

MRC

Laboratory for
Molecular Cell
Biology

postdocs

LMCB postdoc welcome pack

For new starters- Sept 2017

The LMCB postdoc committee

LMCB welcome pack



LMCB welcome pack

New starters checklist

Complete these **5 simple steps** on your first day to hit the ground running!

- Email the postdoc committee at lmcb-postdoc-committee@ucl.ac.uk to let us know you're here. If you spot any of us in the corridor or coffee room, please don't hesitate to introduce yourself- we're excited to meet you!
- Visit the [LMCB website](#), especially the postdoc info [pages](#).
- Please email Giorgia, our Scientific Coordinator, at g.siriaco@ucl.ac.uk to introduce yourself. She will add your name to your lab web page and send you a template to fill out for your LMCB user profile. You can view other LMCB postdoc profiles [here](#)
- Make sure you are on the lmcb-postdocs@ucl.ac.uk and lmcb-seminars@ucl.ac.uk mailing lists. To do this, email Mohammed at lmcb-it-help@ucl.ac.uk
- If you are on social media, follow us at https://twitter.com/mrc_lmcb

LMCB welcome pack

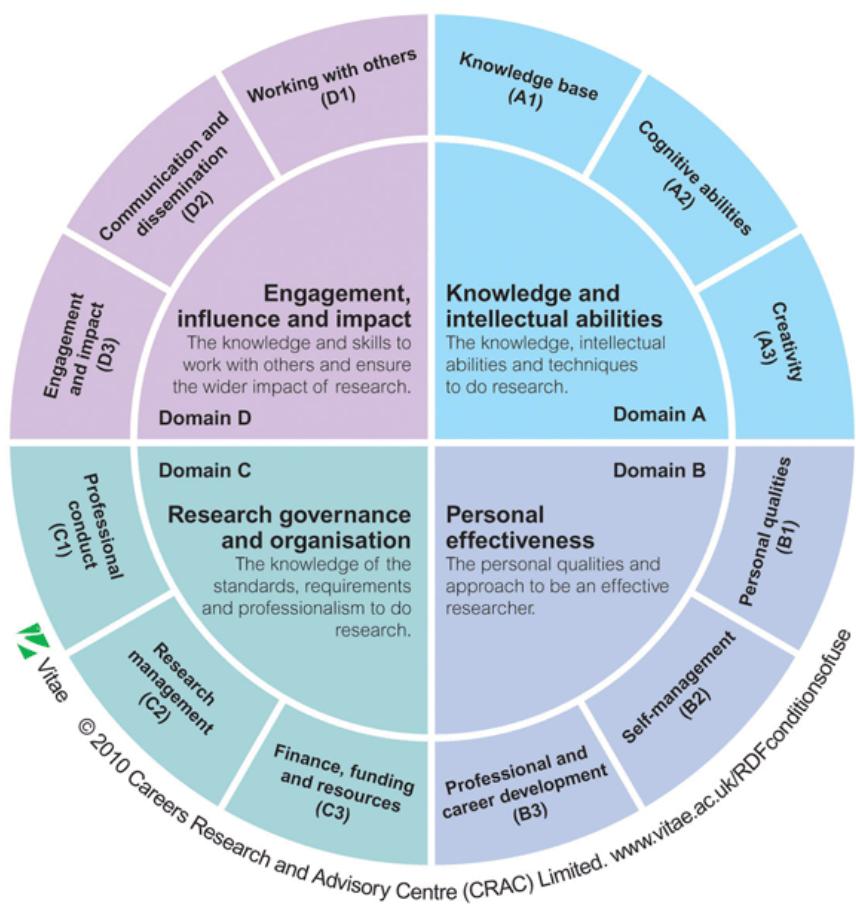
Our Mission: postdocs for the 21st century

Welcome to the LMCB! You're obviously here to do great science, but also to complete your training and take the final steps in your journey towards an independent career- either within or beyond academia. All this while keeping up a great work-life balance! We know this is a tricky balancing act, and we- the postdoc community- will support you in your efforts in any way that we can.

