

POSTDOC BENEFITS AND POLICY RESOURCES

GENERAL INFORMATION

- [Office for Postdoctoral Affairs](#)
- [Policies for Postdoctoral Appointments](#)
- [Differences between associates and fellows](#)
- [COVID-19 Information](#)
- [Transportation Options](#)
- [International Travel Toolkit](#)

FINANCES AND BENEFITS

- [Compensation Policies](#)
- [Yale Financial Wellness Resources](#)
- [Student loan deferment information](#)
- [Salaries and Taxes](#)
- [General Benefits Information \(Health insurance, dental insurance, etc.\)](#)
- [Benefits by Job Classification](#)
- [Retirement Plans - Postdoctoral Associates](#)

WELLNESS AND SUPPORT

- [Office of Institutional Equity & Accessibility](#)
- [Postdoc Complaint Procedure](#)
- [Yale University Hotline](#)
- [YPA's Wellness Resources page](#)
- [Yale Personal Wellness Resources](#)
- [Office for International Students and Scholars](#)
- [Public Safety](#)
- [WorkLife and Childcare](#)

YALE NEW HAVEN COMMUNITY

- [Sports and Recreation Information](#)
- [Dining in New Haven](#)
- [Yale Libraries](#)
- [Yale Museums and Galleries](#)
- [Yale Repertory Theater](#)
- [Schubert Theater New Haven](#)

PROFESSIONAL DEVELOPMENT AND BELONGING

PLANNING YOUR POSTDOC

- Individual Development Plan submitted at re-appointment.
- IDP for STEM: myIDP Science Careers
- IDP for humanists/social scientists: Imagine PhD
- The Postdoc Academy: Succeeding as a Postdoc

CAREER PROGRESSION

- Yale Office of Career Strategy (OCS)
 - Career counseling
 - Cover letter, resume workshops
 - Job application review
 - Mock interviews
 - Jobs database
 - Workshops
- Minoritypostdoc.org
- Career Network for Student Scientists and Postdocs at Yale (CNSPY)

PROFESSIONAL DEVELOPMENT

- Yale Postdoctoral Association (YPA) support and resources for Advocacy, Communications, Community & Networking, Professional Development, Mentorship, Symposium
- Yale Black Postdoctoral Association (YBPA)
- Minoritypostdoc.org
- National Center for Faculty Development & Diversity
- National Postdoctoral Association
- The Postdoc Academy
- YSM Office of Academic & Professional Development (OAPD)
- Poorvu Center for Teaching and Learning: Certificate in Teaching and pedagogy workshops, resources, and consultations
- Your professional society

PROFESSIONAL DEVELOPMENT AND BELONGING

SKILL BUILDING AND LIFELONG LEARNING

- [Coursera Online Courses](#)
- [LinkedIn Learning](#)
- [Tuition Benefits for taking Yale courses](#)
- [Auditing Courses information](#)
- [NIH Office of Intramural Training & Education](#)
- [English Language Program](#): courses in Advanced Communication Skills, Academic Writing 1 and 2, and Pronunciation
- [Graduate Writing Lab](#): Written/oral communications workshops, resources, and 1:1 consultations

COMMUNITY AND CONNECTION

- [Yale Postdoctoral Association \(YPA\)](#)
- [YPA Newsletter and Slack Sign Up](#)
- [Yale Black Postdoctoral Association \(YBPA\)](#)
- Your professional society
- [Women in Science at Yale \(WISAY\)](#)
- [Yale Affinity Groups](#)
- [Science Diplomats](#)
- [Yale Graduate Consulting Club](#)
- [Yale Working Women's Network \(WWN\)](#)
- [Yale Journal of Biology & Medicine](#)
- [Tsai Center for Innovative Thinking](#)
- [AYA Students and Alumni of Yale \(STAY\)](#)