



# myHub Overview

## New Trainee Orientation 2024

**Amber Rivera, MSW**  
**Director of Learner Life/Wellness**

**Elaine M. Smolock, Ph.D.**  
**Director of Writing Services and Training Grant Development and PREP Co-Director**

**Eric Vaughn, M.Ed.**  
**Director of Career Services**

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"The best way  
to get  
something done  
is to begin."

~Author Unknown



# Writing & Grant Assistance

**Elaine M. Smolock, Ph.D.**

*Director of Writing Services and Training Grant Development*

*PREP Co-Director*

**myHub**

**Graduate Education and Postdoctoral Affairs**

MEDICINE *of*  
THE HIGHEST ORDER



SCHOOL OF  
**MEDICINE &  
DENTISTRY**  
UNIVERSITY OF ROCHESTER

# What is myHub?

**myHub assists in supplementing every trainee's scientific education with the wellness, writing, grant support, professional and career development opportunities most appropriate to each individual trainee's interests and skills.**

**The 8 spokes of myHub include....**

- Alumni
- Events
- Fellowships & Grants
- Learner Life/Wellness
- Student & Postdoc Groups
- Career Services
- Internships
- Writing Services

# Self-Determination Theory (SDT)

## Three key components of SDT...

- **Competence:** People need to gain mastery of tasks and learn different skills.
- **Connection or Relatedness:** People need to experience a sense of belonging and attachment to other people.
- **Autonomy:** People need to feel in control of their own behaviors and **goals**.

*myHub utilizes SDT in all the work we do and encourage our trainees to help us develop programming and connections that will impact their work and goals.*

# Goal of the Writing Assistance Resource

**The primary goal is to improve your writing by discussing your research and providing tools to develop your fundamental writing skills.**

*The resource is intended to be a learning experience where you can learn skills related to:*

