



GPDN

Graduate and Postdoctoral
Development Network

RPESP

Réseau pour le perfectionnement aux
études supérieures et postdoctorales

Presents

**Canadian Career Symposium for graduate
students and postdoctoral fellows
October 24th - 26th, 2023**

#GPDNCareers23

Land Acknowledgement

The Network, formerly known as the Consortium, grew from a community of professionals who work, practice, and advocate, in the land currently known as Canada. We acknowledge that these are the traditional ancestral lands of many First Nations, Inuit, and Metis peoples. Further we acknowledge the impact that settlement and colonization has had, and continues to have, on the people and the land. We call on everyone hearing or reading this statement to learn more about the lands and water they are on.

'Canada' is a word derived from the word 'kanata' of the Huron-Iroquois language, and it means village, settlement, or community. The Network considers itself to be a community. Through our vision, values, and strategic plan, we commit to reconciliation as defined in the Truth and Reconciliation Commission's Calls to Action.

Organizing Committee



Emmanuelle Arnaud, PhD

Associate Professor
OAC Assistant Dean
(Graduate Programs)
University of Guelph



Danielle Barkley, PhD

Career Educator
University of British
Columbia



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Catherine Maybrey, PhD

Coordinator, Postdoctoral
Affairs and
Research Training, School of
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University



Jonathan Turner, PhD

Manager, Graduate
Completion & Doctoral
Services, School of Graduate
Studies,
University of Toronto

Thank you to the following institutions for their support!

Athabasca University
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Carleton University
Concordia University
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L'Université de Sherbrooke
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Trent University
Université du Québec en Abitibi-Témiscamingue
Université du Québec en Outaouais
Université Laval
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University of British Columbia
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University of Calgary
University of Guelph
University of Lethbridge
University of Manitoba
University of New Brunswick
University of Regina
University of Saskatchewan
University of Toronto
University of Victoria
University of Waterloo
University of Windsor
University of Winnipeg
Western University
York University

Schedule is in Eastern Daylight Time

Tuesday, October 24th

1:00 – 1:05pm Welcome by the GPDN Committee

1:05 – 2:30pm What's Holding You Back? Getting Beyond procrastination & Perfectionism

Presenter: Alex Abdel-Malek, MSW, RCC

Two great obstacles to success in the academic realm are procrastination and perfectionism. Both represent ways of coping with underlying fears and can be manifestations of self-doubt. But they can be costly to your sense of self and rain on your possibilities and potentials.

Procrastination is a common enough experience, but it can cause significant stress, difficulties in planning and deprive you of a feeling of accomplishment and calm as you work. The reality is that most people's procrastination struggles have little to do with time management, and even less to do with lazing about.

Striving for perfect often involves chronically doubting or second guessing yourself, being relentlessly hard on yourself (or others), and never feeling like you quite "make it." When chronic procrastination shows up in your academic role, it can impact your career: self-doubt can make you struggle to complete work on time, avoid going for big goals, and carrying around a sense of never feeling like you are "good enough."

In this session, we will take a dive into the psychology of procrastination and perfectionism. And you will learn a variety of effective, proven strategies to work within your own profile to help you shift out of avoidance and passivity into an action-oriented mode.



Alex Abdel-Malek, (he/him), MSW, RCC, is a McGill trained psychotherapist and professional educator devoted to the question of how meaningful choices affect our health and wellbeing. A passionate clinician and speaker with over 25 years of experience in the field, Alex has been an instructor at many leading educational institutions, including SFU, UBC Robson Square, BCIT, City University, Vancouver Community College, and Mount Royal University. He has conducted training sessions for organizations throughout Western Canada on topics relating to mental health, trauma, and employee well-being, including from extensive work with the Canadian Coast Guard, the RCMP and other first-responder

groups, health-care and front-line social service agencies. He has also worked extensively with UBC and other organizations for many years; his specialized workshops on procrastination and perfectionism have been attended by well over 3000 workshop attendees. Alex lives and works in Port Moody, Greater Vancouver, where he runs a full-time clinical practice. www.portmoodytherapy.com

2:30– 2:45pm Break

Tuesday, October 24th

2:45 – 4:00pm Exploring Career & Professional Development Opportunities During your Graduate Degree and Postdoc

Presenters: **Ketan Marballi, PhD, Toronto Metropolitan University**
 Philip Miletic, PhD, University of Waterloo

Starting your master's, PhD, or postdoc can be exciting and sometimes stressful. In this session, attendees will learn how to navigate and make the most of these experiences to excel during their training and set themselves up for success in various career paths.



