

Postbac eNewsletter

Now that the hot sun and beach trips have made way for autumn chills and research thrills, let's recap what happened at NIDA this summer and the events to come!

July/August 2014

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16th ISSUE OF THE NIDA
POST BAC
eNewsletter!!!

September 2014 - Upcoming Events

1) PostBac Research Lunch

Sep 10th 12:00-1:00pm, BRC 3C211 – Presenters will be Kate Brynildsen and Dalia Natour. There will be pizza served at 11:45 am. Come join us for the first lunch in the Postbac year!

2) NIDA IRP Seminar

Every Tuesday 11am-12pm, 3C219

3) Postbac Orientation

Sep 8th, 03C219 4:00-5:00pm - The end of summer has come and it's time to meet all of the new postbacs that have come in this summer and the ones that will enter in the fall. We look forward to meeting you all!

4) OECD Open House

Sep 16th, OECD Conference Room 12:00-2:00 pm - Come enjoy some food and drink with your fellow researchers throughout NIDA and get to know your new (and old) colleagues.

Spotlight! This month's Postbac Fellows Lunch Presenters...

Dalia Natour – Chemistry and Drug Metabolism

Dalia works on a variety of collaborations with the CDM and other departments. Her work is mainly with LC/MS/MS and GC/MS for the detection of drugs of abuse in small concentrations. She has worked on cannabinoid, nicotine, and MDMA methods. Dalia likes to paint and engage in outdoor activities with her time off as well as different crafting projects.

Kate Brynildsen – Neuroimaging Research Branch

Kate is currently completing her second year as a post-bac in the Neuroimaging Research Branch. She has spent the past year developing a novel method for inducing nicotine dependence in the rat and collecting fMRI data to study the relationship between severity of dependence and strength of neural pathways associated with nicotine addiction. When not hanging out with rats in the BRC, she enjoys playing the violin and going for long runs around the city.

**Kate and Dalia are presenting September 10th,
check out some info about our fellow colleagues.**

This Month – Community Outreach and Professional Opportunities

There is a variety of knick-knacks here in this section.

The Magazine Project – Gather new or lightly used magazines to send to our soldiers overseas. The collection box is underneath the e-board on the 3rd floor by the elevators. Our troops overseas greatly appreciate your donations. Contact Miji Um or Mary Pfeiffer for details.

STILL PRETTY NEW! Helping Up Mission – Want to volunteer your time in the evening to help individuals with computer literacy, resume writing, and GED tutoring. Contact Mary Pfeiffer if interested, we are looking for volunteers to participate in the program.

Social

Baltimore Postbac Listserv on Google groups – It exists. Contact Vincent Gutierrez or Tulha Siddiqi for access to join. Check it for fun activities going on around Baltimore, and chances to get your party on with other Postbacs from NIDA and NIA.

Professional

FOR NEW POSTBACS - Peer Mentoring – 1st Thursday each month; meet in the 5th floor office at 2pm. Come visit this group of peer mentors if you have questions on how to get things done around NIDA. Contact Vani Pariyadath for questions.

Online Short Courses – [Click Here](#) for SPSS tutorial (Search SPSS in the search bar) ... Check out some of the other emails with links to online courses if you are interested in some outside learning. A membership is required but if you're interested it is \$25 a month for a basic subscription and there are other options available.

Physician Shadowing

- 1) **Baltimore Rescue Mission** - The Baltimore Rescue Mission medical clinic provides free primary care to homeless men and women in Baltimore. Volunteers have the opportunity to conduct interviews with patients and provide treatment under the guidance of Dr. Jack Dalton. Contact Tulha Siddiqi (Tulha.siddiqi@nih.gov) for more info.
- 2) **Dr. Karran Phillips in the Archway Clinic at NIDA**
- 3) **Sheppard Pratt Volunteering** – Interested in volunteering in the psychiatric field, you can contact Shannon Walsh, volunteer contact at Sheppard Pratt by phone at (410) 938-4852 with questions.



From the Post-Bac Advisory Board

Straight from the source!

Thank you Dr. Heishman for updating the website. [Everyone check it out](#), and let us know if you have any ideas or issues.

OECD Services

Dr. Heishman and Dr. Pfeiffer are available for services such as:

Reviews for CVs, resumes, personal statements and essays for medical or graduate school, etc.

Want to get prepared for a graduate or medical school interview, they can help set up a mock interview to improve your personal presentation!

Contact either Dr. Heishman or Pfeiffer to help set up an appointment.

Contacts

- 1) Dr. Steve Heishman – sheish@intra.nida.nih.gov
- 2) Dr. Mary Pfeiffer - mpfeiffe@intra.nida.nih.gov
- 3) NIDA Postbac eNewsletter – Dalia Natour: dalia.natour@nih.gov

OECD Lending Library

Low on funds, want some study material for the MCAT or GRE, need some guidance on applying for professional school, the lending library is here to help! There are books on:

- | | |
|--------------------|--------------------|
| GRE AND MCAT PREP | CAREER DEVELOPMENT |
| SCIENTIFIC WRITING | TIME MANAGEMENT |
| MENTORING | NETOWRKing |

And much, much, more!

Upcoming events and Ideas!

The Post-bac Advisory board has discussed adding more public speaking opportunities to the agenda; we'd love to hear if you have any more thoughts or ideas!
Or you can join us on the board!

Useful Links

NIDA Postbac webpage:

<http://irp.drugabuse.gov/postbac.php>

NIH Postbac webpage:

<https://www.training.nih.gov/trainees/postbacs>

Want to be a part of the Postbac Advisory Board?

Now that the new postbac year is beginning we are looking for 1st and 2nd year Postbacs to participate in designing the programming for the coming year.

The board consists of monthly meetings that go over the upcoming events on the OECD calendar and what we can do to improve those events as well as add some more.

If you are interested in joining us on the board, please let us know! You can contact Dr. Heishman at sheish@intra.nida.nih.gov.

SEMINAR REFRESHMENTS!



Nothing says "We are confident this seminar will be intellectually stimulating for you" like a table full of things to help you stay awake.

PRO TIPS from the Grammar Gurus

Brought to you by Dr. Steve Heishman and Dr. Mary Pfeiffer

For the new folks, we intend this column to be fun and maybe even help you with some common mistakes in grammar, style, and syntax (huh?).

The Grammar Gurus are still in summer mode, so this will be a brief edition of errors we spotted this summer in blogs, emails, graduation gift thank-you notes, etc.

Your and You're. This has to be one of the most common errors in writing. *Your* is a possessive pronoun, and *you're* is the contraction for *you are*.

You're driving me nuts with *your* incessant nagging.

It's and Its. Confusing these is another common mistake. *It's* (with an apostrophe) is the contraction for *it is*. If you can't substitute *it is* in your sentence, do not use the apostrophe. *Its* (no apostrophe) is the possessive form of the pronoun *it*.

It's about time for your stupid rat to press *its* lever.

alot versus a lot. A common spelling error, *a lot* is correct.

Remember last May's Puzzler? Didn't think so.

May's Puzzler

What is the correct use of *nauseous* and *nauseated*?

Nauseous means "sickening to contemplate." *Nauseated* means "sick to the stomach." So don't say, "I feel *nauseous*," unless you are sure you have that effect on others!

Brand New Puzzler

What's the correct use of *less* and *fewer*?