Welcome!

This slide deck contains resources for new postdocs getting started at Oregon State University.

This is intended to be a living document. Future OSU postdocs will be very appreciative if you can provide feedback to make this presentation more useful. Broken links? Something missing or outdated? Let us know at Postdoctoral.Association@oregonstate.edu.

As you’re getting settled, stop by a happy hour (“Peers and Beers”) or trivia night hosted by the Oregon State Postdoctoral Association (OPA) to meet some other postdocs. Details here. We’re looking forward to meeting you!
I. New to OSU?
II. OSU postdoctoral community
III. Postdoc organizations
IV. Benefits
V. Professional development
VI. Campus resources
VII. Personal and family support
VIII. Enjoying the community
IX. Frequently Asked Questions
I. New to OSU?

a. Campus map
b. Getting an ID card
c. Getting keys
d. Getting a parking permit
e. Email accounts
f. Signing up for benefits
   1) Postdoctoral scholars
   2) Postdoctoral fellows
   3) Research associate (postdocs) and other OSU employees
g. Finding housing
h. Local banking
i. International postdocs
I. New to OSU?
   a. Campus map
      • An interactive map is available at: http://map.oregonstate.edu
I. New to OSU?

b. Getting an ID card

• You can have your photo taken at the ID center or upload a photo online and have your card waiting for you
• You will need photo ID (valid driver's license, state ID card, military ID, passport, or residence alien card) to pick up your OSU card
• Your first ID card is $20; replacement cards are $25

ID Center
Memorial Union Room 103
Monday – Friday
8:30am to 4:30pm
(541) 737-2493
http://fa.oregonstate.edu/business-affairs/id-center
I. New to OSU?

c. Getting keys
• First obtain a key slip for any office, lab or building keys you may require
• Ask your supervisor or your department’s front office about where to obtain key slips

Access, Lock & Key Shop
Behind Kerr facing Mc Alexander Fieldhouse
Monday – Friday
11-3 p.m.
(541) 737-3565
https://facilities.oregonstate.edu/key-shop

Map link
I. New to OSU?

d. Getting a parking permit

• From 7:00 AM to 5:00 PM, Monday through Friday, permits are required for all vehicles parked on campus, except in metered spaces.
• You can purchase a permit online or at the parking office
• Oregon State University uses a zonal parking system: http://transportation.oregonstate.edu/parking/maps
• Contact the OPP office if you run into problems

  OSU Parking Services
  100 Adams Hall
  Monday – Friday
  7:30am to 4:30pm
  (541) 737-2583

http://transportation.oregonstate.edu/parking
I. New to OSU?

   e. Email accounts

   • You will need an **ONID (OSU Network Identification) account**
   • Your ONID account will provide you with: single-sign-on access, an email address, web space, access to OSU Online Services, the wireless network, Canvas, interlibrary loan, and other services
   • You may also be issued an Exchange email account (first.last@oregonstate.edu) through your department or school

Quick guide for new faculty and staff: [http://oregonstate.edu/is/osu-accounts-technologies-guide/new-faculty-staff](http://oregonstate.edu/is/osu-accounts-technologies-guide/new-faculty-staff)

OSU Service Desk – For tech related questions or problems
Mon - Fri: 8-5 p.m.
(541) 737-8787
[http://is.oregonstate.edu/is-helpdesks-get-help-now](http://is.oregonstate.edu/is-helpdesks-get-help-now)
I. New to OSU?

f. Signing up for benefits

Enrollment forms and benefit information:

1) Postdoctoral scholars/clinical fellows: http://studenthealth.oregonstate.edu/postdoctoral-scholar
2) Postdoctoral fellows: http://studenthealth.oregonstate.edu/postdoctoral-fellow
3) Research associate (postdocs) and other OSU employees: http://oregonstate.edu/admin/hr/benefits

New Employee Orientation Sessions for Staff and Faculty http://oregonstate.edu/admin/hr/orient/newemplres
I. New to OSU?

g. Finding housing

A few notes:
- Corvallis has a difficult housing market (98-99% occupancy rate)
- Rental housing is harder to find when students are looking (start of fall term, late in spring term)
- It is not uncommon for landlord/rental agencies to require an application fee of around $25-50 per person
- Housing is not available for postdocs through the university