Ketan Marballi (he/him), is a postdoctoral and graduate student professional development specialist in the faculty of engineering and architectural science at Toronto Metropolitan University. Following his PhD and postdoctoral training in molecular biology and neuroscience and utilizing his lived experiences as an international student and Canadian newcomer, he pursued his passion for helping graduate students and postdoctoral scholars with their career and professional development.



Phil Miletic, (he/him) is a career advisor at UWaterloo who has been supporting graduate students and postdocs since 2019 after completing his PhD in English. Currently, he is working on several projects related to Grad Work-Integrated-Learning initiatives that are happening across the UW campus. Outside of work, October is one of his favourite months of the year mainly because spooky season, cooler weather to run in, and the ability to wear cozy sweaters.



Wednesday, October 25th

1:00 – 1:35pm Networking strategies for events and conferences

Presenter: Joanne Lieu, PhD candidate, University of Toronto

Attending events and conferences can be pivotal in your career as you engage with your community and share your research and scholarship. Attend this session to learn effective networking strategies to leverage at your next event or conference to foster meaningful relationships and build a support community.



Joanne Lieu (she/her) is the Graduate Professional Development Coordinator at the Faculty of Applied Science & Engineering at the University of Toronto. She is completing her doctoral studies in Educational Leadership & Policy at the Ontario Institute for Studies in Education. In her spare time, she can be found rock climbing around the city or tending to her pollinator garden.

1:35 – 1:45pm Break

1:45 – 2:20pm Planning Your Postdoc

Presenter: Catherine Maybrey, PhD, McMaster University

Whether you want to pursue a career in academia, research, or beyond, you will want to use your limited time wisely to leverage your professional opportunities and experience. This session will give you tangible tips from negotiating your next contract to understanding the services and resources available to you to help you advance in your chosen profession.



With a PhD, Career Development Practitioner (CDP) diploma, and over 10 years' experience in higher education, **Catherine Maybrey** (she/her) understands the career concerns of students, postdoctoral fellows and faculty members, and how to effectively plan for next steps. She has been published in University Affairs and the Academica Forum, and she has been featured in The Globe and Mail and The Muse. You can find her on Twitter, LinkedIn, and on her website cmcoachingservices.com.

2:20 – 2:30pm Break

Wednesday, October 25th

2:30 – 3:05pm Who am I? Claiming Your Professional Identity

Presenter: David Lafferty, PhD, Carleton University

Although PhD graduates and postdocs can find a wide variety of careers outside of academia, the transition can sometimes involve a professional "identity crisis." Even if you can find work that makes good use of your transferable skills, you may feel a sense of loss when looking back at your academic interests and achievements. The key to making a successful transition is to cultivate a professional identity that both incorporates your academic experience and remains open to change.



David Lafferty (he/him) is a Professional Development Coordinator in the Faculty of Graduate and Postdoctoral Affairs at Carleton University. He received a PhD in Cultural Mediations from Carleton University in 2009.

3:05 – 3:15pm Break

3:15 – 3:45pm Negotiating a faculty position: In conversation with Reinhart Reithmeier

Presenters: Reinhart Reithmeier, PhD, University of Toronto
Emmanuelle Arnaud, PhD, Univ. of Guelph

Join Professor Emmanuelle Arnaud for a lively Q&A with Professor Emeritus Reinhart Reithmeier. Reinhart will answer questions from his perspective as a former Department Chair and Vice Dean on negotiating an offer for a faculty position to launch a successful research career.



Dr. Reithmeier (he/him) is known internationally for his research on anion transport membrane proteins in human health and disease. An award-winning lecturer and graduate mentor, Dr. Reithmeier enjoys teaching introductory biochemistry to over 1,000 undergraduate students every year, as well as upper level and graduate courses. As former Chair of Biochemistry and a Special Advisor to the Dean of Graduate Studies on Graduate Skills Development and Engagement, Dr. Reithmeier is dedicated to ensuring that graduate students have the skill set and network to succeed in graduate school and be fully prepared to take advantage of the diverse job opportunities available to them in today's global marketplace. His leadership was recognized in 2012 by election to the Canadian Academy of Health Sciences.

