



THE UNIVERSITY OF
CHICAGO

Division of
Biological Sciences
Postdoctoral Association

Biological Sciences Postdoctoral Affairs

These administrators are your liaisons and advocates. They are here to help you during your time at UChicago, feel free to contact them with any questions you might have or to get involved with the Postdoctoral association!

Nancy Schwartz

Dean and Director for Postdoctoral Affairs

n-schwartz@uchicago.edu

Dr. N. Schwartz serves as the director of postdoctoral affairs for the BSD and advises the BSD PDA. She is an active advocate for postdocs with the university and organizes career development and ethics training courses.

Valerie Miller

Assistant Director for Postdoctoral Affairs

valeriemiller@uchicago.edu

Dr. V. Miller serves as the assistant director of postdoctoral affairs for BSD. She is available to answer any of your questions relating to postdoctoral policy, benefits, and campus resources. She provides support for the BSD PDA, helps to organize events, and creates the weekly postdoc email bulletin.

Katie Harris and Hemraj Dodiya

Welcome Committee Co-Chairs

kgharris@uchicago.edu and hbdodiya@uchicago.edu

Dr. K. Harris and Dr. H. Dodiya are the Co-chairs of the Welcome Committee for the BSD Postdoctoral Association (PDA).

BSD-Postdoctoral Association



We are your Advocates! The PDA serves fellows, scholars, research associates and medical fellows at the university by promoting their continued success in the research community. The PDA provides skill development, career training, and social events. **Sign up for the weekly BSD postdoc email** by using the QR code or going to the website.

Get Involved!

The PDA is run by postdocs. Please support us by

- Joining the steering committee
- *Attend events!*

National Postdoctoral Association

- Become an affiliate member *for free* through UChicago

UChicago Biotechnology Association

- Join the leadership council
- Build your network with local biotech industry leaders, policy advocates, and entrepreneurs

Volunteer Opportunities are available in the weekly postdoc bulletin!

Remember you have 30 days to sign up for health insurance



THE UNIVERSITY OF
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Information for international postdocs



The international office runs monthly orientation sessions for J1 and F1 scholars and fellows

Contacts at the international office for postdocs:

Kory Sopko: kfuller1@uchicago.edu

The College, Social Sciences Division, Divinity School, Humanities, Physical Sciences Division, Booth, Law School, Harris School, Institute for Molecular Engineering, School of Social Service Administration and all other offices and departments outside of the BSD

Chanettia Nelson: cnelso10@uchicago.edu

Biological Sciences Division except the Department of Medicine

Daniel Ashton: dashton@uchicago.edu

The Department of Medicine, Institute for Molecular Engineering, and all general LPR concerns

International House

I-house is a hall of residence and the location of the office of international affairs. The mission of International House is to enable students and scholars from around the world to live and learn together in a diverse residential community that builds lifelong qualities of leadership, respect, and friendship.

Taxes

Tax year runs from the 1st of January and are due on the 15th of April for the previous year. You will need to file both state and federal.

If you are on a fellowship or tax is not withheld from your earnings you should pay quarterly on April 15th, June 15th, September 15th, January 15th

The international office runs tax seminars for international postdocs every March. The university also has a foreign tax analysis Lauren Bautista, her email is lbautista1@uchicago.edu

Health Insurance

Information can be found on the Garnett Powers website

You can choose between HMO or PPO plans. PPO is a more flexible plan whereas the HMO can be useful if you already have a doctor within the Blue Cross Blue Shield network. Dental and vision plans are available from Garnett-Powers. **You need to arrange health insurance to prevent your visa becoming invalid; it does not have to be through the university.**

Social Security number

If you do not already have one you will need to apply for a SSN. You do not need this to open a bank account but you will need one to be paid and to file taxes!

Use the downtown office as this is far safer.

600 W Madison St
Chicago, IL 60661
United States



THE UNIVERSITY OF
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Division of
Biological Sciences
Postdoctoral Association

Our Subcommittees

Institutional Policy “Have a Voice in UChicago and BSD Postdoc Benefits and Policies”

Science Policy “Make your Voice heard – be an Advocate for Science!”

Seminar “Provide the seminars you care about!”

Social “Bringing Postdocs Together”

Survey “Surveys of the postdocs, by the postdocs, and for the postdocs”

Symposium “Organize a showcase of Postdoc Research accomplishments”

Teaching & Outreach “Help advance STEM Literacy through Teaching and Outreach!”

Welcome/Orientation “Greet newly appointed postdocs and share the love!”



Institutional Policy Committee

Meets bimonthly with committee members and the BSD Postdoctoral Affairs Office. Learn about UChicago policies and policy changes that affect postdocs from Dean Nancy Schwartz. Discuss needs not currently being addressed by current policies and work towards changing them. This can involve activities such as performing postdoc surveys to collect data to justify requests for new benefits. We can also organize seminars that offer education on benefits-related issues for postdocs such as how to save for retirement. The time commitment is driven largely by an individual's interest in creating and organizing a seminar or spearheading efforts for a policy change.