Housing resources:
- A guide for families moving to Corvallis: http://visitcorvallis.com/relocating/
- Corvallis Gazette-Times classifieds: http://www.gazettetimes.com/
- Local Craigslist classifieds: http://corvallis.craigslist.org/
- OSU Faculty sabbatical rentals: http://senate.oregonstate.edu/faculty-sabbatical-housing-list
- City of Corvallis housing assistance resources: https://www.corvallisoregon.gov/cd/page/housing-assistance-resources
I. New to OSU?

  g. Finding housing

Resources for buying a home:
- http://www.wvmls.com
- www.zillow.com
- www.trulia.com

Rental agencies:
- http://www.duerksenrentals.com
- http://www.paragonrealtyrentals.com
- http://www.rentalsalbany.com
- http://www.ipmg-inc.com
- http://www.sterlingmanagement.net
- http://www.elitepropertiesmanagement.com
- http://www.trulia.com/for_rent/Corvallis,OR/map_v/type:rental_prices_affordability
- http://kampferinc.com/
- http://www.pinionproperty.com
I. New to OSU?

h. Local banking

Listing of Corvallis banks and credit unions: [http://www.yelp.com/search?cflt=banks&find_loc=Corvallis%2C+OR](http://www.yelp.com/search?cflt=banks&find_loc=Corvallis%2C+OR)

Banks with ATMs on campus:

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
<th>Service Hours</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSU Federal</td>
<td>148 NW 25th St.</td>
<td>Mon-Thurs: 9am-5pm, Friday: 9am-6pm</td>
<td>Walking distance from campus. ATMs in MU, Valley Library, &amp; Arnold and West dining halls.</td>
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<tr>
<td></td>
<td>(541) 714-4000</td>
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<tr>
<td></td>
<td>1980 NW 9th St.</td>
<td>Mon-Thurs: 9am-5:30pm, Friday: 9am-6pm</td>
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<tr>
<td></td>
<td>(541) 714-4000</td>
<td></td>
<td></td>
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<tr>
<td>Wells Fargo</td>
<td>235 NW Monroe Ave.</td>
<td>Mon-Fri: 9am-6pm, Saturday: 10am-2pm</td>
<td>Convenient locations. ATM in MU.</td>
</tr>
<tr>
<td></td>
<td>(541) 757-5611</td>
<td></td>
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<tr>
<td></td>
<td>2543 NW Kings Blvd.</td>
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<td></td>
<td>(541) 752-5528</td>
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<tr>
<td>Bank of America</td>
<td>324 SW 3rd St.</td>
<td>Mon-Thurs: 9:30am-5:30pm, Friday: 9:30am-6pm, Saturday: 10am-2pm</td>
<td>Across from Safeway downtown. ATM in MU.</td>
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<tr>
<td></td>
<td>(541) 758-2881</td>
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<tr>
<td>US Bank</td>
<td>375 NW Monroe Ave.</td>
<td>Mon-Fri: 9am-5pm</td>
<td>Convenient locations. ATM in MU.</td>
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<tr>
<td></td>
<td>(541) 757-4000</td>
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<tr>
<td></td>
<td>2600 NW 9th St.</td>
<td>Mon-Fri: 9am-6pm</td>
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<td></td>
<td>(541) 757-2600</td>
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<tr>
<td>Chase Bank</td>
<td>2055 NW Circle Blvd.</td>
<td>Mon-Friday: 9am-6pm, Saturday: 9am-1pm</td>
<td>Convenient locations. ATM in MU.</td>
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<tr>
<td></td>
<td>(541) 754-6111</td>
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<tr>
<td></td>
<td>777 NW Kings Blvd.</td>
<td>Mon-Friday: 9am-7pm, Saturday: 9am-4pm</td>
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<td></td>
<td>(541) 754-7277</td>
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I. New to OSU?

i. International postdocs
OSU’s International Scholar & Faculty Services (ISFS) helps faculty and scholars get settled at OSU and in the Corvallis community:

• [http://international.oregonstate.edu/ois/scholars](http://international.oregonstate.edu/ois/scholars)

National Postdoctoral Association International Postdoc Survival Guide:

Visas and immigration:
• [http://international.oregonstate.edu/ois/visas-and-immigration](http://international.oregonstate.edu/ois/visas-and-immigration)
• [http://www.nationalpostdoc.org/?page=QGV_toc_public](http://www.nationalpostdoc.org/?page=QGV_toc_public)

Banking in the US:

Taxes in the US:
II. OSU postdoctoral community

a. What is a postdoc?

b. Postdoc statistics
II. OSU postdoctoral community

a. What is a postdoc?