*Organization, Logic, Structure, Communication and presentation*

*\*This is NOT a copy editing or re-writing service!\**

## Writing Assistance is Offered in:

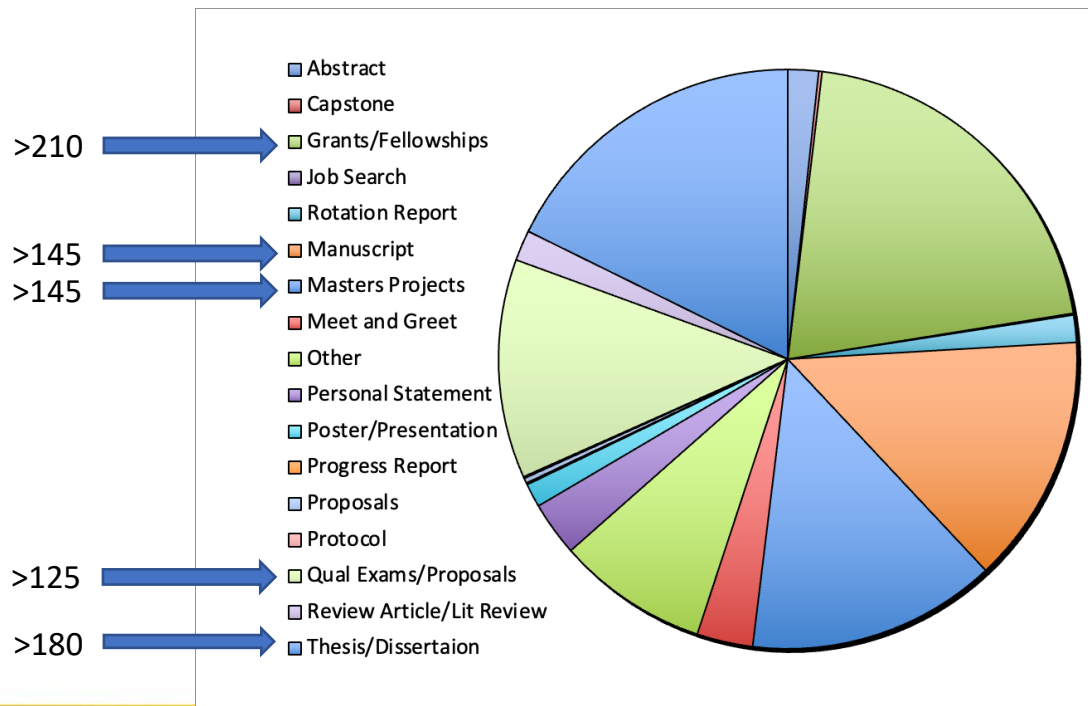


1. Individual sessions providing detailed discussions about your writing project(s)



2. Workshops & group-based learning experiences to encourage and promote writing development

# The Wheel of Writing Assistance



I have worked on  
~1100  
writing projects  
with our trainees



## Best ways to improve your writing in graduate school:

- **Get Started!** – You can NEVER start too early – WRITE Now!
- **Accountability** – Create a plan and stick to it
- **Space/Time** – Find your happy writing place and use designated time
- **Read** – The more you read, the better you will write
- **Organize** – Start creating literature databases NOW (visit Miner Library for help)





# Workshops and Social Content to be on the lookout for:

- NIH F-Series Grant Writing Sessions and Writing Clubs (3x per year)
- Thesis Writing
- Manuscript Writing
- Qualifying Exam Preparation
- Writing Retreats



# Career & Internship/Shadowing Experience

**Eric Vaughn, M.Ed.**

*Director of Career Services*

**myHub**

**Graduate Education and Postdoctoral Affairs**



# Goal of myHub Career Services & Internships

As the myHub Career Coach, I want to help you with...

- exploring careers
- advancing your professional development skills
- discovering your post-graduate next steps.



## Explore options while you are here....

- Who knows what they want to do after receiving their graduate degree?
- On average, how many hours will you work within your lifetime?

**~90,000 hours = 11,250 days**

- myHub offers 1:1 appointments, interactive workshops, experiential learning opportunities, networking opportunities, and much more



# Career Services

I can assist you with your...

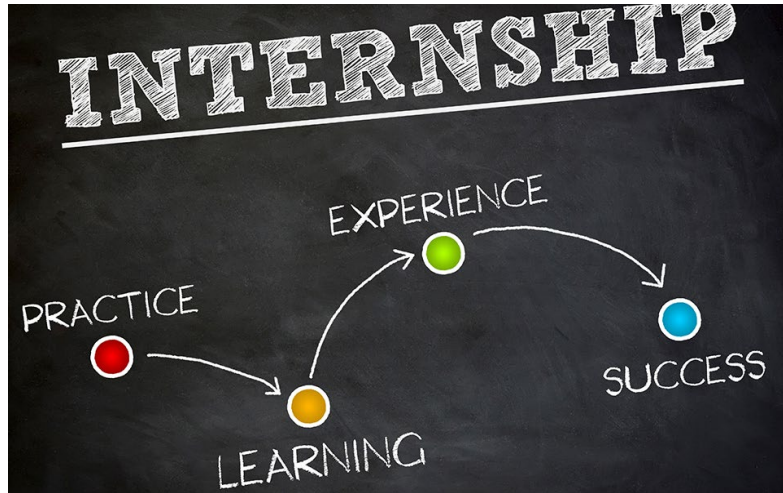
- Academic & Career Goals Development
- CV/Resume & Cover Letter Writing
- Career exploration & Job search strategy
- Marketing plans (LinkedIn)
- Internship/Job Interview prep
- Networking strategy & development (Alumni, Social Media)
- Teaching opportunities and teaching recognition programs

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glasbergen.com



"I pruned a tree once, so technically I'm allowed to put 'branch manager' on my resumé."

# Experiential Learning & Internship Experiences. ---Funding



- Funding for unpaid internships
- Assistance with travel and lodging costs for internships
- Job Shadowing & Exploration Mini Grants through the myHub Career Exploration Modules

# Alumni Community



**THE MELIORA COLLECTIVE**

Connecting the UR community by fostering professional exploration.