Our starting point is the Researcher Development Framework (RDF; see below), produced in 2009 by [Vitae](#), a UK organization dedicated to the personal and professional development of researchers. Produced in consultation with HE organizations as well as non-academic stakeholders, the RDF highlights 4 domains critical to the professional development of every researcher, irrespective of career stage or trajectory. Someone with these qualities will be eminently prepared to lead a lab- but also just as ready for a career as a policy analyst or industry consultant. As postdocs or PhD students, it is natural for us to focus exclusively on Domain A- the bread and butter of our science. We will try our best here at the LMCB to help you keep an eye on the bigger picture without compromising your commitment to excellent, groundbreaking research.

The Vitae Researcher Development Framework

UCL is [committed](#) to the professional development of its research staff, and in fact [encourages](#) you to use the RDF to help frame career discussions with your supervisor. You will find more information in the section on LMCB resources.



LMCB welcome pack

LMCB resources

The LMCB is a fantastic place to work- regardless of nationality, race, age, gender and sexuality. This didn't happen by magic. Years of effort by our leadership and support staff recently culminated in the LMCB being awarded an Athena SWAN Gold award in 2016- UCL's first and one of only 8 in the country.



Of course, there is always room for improvement. Learn more about our past, ongoing and future Athena SWAN efforts [here](#).

Internal Resources:

The LMCB website has a [Resources](#) page, with information about:

[Careers](#)

[Athena Swan](#)

[Open access publishing](#)

[LMCB Wellness program](#)

Frequently used forms are found in the [LMCB Resources](#) section

Promotions and annual staff evaluations:

Please ask your line manager (PI) for information, or contact our Institute Manager Claire Hebblethwaite at c.hebblethwaite@ucl.ac.uk

Fellowships and grant opportunities:

Fellowship and grant opportunities can be found on [Grantfinder](#). To request login access and a quick guide to using Grantfinder, contact Giorgia at g.siriaco@ucl.ac.uk

Information following the UK's referendum result:

<http://ucl.ac.uk/lmcb/brexit-updates-1>

UCL resources for research staff

UCL provides an incredible array of professional development and outreach resources for its staff- although sometimes the hardest part is finding the right website! Here's a list (not comprehensive!) to get you started:

Research Staff Hub

<http://www.ucl.ac.uk/hr/od/research-hub/index.php>

Designed to bring together all the different strands of UCL professional staff support. It's brand new: keep an eye on it as it develops!

Professional Development Programme

<http://www.ucl.ac.uk/hr/od/pdp/>

Leadership/management training programmes, tailored for staff with different levels of responsibility.

UCL Careers Centre

<http://www.ucl.ac.uk/careers/specialistsupport/researchers>

Events, interview coaching, 1-on-1 sessions, employer/job fairs;

Twitter: @uclresearchers, @uclcareers

Public Engagement (re-branded UCL Culture in 2017)

<http://www.ucl.ac.uk/public-engagement>

SLMS coordinator Tadgh Caffrey t.caffrey@ucl.ac.uk

Twitter: @UCL_in_public

UCL Open Access

<https://www.ucl.ac.uk/library/open-access>

UCL has been making a concerted push for open access across its schools and departments, and in fact many grants (and the REF) now require it- this is your one stop shop for all your open access needs.

UCL Innovation and Enterprise

<https://www.ucl.ac.uk/enterprise>

Interested in taking your research out of the lab and into the 'real world'?

UCL staff newsletter (biweekly)

Don't send this one to spam! It contains time-sensitive information about courses, workshops and other opportunities for staff. The newsletter is currently emailed to all research staff every two weeks by Moira Good (m.good@ucl.ac.uk); let us know if you are not getting these emails!

LMCB welcome pack

Teaching at the LMCB and UCL

Teaching opportunities for postdocs are usually hard to come by, especially for those trying to get some formal teaching experience without having to make a commitment of several months or years. This was a big focus area for the postdoc committee in 2016, and we have worked to create several new opportunities for our postdocs.