- The following appointment classifications are considered "postdocs" at OSU:
  1) **Postdoctoral Scholars**: A mentored position that is restricted to individuals who have received PhDs (or comparable advanced degrees) within five years and with a three-year maximum term at OSU. Postdoctoral Scholars are considered to be in training positions and, as such, it is the responsibility of faculty mentors and the University to provide training and appropriate professional development designed to help postdoctoral appointees become successful as independent researchers. The Office of Postdoctoral Programs (OPP) oversees these appointments through the Graduate School.
  2) **Postdoctoral Fellows**: funded on appointments external to OSU, but have formal affiliations with OSU research programs. The terms of the appointment, including mentorship and scholarship expectations, are determined by the funding organization.
  3) **Research Associates (Postdoc)**: A position of indefinite length, which can progress into a career position of Research Associate. The Research Associate position is a faculty position carrying normal benefits provided to all non-classified employees of the University. The Office of Human Resources oversees these positions as they do all other employee categories. employees in positions that do not have an expectation for mentorship and professional development
II. OSU postdoctoral community


January 2016: 281 total

- Clinical Fellows, 22
- Postdoctoral Scholars, 119
- Research Associates (postdoc), 70
- Research Associates, 64
- Research Associates, 64
III. Postdoc organizations

a. Office of Postdoctoral Programs
b. OSU Postdoctoral Association
c. National Postdoctoral Association
III. Postdoc organizations

a. Office of Postdoctoral Programs (OPP)

• History: In 2007 OSU’s President Ed Ray organized a Task Force to examine how to manage postdoctoral appointments at OSU. At that time, OSU had an “employee” category of postdocs titled, “Research Associate-Postdoc”. Responding to recommendations from several national agencies and organizations, the Task Force recognized a need for a postdoctoral appointment that was designed more for professional training and preparation than a standard employee position. They proposed establishing an additional category of “Postdoctoral Scholar”, which was subsequently approved and established in 2009. Given that these are trainee positions rather than employee positions, the Task Force recommended that support for these positions should be provided by the Graduate School rather than Human Resources. The Graduate School created the Office of Postdoctoral Programs (OPP) in October, 2011. The primary charge for the OPP is to provide support for Postdoctoral Scholars; however, most workshops and communications from the OPP are available to all postdocs at OSU, regardless of their appointment type.

• Website: http://gradschool.oregonstate.edu/postdocs
III. Postdoc organizations

a. Office of Postdoctoral Programs (OPP)

• People in the OPP

Steph Bernell, Associate Dean
Heckart Lodge
541-737-9162; steph.bernell@oregonstate.edu
On behalf of the Graduate School, Dr. Bernell works with postdocs, outreach partnerships and interdisciplinary programs.

Maureen Childers, Assistant to the Dean
Heckart Lodge
541-737-2033; maureen.childers@oregonstate.edu
Among her other duties with OSU’s Graduate School, Maureen manages scheduling and record keeping for the OPP and keeps the organization running smoothly.
III. Postdoc organizations

b. OSU Postdoctoral Association

http://postdocs.oregonstate.edu/
Postdoctoral.Association@oregonstate.edu

History: The OPA became an official campus organization in January 2012, held its first campus-wide meeting in March 2012, and its first board was elected by the OSU postdoc community in April 2012.

About: The OPA is led by the nine members of the Executive Board. Its mission is to build community among postdocs at Oregon State. Learn more on the website linked above!

Activities:
• We host a happy hour the third Friday of every month and trivia night the first Tuesday of every month, check the website for details.
• Postdoc Appreciation Week – We celebrate National Postdoc Appreciation Week on campus in September.
• NPA Annual Meeting – We send representatives to the national meeting in March.
• Spring BBQ – We hold a social event for postdocs and their families in the spring.
III. Postdoc organizations

c. National Postdoctoral Association

The National Postdoctoral Association (NPA) is a member-driven, non-profit organization that provides a unique, national voice for postdoctoral scholars. Founded in 2003, they have taken on the ambitious agenda to enhance the quality of the postdoctoral experience in the U.S. Headquartered in Washington, DC, the NPA meets its agenda through advocacy, resource development and community-building.

OSU postdocs are eligible for free Affiliate membership. Click for Member benefits and how to join.
IV. Benefits

a. Postdoctoral scholars
b. Postdoctoral fellows
c. Research associate (postdocs)
IV. Benefits

a. Postdoctoral scholars

- HEALTH: Health insurance is provided by OSU (and paid by the grant or contract that pays the scholar’s stipend.) There is a small administrative fee which is split between the postdoc and OSU. See Postdoctoral Scholar and Clinical Fellows Insurance Plan for details. Family may be added at an additional cost to the scholar.

