## 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

### 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

### 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

### 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)