[JOIN NOW](#)

Powered by  PeopleGrove



[EDUCATION.URMC.EDU](https://education.urmc.edu)



**University of Rochester School of Medicine and Dentistry**







# IND 439: Leadership & Management for Scientists

Thursdays  
from 2:00 pm-3:40 pm  
this Spring 2025

## Topics and Instructors include:

- Building Your Support Network
- Time Management
- Wellness
- Managing People
- Communicating and Resolving Conflict as a Leader
- Teamwork and Collaboration
- Strategic Planning
- Negotiating
- Budgeting
- Cultural Humility
- Project Management
- Interviewing: Selecting Teams
- StrengthsFinder



# Leadership & Management for Scientists Testimonials



**Tori Popov, Ph.D. Trainee from Neuroscience**

A critical skill I learned and gained through course was informational interviewing and developing more in-depth and comprehensive questions to gain the knowledge and personal experiences I was seeking.

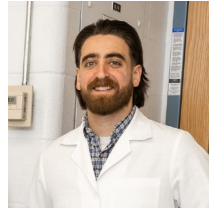
**Makenna Cealie, Ph.D. Trainee from Neuroscience**

Enjoyed identifying my strengths and comparing them to others to form a more cohesive team. After taking this course, I'm better at managing conflict and understanding others' perspectives.



**Gayathri Guru Murthy, Ph.D. Trainee from Translational Biomedical Science**

This course was the missing puzzle piece that helped me become an improved leader. You learn how to be a bridge yourself. This course gave me several new tools to use when it comes to leadership and also helped me assess myself and hone my management skills.



**Ian Krout, Ph.D., Alumni from Toxicology**

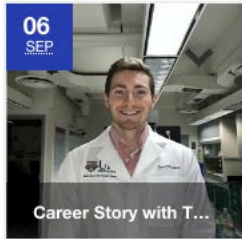
Used the techniques discussed in this class including, informal interviews, cold emails, negotiating and budgeting to secure a postdoctoral position in a lab I had aspired to join during my tenure as a graduate student.

# myHub & GEPA Upcoming Events

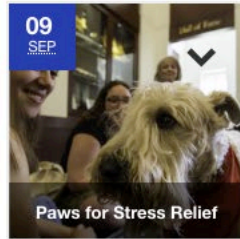
## Upcoming Events



All new graduate students starting in the fall of 2024 are invite...



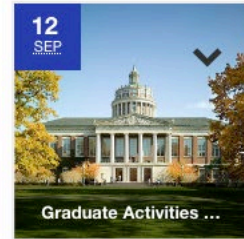
Career Story with Thomas O'Connor, Ph.D. - First year out:...



Come pet the pups! Paws for Stress Relief brings therapy dogs t...



Annual myHub URBEST Retreat - Register here - Regist...



Interested in getting involved on campus and meeting other...

- Alumni Career Stories
- Certificate Programs
- Career Exploration Workshops
- Self-Paced Career Modules
- Networking Events
- Social Events
- Grant & Writing Events
- Wellness Events

Visit [myHub.URMC.Edu](https://myHub.URMC.Edu) for full details- Upcoming Seminars, Career Stories, and Workshops



# myHub & GEPA Upcoming Events

## 5th Annual Informational Interviewing Session for SMD 1<sup>st</sup> Year Graduate Students

**PIZZA** provided to all registered attendees.

**Date: Thursday, August 22 | Time: 11:00 am-1:00 p**

**Location: Ryan Case Method (1-9576)**



**From this session you will...**

- Understand the purpose and benefits of informational interviews
- Research and arrange informational interviews
- Develop effective informational interview questions
- Network, prepare and practice with trainees

**RSVP @ [tinyurl.com/5thAnnual2024](https://tinyurl.com/5thAnnual2024)**

# We Use Handshake --- Schedule an appointment with us!



- Register for 1:1 appointments with Amber, Elaine, & Eric
- Schedule of myHub Events & Register for Events
- Explore internship & job postings