- LEAVE: Postdoctoral Scholars and Fellows accrue sick leave but not vacation time. Supervisors are encouraged to set reasonable expectations for leave that are consistent for the members of their work groups. Postdoctoral Scholars and Fellows are encouraged to initiate a discussion about these expectations and to seek guidance from the OPP or the University Ombuds office if they feel they are treated unfairly.

- RETIREMENT: The SB 214 bill exempts Postdoctoral Scholars from the Oregon Public Employees Retirement System (PERS) and creates an alternative retirement plan within the Optional Retirement Plan (ORP). This alternative retirement plan may allow Postdoctoral Scholars to receive up to a 4% university match on voluntary retirement contributions made to a tax-deferred investment (TDI) (403b) program.
IV. Benefits

b. Postdoctoral fellows

- **HEALTH**: Postdoctoral fellows are required by the university to have health insurance. You must either purchase it through the student health center or provide proof of an acceptable substitute. More details here: [http://studenthealth.oregonstate.edu/insurance/postdoctoral-fellow-insurance-plan](http://studenthealth.oregonstate.edu/insurance/postdoctoral-fellow-insurance-plan)

- **LEAVE**: For postdoctoral fellows, policies on sick leave, vacation time, and family leave are set by the funding institution. It is a good idea to initiate a conversation with your supervisor on this topic early in your fellowship.

- **RETIREMENT**: Since postdoctoral fellows are not official OSU employees, they do not participate in any OSU retirement plans. If you wish to save for retirement during your tenure as a postdoctoral fellow, you must do it on your own.

- **TAXES**: Most postdoctoral fellows are paid either directly by a funding institution or with a vendor check from the university. This means you are responsible for paying your own state and federal taxes, which must be done in estimated quarterly payments.
IV. Benefits

c. Research associate (postdoc)

• Research Associates are “Unclassified Employees” (just like professors) and are eligible for benefits through the Public Employees’ Benefit Board (PEBB) if the position is ≥0.5FTE for 90 days or longer (see: http://hr.oregonstate.edu/benefits/current-employees/insurance/summary-benefits). Like all employees, they participate in retirement plans and are eligible for family and medical leave.

• People on part-time (<0.5FTE) or shorter appointments are eligible for PEBB benefits on a self-pay basis (see: http://hr.oregonstate.edu/benefits/current-employees/insurance/j-1-and-post-doctoral-employees)
V. Professional development

a. Mentoring
b. Core competencies for postdocs
c. Responsible Conduct of Research
d. Preparing for your career
   1) Can postdocs teach courses?
   2) Can postdocs submit grant proposals?
   3) Online resources
   4) Workshops and training on campus
   5) Finding your next job
V. Professional development

a. Mentoring

• Depending on your funding source, the grant or contract that funds you may have a specific mentoring plan for your position (these are required by NSF and NIH). Be sure to ask your supervisor to let you see this.

• Mentoring and professional development are an explicit expectation for postdoctoral scholars and postdoctoral fellows. See http://gradschool.oregonstate.edu/postdocs/responsibilities-postdoctoral-scholars http://gradschool.oregonstate.edu/postdocs/mentor-responsibilities for more information about responsibilities for postdocs as well as supervisors.
V. Professional development

b. Core Competencies

The National Postdoctoral Association has defined six “core competencies” for postdocs:

1. Discipline-specific conceptual knowledge
2. Research skill development
3. Communication skills
4. Professionalism
5. Leadership and management skills
6. Responsible conduct of research (also known as “RCR”)

See http://www.nationalpostdoc.org/?page=CoreCompetencies for more information. In addition, some funding agencies (e.g. NSF, NIH) have explicit requirements for RCR training of postdocs. See the next slide for more information about RCR.

An excellent start in developing your own core competencies is to do a self-evaluation, see http://c.ymcdn.com/sites/www.nationalpostdoc.org/resource/resmgr/Docs/competency-checklist.pdf. Then, talk with your supervisor, other mentors (this is a great time to think about developing a broader network of mentors), the OPP, and other campus resources to enhance your set of skills and experiences. Most postdocs tend to focus primarily on their disciplinary research skills. While this is important, employers often place an even higher value on some of the other skills, such as communication, problem solving and leadership.
V. Professional development

c. Responsible Conduct of Research

• Guidance on responsible conduct of research can be found through the Office of Research Integrity (research.oregonstate.edu/ori)
  • Information is provided on best practices, university policies, workshops, and training opportunities.
  • Does your grant/funding agency require you to have RGR training? If so, your supervisor may or may not even be aware of it! Be sure to find out!