Practical mini-course for incoming PhD students

Each year, the LMCB PhD programme admits 6 new students. They spend their first couple of weeks on mini lab projects (3 groups of 2 each). Postdocs supervise these.

Interested in running a mini-course in September 2017? Email lmcb-postdoc-committee@ucl.ac.uk to state your interest and stay tuned for announcements.

Tutorials for 1st year PhD students

The incoming LMCB PhD students attend a series of tutorials with modules covering different areas of cell biology, led by different LMCB PIs. There are several openings for postdocs to teach tutorial sessions. These run from October till April each academic year.

Interested in teaching a tutorial in the 2017-2018 year? Email lmcb-postdoc-committee@ucl.ac.uk to state your interest and stay tuned for announcements.

Grading opportunities, MSc. literature projects

Ad hoc teaching opportunities pop up all the time- the best person to contact if you are interested in these is Julie Pitcher, the Graduate Programme Director at the LMCB (julie.pitcher@ucl.ac.uk)

UCL Arena Open

<https://www.ucl.ac.uk/teaching-learning/professional-development/arena-open>



UCL Arena is an excellent umbrella program dedicated to teacher training and development at UCL. Of particular interest for researchers/postdocs is the Arena Open certification- to apply, you simply need to demonstrate the relevant experience through 3 case studies. Critically, these can include semi-formal student supervision in the lab and ad hoc teaching experiences. Email the committee for more information- we can help you get started!

LMCB welcome pack

Life at the MRC-LMBC

We work hard- but we play hard too!

Scientific seminars/discussions - mailing list lmcb-seminars@ucl.ac.uk

Monday (4-5pm): Invited speakers; postdocs take the speaker for a drink in the evening

Thursday (12-1pm): PhD student and postdoc internal seminars, chaired by postdocs.

Postdoc Invited speaker: Annual seminar by an inspiring or extraordinary top scientist from anywhere in the world, chosen by the postdocs.

Friday (2.30pm): Early Career Research Seminar; wish to organise a seminar with an early career researcher you know? Contact the early career seminar committee (lmcb-ecsc@ucl.ac.uk)

Division of Biosciences postdoc seminar: Weekly seminar organized by postdocs to foster intra-division collaborations and provide practice presentation skills (f.lesept@ucl.ac.uk, i.salvador@ucl.ac.uk, a.szabo@ucl.ac.uk).



Personal/career development events – mailing list lmcb-postdocs@ucl.ac.uk

Postdoc events: We organize professional development and networking events approximately once a month. Check our Noticeboard on the LMBC website for times and dates of these events.

Monthly Skills Exchange (Tuesday 4-5pm): The postdoc and PhD committees organizes a monthly informal event to provide advice on a wide range of methods (e.g. data analysis or wet-lab methods).

LMCB welcome pack

Social/active lifestyle events – mailing list lmcb-allusers@ucl.ac.uk

Cocktails: Awesome party organized by one or two labs each month on a Friday. Legendary LMCB tradition dating back to the 90s.

Postdoc breakfast: Every two months, we organize a breakfast either to discuss relevant subjects concerning postdocs or just to socialize and enjoy free food and drinks.

Sports: If you want you can join the several sport activities run within or around the MRC-LMBCB: Football (Thursday 5-6pm, j.mccormack@ucl.ac.uk); Yoga (Wednesday 6-7pm, lmcb-yoga@ucl.ac.uk); Gyms (e.g. UCLU gym Bloomsbury Fitness uclu.org/bloomsbury-fitness, The 52 Club www.the52club.co.uk, amongst others); the running club (Regents Park; francisca.almeida.13@ucl.ac.uk);

Cycling: Many LMCB postdocs cycle to work. There is a shower on the ground floor inside the core staff's tearoom. Bikes can be stored outside the LMCB.

Check out our [Wellness page](#) for more resources.

LMCB welcome pack

We represent YOU

The LMCB has postdoc representatives on every major committee- your opinions and feedback matter, and we can guarantee they will reach the right ears. You are welcome to contact individual representatives directly with issues or route those through the postdoc committee.

That's it from us, for now! Enjoy your time at the LMCB!

