excel spreadsheet and specify all the expenses and needs that you will spend money on before you start the month. Distribute your income among the needs and see how much is left over. Plan to save 30% of the left over money on unpredicted expenses, 30% on eating out, new clothes and gifts, and save the last 30%. These savings will build up and can be spent on travel and leisure.
- 3. Efficient spending:** Decide how much you are willing to pay for each purpose. If you have \$100 to spend on groceries, make sure you don't spend it all on one meal, and if you need a whole wardrobe of summer clothes, don't buy a designer skirt for \$200. The nice thing about NYC is that you can find quality goods for a very average price. So, if planned ahead, you will know exactly how much to spend on what.
- 4. Keep record:** When spending, input the numbers into an Excel spreadsheet at the end of the month to see whether you were able to stay within the planned budget or you need to adjust your spending. It is likely that if you succeed, you will feel the pride of one in control of their finances and not the frustration of a poor, young professional struggling to pay for basic expenses while pursuing scientific advancement.
- 5. Enjoy saving:** Whether you put away \$25 or \$100 a month, you will enjoy watching the savings balance grow. By the end of the postdoc you can have a couple of thousands of security funds or money for a nice trip across the country.
- 6. Copy from an expert:** Seek advice and copy from your friend, family member, or a financial expert on how they operate their finances. If it works for them, it can work for you, too!

So enjoy life while staying on a budget. Here are some links to articles and apps that will be useful:

<http://www.gottabemobile.com/2016/06/09/best-budget-apps/>

<http://www.forbes.com/sites/robertberger/2015/07/26/7-tips-for-effective-and-stress-free-budgeting/#4d0e6f252a87>

<http://www.nytimes.com/2016/04/26/your-money/the-solution-to-maintaining-a-budget-is-awareness.html>



www.123rf.com

Interview with Dr. Mark Yondola, PhD: Director of Research at Avatar Biotechnologies

By Victor Leyva-Grado

Avatar Biotechnologies is a startup biotech company (6-8 people) based in Brooklyn, NY. We sat down with Dr. Yondola, a Mount Sinai postdoc alumnus, to ask about his background, training, and position as Director of Research.

Did you have any jobs between this one and your postdoc? No.

Can you give us a brief (2-3 sentence) description of your current position? I currently manage a team of 4 scientists (myself included) in order to execute three different viral vaccine-related projects. My current position involves both benchwork (75%) and managerial duties (25%). I design most of the team's experiments and carry out a portion of them.

What do you wish you had known before accepting your current position? How much life at a biotech startup approximates life in academia - I have a large benchwork component, we write grants, and I still get to control most aspects of the projects. An additional benefit is that grant writing involves more of a team approach than I feel is possible as a starting professor.

What, if anything, do you miss about being a postdoc? Really?

What did you learn during your PhD/postdoc that is most helpful to you in your current position?

How to design experiments with the proper controls.

What was the most important event or factor that contributed to your transition into an alternative career outside academia?

I did not want to spend the majority of my time behind a computer - I prefer planning and conducting experiments.

How many hours a week do you spend in meetings? Roughly 4-5 hours.

Approximately how many hours do you work per week? About 45 hours.

How frequently do you work in the evenings and/or on the weekends? My schedule is somewhat flexible, so I typically work until about 7:00 or 7:30pm, but start time is not before 10:00am and I hardly ever work on the weekend (maybe 3-4 times over 3 years).

On a scale of 1-10 (1=low, 10=high), how much autonomy do you have in your current position? 9/10.

Does your position require that you travel? If/when you travel, how long is your trip? No travel yet. Potential for travel for one or two long weekends a year to attend conferences.

Do you work with other people and/or in a team? If so, please describe the circumstances and structure of your group work. Yes, I function as the group leader regarding planning the experiments, executing some of the experiments independently, and supporting additional experiments.

How did you learn to do your job? (e.g., structured training program, mentor, studied materials on my own time, learned on the fly) On the fly.

What is the average salary range for your position? Not really sure, I think each is independently determined.

Was a PhD necessary to apply for this position? Yes.

Was your publication record important towards obtaining this position? Yes.

Is a postdoc valuable to your current position? Yes.

Did your PhD and/or postdoc research focus help in obtaining this position? Yes.



Dr. Mark Yondola, PhD