• OSU Research Office (http://research.oregonstate.edu).
V. Professional development

d. Preparing for your career

1) Can Postdocs teach courses?
Postdoctoral appointments generally focus on research skills and experience, but to be competitive for a tenure-track appointment as a professor it is usually necessary to have training and experience in university teaching.

• Postdoctoral Scholars (and Fellows, as appropriate according to the funding agency). Because the postdoctoral scholar appointment is considered a trainee position, there is an expectation that about 15% of their time should be devoted to professional development, and this typically may include teaching or co-teaching one 3-credit course (or equivalent) during their time at OSU. The Graduate School will consider temporary appointments to the graduate faculty to allow Scholars to teach a single graduate-level course. To initiate this your Department Head should send a nomination to the Graduate School. Also the University Honors College welcomes proposals from postdocs to teach special-topics undergraduates (interdisciplinary team-taught courses are especially welcomed – see http://honors.oregonstate.edu/course-proposals). The Center for Teaching and Learning (CTL) is eager to help postdocs become successful educators. They will work with you 1:1 and they also offer workshops especially for postdocs. For more information contact Robin Pappas, CTL Associate Director – robin.pappas@oregonstate.edu.

• Research Associate (postdocs) are welcome to participate in the teaching opportunities available to Postdoctoral Scholars, but they typically have 100% Research appointments, so they will need to make arrangements with their supervisors/departments. Some Research Associates can arrange to be paid to teach a course (e.g. the University Honors College compensates postdocs for teaching courses). Thus, for the term of teaching, the teaching salary may compensate for a reduced FTE as a postdoc. Such arrangements are at the discretion of the supervisor, Department Head and Dean.
V. Professional development

d. Preparing for your career

2) Can Postdocs submit grant proposals?
The OSU Research Office will consider proposals submitted by postdocs of all categories as long as the proposal is approved by the Department Head and Dean or Center Director that employs the postdoc. Different units across campus have differing opinions about this, so it is important to check with the administrators in your unit. All proposals at OSU are submitted through the unit that employs or hosts the investigators (this unit is defined by a so-called “ORG” code). If your unit will not approve proposals from postdocs, you can’t submit through a different unit at OSU.

- Postdoctoral Scholars (and Fellows, as appropriate according to the funding agency) are strongly encouraged by the OPP to write and submit proposals because it is an important part of their professional development. The OPP offers workshops as well as workshop series to help postdocs hone their proposal writing skills. Watch for announcements in the OPP newsletter or contact the OPP for more information. If your supervisor questions whether postdoc scholars are “allowed” to submit research proposals please contact the OPP for assistance.

- Research Associate (postdocs), as employees, should engage in proposal writing only if it is part of their job description. It is important to discuss this with your supervisor in the early stages of your employment because supervisors’ opinions about this vary.
V. Professional development

d. Preparing for your career

3) Online resources
   • Career planning resources from the National Postdoctoral Association
   • myIDP - my Individual Development Plan is an interactive web-based tool that helps postdocs in the sciences examine their skills, interests, and values

4) Workshops and training on campus
   • Monthly professional development sessions by OPA
   • OSU Professional Development site list of courses offered by OSU
   • Workshops at the Valley Library
   • The OPP sponsors monthly “postdoc pizza lunches”, many of which are designed to help you in career development. Announcements are in the OPP newsletter.

5) Finding your next job
   • A great selection of links from Duke University
   • NatureJobs.com
   • http://sciencecareers.sciencemag.org/
   • http://www.aaas.org/careercenter/
   • Check your professional association web page, they usually have a “classified ads” section
   • NPA link: http://www.nationalpostdoc.org/?page=Opportunities
VI. Campus resources

a. Valley Library
b. Office of Postdoctoral Programs
c. Research Office
d. Business Centers
e. Ombuds Office
f. Counseling and Psychological Services
g. Center for Teaching and Learning
h. Office of International Services
i. Sports and Recreation
j. OSU Beavers

Virtual tour: http://oregonstate.edu/campusmap/virtualtour/
Campus resource guide: http://gradschool.oregonstate.edu/graduate-student-success/graduate-student-resources
VI. Campus resources

a. Valley Library

• The library has an excellent scan and deliver service and requests can be made online through interlibrary loan (ILL): http://library.oregonstate.edu/ill

• Current library hours:
  • http://library.oregonstate.edu/hours
VI. Campus resources

b. Office of Postdoctoral Programs

- Website: [http://gradschool.oregonstate.edu/postdocs](http://gradschool.oregonstate.edu/postdocs)

Steph Bernell, Associate Dean
Heckart Lodge
541-737-9162; steph.bernell@oregonstate.edu
On behalf of the Graduate School, Dr. Bernell works with postdocs, outreach partnerships and interdisciplinary programs.

