



Generous Benefits

Compensation

Base salary and stipend levels for new postdocs at UCSF start at *year two* on NIH/NRSA scale. Postdocs also receive mandatory increases every year.

Health

All postdocs receive health care benefits while employed at UCSF. Postdocs pay only a very small percentage of the monthly premium for their medical insurance.

The postdoc's PI (mentor) is responsible for most of the cost of medical insurance, and 100% of the cost for dental and vision plans, as well as short-term disability, life/accident, and workers' compensation.

Both postdocs AND their dependents (spouse and/or children) receive medical, dental, and vision plan coverage.

Your benefits are effective from your first day as a postdoc at UCSF, provided you enroll during the first 31 days of your appointment.

Leaves and Time Off

UCSF postdocs get 12 days of paid sick leave and 24 days of paid personal time off during each year of their appointment, in addition to all official university holidays.

Postdocs are also eligible for childbearing leave, parental leave, family/medical leave, and military leave.

All UC postdocs are represented by the United Auto Workers (UAW) union.

Postdoctoral Training at UCSF

UC San Francisco leads the nation in research and education in the health sciences. Broad collaboration across disciplines accelerates the pace of discovery on our urban campuses in the heart of the Bay Area – the birthplace of biotech. The over 1,100 postdocs at UCSF take advantage of year-round opportunities to engage with leaders and groundbreakers in the wider scientific community.

Among the talented UCSF faculty are 61 members of the National Academy of Sciences, five Nobel Prize laureates, 17 HHMI investigators, and three MacArthur "genius award" recipients.

UCSF is consistently a top recipient of funding from the National Institutes of Health, and researchers at UCSF have access to state-of-the-art labs, technology, and services.

Whether your path leads to a career in academia, industry, government, or another setting, UCSF is an exciting place to launch your career in science.

postdocs.ucsf.edu



Office for Postdoctoral Scholars

UCSF was one of the first universities in the country to establish an office specifically to support postdocs and address their distinct needs. The UCSF Office for Postdoctoral Scholars advocates for postdocs at the campus, UC system, and national levels. It serves as a central resource and information conduit for all postdocs, as well as for faculty and staff who work with postdocs.

Each fall, the Postdoc Office kicks off the annual celebration of National Postdoc Appreciation Week with "Postdoc Slam," a fun contest with a top prize of \$4,000, designed to encourage UCSF postdocs to hone their communications skills and highlight the important role of postdocs in research.

Career Support

At many universities, career services are off-limits to postdocs, but at UCSF, the Postdoc Office and Office of Career and Professional Development (OCPD) work closely together to offer a wide range of career exploration and development activities that are specifically tailored for PhD holders in the life sciences.

The Postdoc Office and OCPD also collaborate with the Gladstone Institutes to present the highly popular "Scientific Leadership & Management Skills" course, which provides postdocs and junior faculty with the tools to succeed as leaders in their fields.

A recent study of the career outcomes of over 1,700 postdoc alumni who separated from UCSF between 2000 and 2013 showed that 94% are actively engaged in the research enterprise.



Diversity at UCSF

UCSF recognizes that the inclusion of researchers from a broad range of backgrounds and with a variety of perspectives improves both the practice of science and the training experience for everyone. There are numerous campus organizations at UCSF that help students and scholars to build community and connect with supportive peers, including an active chapter of the national SACNAS organization.

UCSF IRACDA Postdoctoral Program

UCSF is one of 22 universities that participate in the Institutional Research and Academic Career Development Award (IRACDA) program funded by NIH/NIGMS. All IRACDA programs nationwide combine mentored research training at a top-tier, research intensive institution, with mentored teacher training at a partner institution. UCSF partners with San Francisco State University.

UCSF IRACDA scholars receive three full years of funding, including salary, travel and research support. Scholars also benefit from help with lab placement, individualized career guidance and professional development activities, and the camaraderie of their fellow scholars across a variety of disciplines. For more information, visit iracda.ucsf.edu.



UCSF

University of California
San Francisco

For helpful tips on finding the right lab and mentor for you, as well as many other resources for prospective postdocs, visit the website of the UCSF Office for Postdoctoral Scholars.

postdocs.ucsf.edu

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postdoctoral training