# Become Active in an SMD Trainee Group



- Alliance for Diversity in Science and Engineering (ADSE)
- Graduate Students of Color (GSOC)
- Graduate Students Raising Families (GSRF)
- Graduate Student Society (GSS)
- Graduate Women in Science (GWIS)
- National Postdoctoral Association (NPA) membership
- outGRADS
- The Society for Advancement of Chicanos/Hispanics and Native Americans (SACNAS)
- SMD Ambassadors
- SMD Entrepreneurs
- UR Postdoctoral Association (PDA)
- UR Thinkers
- UR Writing



# Q & A and Quotes to think about





- “Planning is bringing the future into the present so that you can do something about it now.” — *Alan Lakein, author*
- “A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.” — *Brian Tracy, author and motivational speaker*
- “Plan your next move because every step contributes towards your goal.” — *Sukant Ratnakar, author and motivational speaker*


# Connect with us on Instagram ursmd\_myHub





CAREER STORY  
with Jeremy Lomax, Ph.D. and  
Yin-Yin Wang, Ph.D.



"Discover more about the career field of  
consulting and beyond"



Monday, Feb. 20, 2023 10:30AM-12:00PM



HOW TO:  
THE PERFECT  
POSTDOCTORAL  
FELLOWSHIP

With special alumni guest presenter  
**Ian Krout, Ph.D.**

12-1:30pm. Thursday, April 20, 2023  
CEL Classroom 2-7536 (URMC)





# Learner Life and Wellness

**Amber Rivera, MSW**

*Director of Learner Life & Wellness*

**myHub**

**Graduate Education and Postdoctoral Affairs**

# Learner Life and Wellness Services

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*Available to all SMD graduate students and postdocs.*

- **Learner Support & Wellness** – Discuss how SMD GEPA can support your educational journey, personal development, and personal wellness.
- **Counseling** – Preliminary and short-term counseling in response to a personal concern. Everyone has the capacity for growth; sometimes we need a space to explore thoughts and feelings, and discover strength, wisdom, and grace within. All discussions will be held in confidentiality.
- **CARE Network** – Discuss CARE Network referrals. Whether you have been referred for support through the CARE Network, are considering making a self-referral, or a referral concerning someone else, you can safely discuss the CARE Network's role in addressing concerns.

# Learner Life and Wellness Services

*Available to all SMD graduate students and postdocs.*

- **Access to University Support Services** – The School of Medicine and Dentistry graduate and postdoctoral experiences are unique, and the University offers a variety of resources to help you be successful on your own path. Discuss ways to connect and receive support.
- **Trainee Group Advising** – Discuss leadership development, program planning, group development concerns, and learner needs for your Trainee Group.
- **Wellness Programs and Initiatives** – Meet and greet to discuss wellness topics that are of interest to you and other graduate and postdoctoral learners. Suggest your ideas for wellness programs and initiatives that address challenges commonly faced by SMD graduate students and postdocs.

# Schedule an appointment for Learner Life/Wellness on myHub

Would you like to schedule an appointment for learner life/wellness, writing and grant services, or career planning?  
Schedule an appointment with a member of the myHub team!

[Schedule an Appointment](#)

Home

[Education / Graduate Education](#) / myHub (Professional Development)

About Us

## Welcome to myHub!

Events & News

Learner  
Life/Wellness



Empower your Education and Career

Writing Services

myHub brings together eight critical areas, including learner life/wellness, writing services, fellowships and grants, career services, internships, graduate student and postdoctoral groups, alumni mentorship, and events.

Fellowship & Grants

URBEST Career  
Services



Learner Life/Wellness

1:1 and group assistance with personal wellness goals, wellbeing concerns, help



Writing Services

1:1 and group assistance with scientific writing fundamentals



Career Services

1:1 and group assistance with CV/resume/cover letter writing, post

URBEST Internship & Career  
Exploration  
Funding

Graduate Student &  
Postdoc Groups

MEDICINE *of*  
THE HIGHEST ORDER



SCHOOL OF  
MEDICINE &  
DENTISTRY  
UNIVERSITY OF ROCHESTER



# Contact Information

## ursmd\_myHub

### Writing Services

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**Director of Writing Services**  
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### Career Services

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**Director of Career Services**  
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