Maureen Childers, Assistant to the Dean
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541-737-2033; maureen.childers@oregonstate.edu
Among her other duties with OSU’s Graduate School, Maureen manages scheduling and record keeping for the OPP and keeps the organization running smoothly.
VI. Campus resources

c. Research Office

• Oregon State University is one of only two land, sea, space and sun grant institutions in the U.S., holds a top tier research designation from the Carnegie Foundation and its prestigious Community Engagement classification. OSU is the state's largest public research university. Oregon State research totaled $336 million in Fiscal Year 2016, a second consecutive year of record breaking growth and an increase of more than 60 percent over the past decade.

• The Research Office provides information on funding opportunities, best practices, training workshops, and other guidance.

• [http://research.oregonstate.edu/](http://research.oregonstate.edu/)
VI. Campus resources

d. Business Centers – Find your unit here

1) Travel Information: [http://fa.oregonstate.edu/business-affairs/travel](http://fa.oregonstate.edu/business-affairs/travel)

2) Booking: OSU promotes the use of [contracted travel services](http://fa.oregonstate.edu/business-affairs/travel); however, their use is not mandated.

3) Authorization: You will need to be authorized for travel, which can be done using the OSCAR system’s [Travel page](http://fa.oregonstate.edu/business-affairs/travel).

   i. Reimbursement: Post-travel reimbursements (airfare, baggage fees, rental cars, per diem, lodging) must be made through the [Travel Reimbursement Entry System (TRES)](http://fa.oregonstate.edu/business-affairs/travel), accessible through OSU’s [Online Services](http://fa.oregonstate.edu/business-affairs/travel).

4) Purchasing: [Procurement and Contract Services (PACS)](http://fa.oregonstate.edu/business-affairs/travel) has information on procurement of goods and services through OSU, including a work flow of [where to start](http://fa.oregonstate.edu/business-affairs/travel). The [Buy Orange](http://fa.oregonstate.edu/business-affairs/travel) site provides a nice compilation of contracted goods and services.

5) Personal Reimbursements: Personally paying for purchases is discouraged, but allowed for purchases under $100 (larger expenses permitted under field settings). A form must be filled out and submitted with original receipts within 60 days of purchase, otherwise a Memorandum of Understanding must also be submitted. The personal reimbursement form is found on this page - [http://fa.oregonstate.edu/business-affairs/forms-department](http://fa.oregonstate.edu/business-affairs/forms-department)
VI. Campus resources

e. Ombuds Office

- The Ombuds Office offers impartial or neutral conflict resolution and will facilitate communication or mediate between individuals or groups.
- An Ombuds is someone who helps people to informally resolve conflict by facilitating communication to help all parties reach mutually satisfactory solutions.
- If you aren’t sure where to take your concern, the Ombuds is a safe place to start.
- [http://ombuds.oregonstate.edu/](http://ombuds.oregonstate.edu/)

University Ombuds
541-737-4537
ombuds@oregonstate.edu
VI. Campus resources

f. Counseling and Psychological Services

• “Counseling and Psychological Services provides counseling, consultation, outreach and education to OSU students, faculty, and staff. We do this in order to facilitate student’s academic success, mental health, and personal development and to promote a culture of positive mental health at OSU.”

• This resource is available to everyone on campus, please feel free to visit CAPS if you feel in need.

• [http://counseling.oregonstate.edu/](http://counseling.oregonstate.edu/)

  Located at:
  500 Snell Hall
  541-737-2131
  CAPS@oregonstate.edu
VI. Campus resources

g. Center for Teaching and Learning (CTL)

The Center for Teaching and Learning (CTL) at OSU provides a variety of resources for all members of the campus community.

The CTL has run workshops on teaching specifically for postdocs and on drafting teaching statements for job applications.

http://ctl.oregonstate.edu/
VI. Campus resources

h. Office of International Services

During an academic year, OSU hosts approximately 450 faculty and scholars from as many as 50 different countries.

