

# U OF T POSTDOCS:

## Did you know you can participate in **Gradlife Programming** to support your **postdoc** experience?

Take a break, find community with other postdocs and grad students, develop skills, and expand your academic network!

Programs you can join include:

### Graduate Focused Campus Tours

Are you a **postdoc new to U of T**? Attend a tour of key buildings, spaces, and programs for graduate students and postdoctoral fellows on the St George campus.

*Covered: Student Life spaces, School of Graduate Studies, fitness facilities, Graduate Residences*

### Grad Escapes

**Being a postdoc** can be stressful! Take a break from your teaching or grant applications and join other postdocs and graduate students in social opportunities that are facilitated by a student.

*Examples: games nights, craft sessions, speed networking, and outdoor walks.*

### Grad Workshops

**You are encouraged to develop new skills as a postdoc!** Attend sessions led by subject matter experts on topics around personal development that will benefit you now and in your future career in academia or research. Connect and share your journeys with other postdocs and grad students during activities.

*Topics: talking to new people, getting involved in co-curricular activities.*

### Grad Connections

**You have lots of valuable insights as a postdoc!** Share it with other postdocs and graduate students at chat forums. Discuss challenges of working in academia while feeling connected and supported and learn about campus resources.

*Topics: impostor phenomenon, where are you finding community and connection.*

### Leadership for Grads

**Do you want to become a leader in academia?** Participate in this workshop series tailored for grad students and postdocs to develop your leadership skills.

*Topics: facilitating a team, navigating uncertainty, making meaning of your leadership journey.*

Check out our facebook group for weekly grad student focused insights, opportunities, giveaways and resources as well as campus happenings! We want you to find community as a postdoc!

Register: [folio.utoronto.ca](https://folio.utoronto.ca)  
[gradlife.utoronto.ca](https://gradlife.utoronto.ca)