

Postdoctoral Fellows Orientation October 2025



Postdoctoral Orientation Agenda

9:00 am - 9:10 am – Welcome and introductions

- Dr. Amy Warren, Dean of Graduate Studies

9:10 am - 9:45 am – Introductions

- (self) Introductions of organizers and postdocs in the room

9:45 am - 10:00 am – Research Supports

- Dr. Brent Myron, Associate Director, Strategic Services

10:00 am - 10:15 am – School of Graduate Studies

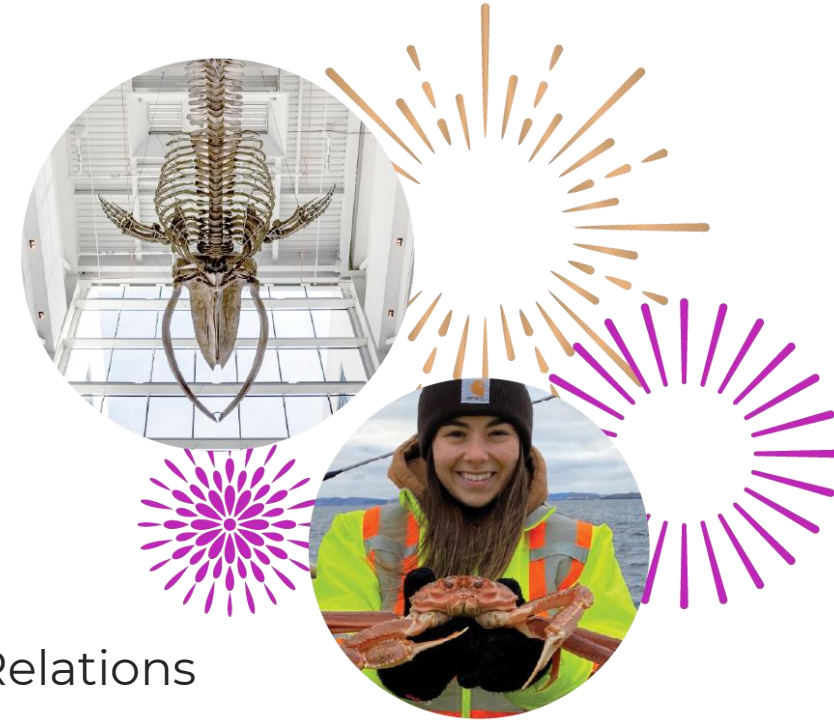
- Dr. Amy Warren, Dean of Graduate Studies
- Elizabeth Simms, Manager, Graduate Studies

10:15 am - 10:30 am – Faculty Relations Support

- Sara Anthony, Associate Director, Faculty Relations
- Tina Kielly, Senior Advisor, Immigration and Academic Labour Relations

10:30 am - 10:45 am – LUMUN

10:45 am - 10:00 am - Q & A



Research Supports Opportunities

Research Funding Opportunities Database

This database contains information on internal and external funding opportunities for researchers at Memorial University ([Research Funding Opportunities Database](#))

Research Initiatives and Service

- MUN Research Portal & Research Project Management
- Pre-Awards Services
- Grants and Contract – get to know the grant facilitator in your department
- Training



Research Supports and Opportunities

The Research Innovation Office (RIO) supports faculty, students and staff with their research industrial liaison, technology transfer and commercialization activities.

<https://www.mun.ca/rio/resources/>

Research Impacting Indigenous Groups (RIIG) policy
IndigenousResearch@mun.ca



SGS Support

Postdoc Communication and Events

Supervisory Support and Training, and Conference

The School of Graduate Studies is committed to providing support and training to faculty members and instructional staff who supervise and mentor graduate students

Postdoc Travel Award

Support postdoc travel to present at an academic conference. Eligible expenses for conference travel include registration fees, transportation, accommodation and per diem in accordance with the University's policy.

Professional and Academic Development (EDGE) - <https://www.mun.ca/edge/>

The Enhanced Development of the Graduate Experience (EDGE) Professional development programs that help provide students with the complementary skills required to be successful in their lives after graduate school. Most workshops are open to Postdocs

November is Career Month - [Career Month](#) | [Student Life](#) | [Memorial University of Newfoundland](#)

Technology Supports

Research Data Lifecycle (VPR)

Helps to identify technology for planning, implementation, publishing, and preservation and retention phases of the Research Data LifeCycle

[Research Data Lifecycle | Research | Memorial University of Newfoundland \(mun.ca\)](#)

Qualtrics

Enterprise Survey Tool - Qualtrics may be used for surveys that are conducted for a research or administrative purpose