The office provides information and services to all international postdocs about immigration, visas, university regulations, appointments and life in Corvallis.

International Services also provides useful information for incoming international scholars and current international scholars about housing, banking, getting SSN, taxes, etc.
VI. Campus resources

i. Sports and Recreation

• Postdocs can purchase faculty passes to use Recreational Sports facilities: http://recsports.oregonstate.edu/facilities/indoor-facilities

• You can also participate in Faculty Staff Fitness: http://health.oregonstate.edu/faculty-staff-fitness

• Outdoor equipment can be rented at: http://recsports.oregonstate.edu/ali/equipment-rental

• Intramural sports teams can be joined through Recreational Sports: http://recsports.oregonstate.edu/sports/intramural-sports
VI. Campus resources

j. OSU Beavers

• OSU competes in NCAA Division 1 in many sports, within the PAC-12 Conference

• If you are interested in attending athletics events, please visit the homepage for Athletics for schedules and ticketing information.

• http://www.osubeavers.com/
VII. Personal and family support

a. Parenting resources and dependent care
b. Family activities
c. Religious organizations
d. International organizations
VII. Personal and family support

a. Parenting resources and dependent care

• OSU's Family Services offers several services to university affiliated families: http://familyresources.oregonstate.edu/

• Find local babysitters, nannies, child care and senior home caregivers near you: http://www.care.com/osu

• Family Resource & Education Center offers parent education classes, child care information and referrals, and information on a wide variety of family resources in Linn and Benton counties (sports, clubs, science and nature opportunities, summer camps, music, etc.): http://www.linnbenton.edu/kids-and-families
VII. Personal and family support

a. Parenting resources and dependent care

• OSU Beaver Beginnings is the child care center currently operating at Oregon State University: http://www.kindercare.com/our-centers/corvallis/or/301417

• A list of other Child care centers and Children’s programs: http://familyresources.oregonstate.edu/child-care-centers

• OSU postdocs are eligible to apply for faculty/staff subsidy towards child care cost: http://familyresources.oregonstate.edu/financial-resources

• Corvallis school district: https://www.csd509j.net/
VII. Personal and family support

b. Family activities

• Benton County Natural Areas and Parks: https://www.co.benton.or.us/parks

• Linn County Parks & Recreation Department: http://www.linnparks.com/

• Seasonal classes and community events offered by Corvallis Parks & Recreation Department: https://www.corvallisoregon.gov/parksrec/page/parks-and-recreation-activity-guide

• Corvallis-Benton County Public Library offers programs for infants, kids and teenagers: https://cbcpubliclibrary.net/events/kids-events/
VII. Personal and family support

c. Religious organizations

• OSU Religious Advisors Association- Spiritual Life @ OSU: [http://studentlife.oregonstate.edu/spiritual-life](http://studentlife.oregonstate.edu/spiritual-life)

• Many students express an interest in developing spirituality during their university years. Opportunities to do so with other students can be explored through the religious/spiritual/philosophical groups on campus.

• All groups are coordinated by the Religious Advisors Association in cooperation with Student Involvement and the Office of the Dean of Student Life at Oregon State University.
VII. Personal and family support

d. International organizations

There are several international student organizations on campus: [http://international.oregonstate.edu/isfs/cultural-resources/cultural-organizations](http://international.oregonstate.edu/isfs/cultural-resources/cultural-organizations)
VIII. Enjoying the community

a. Getting around
b. Local parks and trails
c. Sports and recreation
d. Food, drinks, and entertainment
e. Community events
f. Music in town
g. Corvallis fun facts
h. Other things to note
VIII. Enjoying the community

a. Getting around

• Portland (PDX) is the nearest large airport; the Hut Airport Shuttle is available to OSU: http://www.hutshuttle.com/

• Eugene (EUG) is the nearest midsized airport; the Omni shuttle is available to Corvallis: http://www.omnishuttle.com/

• Corvallis Transit Buses are free to all riders at all times: http://www.corvallisoregon.gov/index.aspx?page=167