Thursday, October 26th

1:00 – 1:35pm Making the Most of Your Non-Thesis/Course-Based Master's Degree

Presenters: **Danielle Barkley, PhD, University of British Columbia**

Megan Hébert, MEd, University of Lethbridge

Non-thesis/course-based master's degrees are often fast-paced and intensive. There are many opportunities available, and it can be tempting to try and take advantage of all of them, or choose at random. This session will discuss how to identify your specific priorities and motivations, and make intentional decisions about choosing personal and professional development opportunities during your master's degree.



Danielle Barkley (she/her) is a Career Educator who works with the UBC Career Centre to support graduate students at UBC. She completed her PhD at McGill University and has previous experience as a university instructor and writing consultant. Danielle is an accredited coach with the International Coaching Federation, and is currently working towards a certificate in Equity, Diversity, and Inclusion with UBC Extended Learning.



Megan Hébert, (she/her) MEd. Megan is the Coordinator of Professional Development in the Faculty for the School of Graduate Studies at the University of Lethbridge. Her current work focuses on the development of professional skills through offering professional development programs, supporting graduate employment through peer mentorship and graduate student competitions. Her current portfolio supports all School of Graduate Studies and Postdoctoral Fellows at the University of Lethbridge. Megan completed her MEd at the University of British Columbia, focusing on Adult Learning and Global Change. Megan's past experience includes providing career support and career development opportunities for trades, certificate, diploma and applied bachelors students at Lethbridge College.

1:35 – 1:45pm Break

Thursday, October 26th

1:45 – 2:20pm Learning About the Employment Sector to Boost Career Exploration

Presenter: **Rebecca Maymon, PhD, McGill University**

Labour market information (LMI) is an important tool in career exploration, but what exactly is it and how do you get started? This session will demystify LMI and share strategies and resources to optimize your career exploration activities.



Dr. **Rebecca Maymon** (she/her) is an Academic Associate in Graduate Education at McGill University's Faculty of Science, where she works to foster professional skills and career development for graduate students. She earned her M.A. and PhD at McGill University in Educational Psychology, Learning Sciences, with a research focus on motivation and student support in higher education. Following her work in the private sector as a recruiter and headhunter of PhDs and scientists, Rebecca brings knowledge of research in professional skills, and PhD career outcomes to her work in connecting highly skilled graduates with meaningful careers across sectors.

2:20 – 2:30pm Break

2:30 – 3:05pm Yes, Just Apply. You are Marketable!

Presenters: **Kris Gies, PhD, University of Guelph**
Renee Polziehn, University of Alberta

For people who have spent most of their lives in an academic environment, job advertisements often seem to be written in an unknown language. Do you qualify? How do you know if you should even apply? Will my job application be read by a human or an automated tracking system? Will my university or international experience apply? This session will focus on applying for non-faculty positions.



Renee Polziehn, PhD (she/her) is the Director of Professional Development for the Faculty of Graduate Studies and Research at the University of Alberta. For more than 20 years she has been guiding graduate students and postdoctoral fellows in the areas of teaching, career exploration, entrepreneurial thinking, knowledge translation, and leadership development. She is recognized nationally for her programming.



Kris Gies (he/him) is a Career Advisor with the Experiential Learning Hub at the University of Guelph. With a portfolio focusing on students in Ontario Veterinary College programs, he provides guidance and support in areas related to career exploration, further education, and the job search. Kris holds a PhD from the University of Guelph as well as a Career Development Practitioner Graduate Certificate from Conestoga College.

3:05 – 3:15pm Break

3:15 – 3:45pm Interview STAR!

Presenter: Jonathan Turner, University of Toronto

Want to be prepared for your next interview? Come to this session to learn about interview formats and questions, as well as how to structure effective responses to questions and what to ask the interviewers.



Jonathan Turner (he/him). Jonathan has held a number of staff positions at the University of Toronto, including Career Educator, Manager of Graduate Completion and Postdoctoral Services, Institutional Strategic Initiatives Officer, and Professional and Graduate Skills Specialist. He is a co-founder and former executive of the Graduate and Postdoctoral Development Network. Jonathan holds a PhD in the history of science and technology and has previously published on defence research and science policy in Cold War Canada.



Thank you for participating!



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