Office 365

- Teams and OneDrive Microsoft 365 enables Memorial users to create, share and collaborate securely.
- Memorial's current implementation of Microsoft 365 is for faculty and staff use in university administration and research

[Research | Office of the Chief Information Officer | Memorial University of Newfoundland](#)

Other Memorial Supports

Centre for Innovation in Teaching (CITL) Workshops

(<https://www.mun.ca/citl/instructor-series/>)

The Commons (<https://www.mun.ca/thecommons/>)

Occupational Health and Safe Training

(https://www.mun.ca/health_safety/health-and-safety-training/)

Diversity Training Opportunities

<https://www.mun.ca/hr/myhr/employment-equity/diversity-training-opportunities/>

Sexual Harassment Office (<https://www.mun.ca/sexualharassment/>)

External Organizations

Federal Granting Agencies -Tri-Council Postdoctoral Program

Canada's three major research grant agencies offer fellowships for postdoctorates. Check the RIS database for deadlines (there may be internal for some). Always check the agency website for detailed instructions and requirements.

[Canadian Institutes of Health Research Fellowships](#)

[Natural Sciences & Engineering Research Council Postdoctoral Fellowships](#)

[Social Sciences & Humanities Research Council Postdoctoral Fellowships](#)

External Organizations

- **Canadian Association Post Doctoral Scholars**
- **Canadian Association of Graduate Studies**
- **The Postdoc e-Magazine by CAPS/ACPP**

Wellness Supports - SWCC

Located on 5th Floor, University Centre (UC-5000), Open Monday-Friday: 8:30am-4:30pm

- Team of medical and counselling professionals (including professional students)
- Postdoc fellows and family can access medical supports and wellness programming
- To book physician appointment visit <https://www.mun.ca/studentwellness/>
More info? Contact swccwellness@mun.ca

Wellness Programing through SWCC

- **Mindful Mondays** – New this Fall semester 12:00 to 1:00 UC-5012
- **Oasis Program** – Thursdays, 10:00 to 2:00
- **Thrive Week 2025** – Nov 3rd to Nov 5th

Wellness Supports (Outside of MUN)

MUN Employees can access Employment Assistance Program (EAP)- through TELUS Health (formerly LifeWorks)

- Provides comprehensive, confidential service
- Immediate, confidential support:
call 1-800-387-4765 (TTY Service: 1-877-388-0275)
- **EAP online services:** one.telushealth.com (First time users should use following credentials)

Username: Memorial
Password: wellness

- For more info, download **TELUS Health One app**

Wellness Supports (Outside of MUN)

Bridge the gApp: www.bridgethegapp.ca

- Online resources to support mental wellness
- Provincial service directory

Lifewise Warm Line

1-855-753-2560 (ENG)/ 1-833-753-5460 (FRE)

- Non-emergency, non-crisis telephone support and referral service, offered by trained peer supporters
- Available daily, 10am – midnight

Crisis Support

- Referral & Mental health crisis: 811
- Emergency services: 911
- Suicide crisis helpline (call/text):988

LUMUN Support

The Lecturers' Union of Memorial University of Newfoundland (LUMUN) was accredited as a union representing per-course instructors at MUN by the Newfoundland and Labrador Labour Relations Board in December 2006. A first Collective Agreement between LUMUN and the University was ratified in February 2009.

LUMUN is affiliated with the Canadian Association of University Teachers (CAUT) and with the Newfoundland and Labrador Federation of Labour.

The **Collective Agreement** is available on the LUMUN website: <https://lumun.ca/wp-content/uploads/2025/06/pdf-agreement-2025-final-web-version.pdf>, you can also follow LUMUN on Social Media



LUMUN Support

For the **Postdoc Travel Fund**, LUMUN will provide up to \$500 in matching funding to postdocs who are awarded funding by SGS

If you have an issue pertaining to the conditions of your work, please contact us: lumuninfo@mun.ca.

Active postdocs can avail of **LUMUN Cares funding** once per semester

- a. **\$300 in child-care funding**. Your child doesn't have to be in a child care program. You just need to have a child under the age of 13; you'll send in a copy of the birth certificate to prove this.
- b. up to **\$200 in Health & Dental funding** for when your insurance doesn't cover the whole cost of a service

Forms can be found online <https://lumun.ca/member-services/lumun-cares/>

Applications to be submitted to this dedicated email address: lumuncares@mun.ca

The **LUMUN Annual General Meeting and election of the Executive Board** takes place at 2 p.m. On Sunday, 16 November. Please plan to attend. At least one seat on the Board is to be filled by an active postdoctoral fellow. Please consider running for one of the positions. Contact our office for more information: lumuninfo@mun.ca



Questions?

Thank you

sgs@mun.ca