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 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 gradlife.utoronto.ca