• Corvallis has the highest percentage of bicycle commuters of any city over 50,000 in the US. Bike maps are available at: http://www.corvallisoregon.gov/index.aspx?page=162
VIII. Enjoying the community

b. Local parks and trails

- McDonald Forest: [http://cf.forestry.oregonstate.edu/osu-research-forests-maps](http://cf.forestry.oregonstate.edu/osu-research-forests-maps)
- Bald Hill: [https://www.corvallisoregon.gov/parksrec/page/bald-hill-park](https://www.corvallisoregon.gov/parksrec/page/bald-hill-park)
- More city parks: [https://www.corvallisoregon.gov/parksites](https://www.corvallisoregon.gov/parksites)
- Off-leash dog parks: [https://www.corvallisoregon.gov/parksrec/page/leash-dog-parks](https://www.corvallisoregon.gov/parksrec/page/leash-dog-parks)
- County parks: [https://www.co.benton.or.us/parks](https://www.co.benton.or.us/parks)
VIII. Enjoying the community

c. Sports and recreation


• Corvallis is very close to numerous other outdoor recreation opportunities:
  • Oregon Coast (~1 hour) - [http://visittheoregoncoast.com/](http://visittheoregoncoast.com/)
  • Crater Lake National Park - [http://www.nps.gov/crla/index.htm](http://www.nps.gov/crla/index.htm)

• Numerous maps and guide books are available at the OSU Bookstore.
VIII. Enjoying the community

d. Food, drinks, and entertainment

- **Pubs:**
  - Squirrels Tavern
  - Block 15
  - Sky High Brewing and Pub
  - Caves
  - Downward Dog – Downtown and Monroe
  - McMenamins - Downtown and Monroe

- **Restaurants:**
  - Bellhop
  - Magenta
  - Sidecar
  - Castor
  - Gathering Together Farm
  - Del Alma
  - Big River
  - Nearly Normals
  - Evergreen
VIII. Enjoying the community

d. Food, drinks, and entertainment (cont'd)

- **Coffee shops:**
  - The Beanery
  - Interzone, Inc.
  - Coffee Culture
  - Imagine Coffee
  - Benny’s Donuts

- **Wineries, Cideries and Spirits:**
  - Two Towns Ciderhouse
  - Heart of Willamette winery association
  - 4 Spirits Distillery
  - Vivacity Spirits
  - Nectar Creek Mead

- **Music/Theater/Arts:**
  - Bombs Away
  - The Majestic
  - Darkside Cinema
  - Whiteside Theatre
  - The Arts Center
  - Cloud and Kelly’s Public House
VIII. Enjoying the community

e. Community events

- **Farmer’s market** on Sat and Wed from 9am to 1pm from mid-April until mid-Nov (1st Street & Jackson).
- **Winter market** on Sat from 9am to 1pm starting mid-Jan at the Benton County Fairgrounds.
- **Rhapsody in the Vineyard**
- **Culinary Week**
- **Da Vinci Days**
- **Red, White, and Blue Riverfront Festival**
- **Corvallis Fall Festival**
- More information at [Visit Corvallis](#)
VIII. Enjoying the community

f. Music in town

Corvallis is the home of a number of musical groups, from symphony orchestras to rock bands. Here's a small compilation of them:

- **OSU-Corvallis Symphony Orchestra**
- **Willamette Valley Symphony**
- **Corvallis Youth Symphony Association**
- **OSU Concert Bands**: Wind Ensemble, Wind Symphony, Chamber Winds, Campus Band, Jazz Ensemble and the OSU Marching Band
- **Chamber Music Corvallis**
VIII. Enjoying the community

g. Corvallis fun facts

• Corvallis rated top 10 college town
• #2 Friendliest college town
• Home to both OSU and Hewlett-Packard, over 20% of Corvallis residents have earned a graduate or professional degree.
• Ranked as one of America's most innovative tech hubs (by patents per capita).
• Corvallis was also ranked as the city with the most peace corps volunteers per capita.
VIII. Enjoying the community

h. Other things to note

• Beware of mold in your apartment or home. Tips for preventing mold.

• The Willamette Valley is the grass seed capital of the world, so many Corvallis residents develop allergies.

• The local newspaper is the Corvallis Gazette-Times.
IX. Frequently Asked Questions

• How do I get set up with keys, an ID, an OSU email, etc.?
• Where can I find advice on finding housing?
• Can I get a parking permit?
• Do postdocs get vacation time?
• What are family leave policies for postdocs?
• Where can I find info on local banks?
• What’s available at the library?
• What resources are available for international postdocs?
• What’s the difference between Postdoctoral Scholars, Postdoctoral Fellows, and Research Associate (Postdocs)?
• How do I get reimbursed for travel?
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• YOUR NAME HERE!

• Please send suggestions to Postdoctoral.Association@oregonstate.edu
Comments or Suggestions?

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