Science Policy Committee

Interested in learning about science policy and advocacy? Join the Science Policy Committee and help plan events to advocate for science at the local, state, and federal level. Time commitment is 2 hours per month or more depending on your desired level of involvement.

Seminar Committee

Meet monthly with the Seminar Committee team, BSD Postdoc Affairs and myChoice program administrators in order to plan and deliver the Friday seminars you care about. We offer seminars on a variety of topics ranging from Grants and Ethics to Career Advancement topics (Academic and non-academic) to Finances. The seminar committee provides a great opportunity for you to practice your soft skills, time management, and network with speakers. You have the possibility to organize seminars from the ground up if you desire so. Time commitment for this committee is low to average, meaning from 2hrs/quarter and up depending on your personal commitment. You must serve as liaison for 1 seminar per quarter.

Social Committee

Plan and carryout social events to bring postdocs together. Time commitment is about 1-3 hours every month. If you like meeting new postdocs and arranging fun and engaging events, the Social committee is the place to be.

Survey committee

Work with postdocs, administrators and faculty to design surveys targeting issues facing postdocs both on campus and nationally. Time commitment is variable, depending upon surveys ongoing and specific role. If you love data and are passionate about identifying and addressing issues facing postdocs, please join us!

Symposium Committee

The largest postdoc event on campus! Organizing committee begins planning for the event about 9 months ahead of tentative date. Responsibilities include inviting eminent scientists for keynote address, fundraising, advertisement and outreach, and securing judges for abstracts. Time commitment varies significantly between different subcommittees but never exceeds a couple of hours per month.

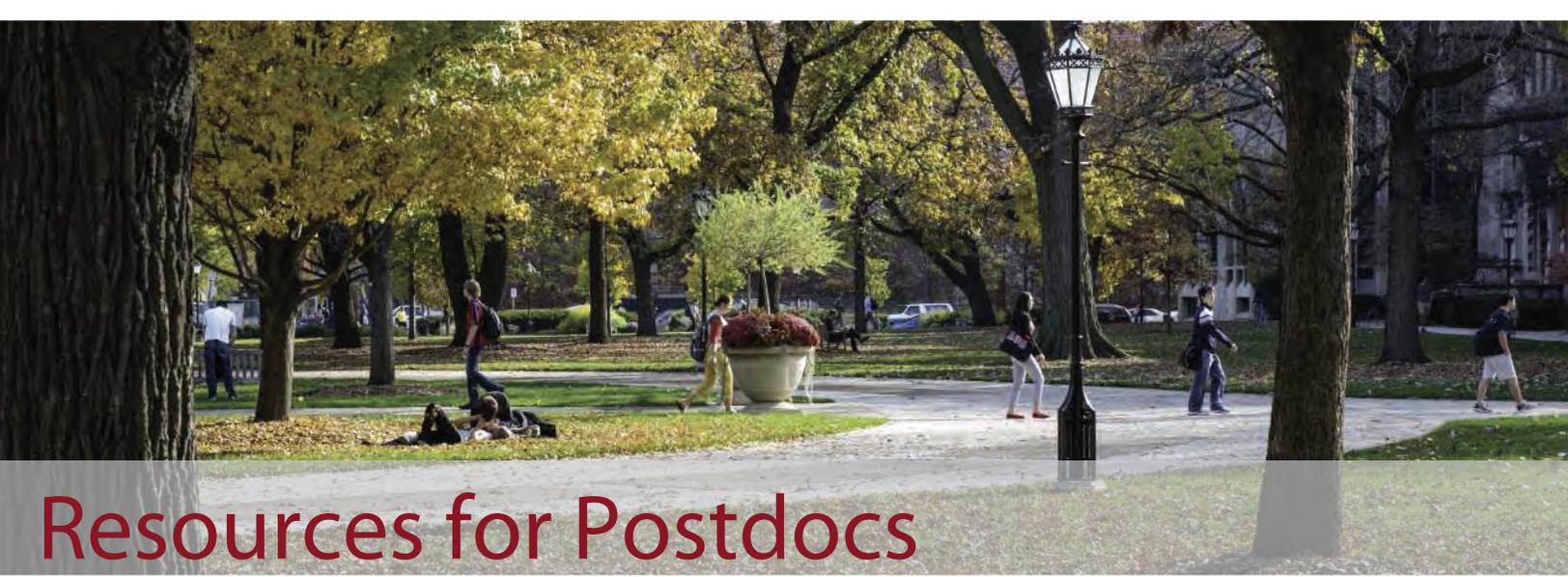
Teaching & Outreach Committee

Looking for STEM volunteering opportunities? Want to strengthen your teaching skills and find teaching opportunities? This is the committee for you! We are always looking for ways to bring outreach and teaching opportunities to postdocs. Time commitment is 2 hour per month or more depending on your desired level of involvement.

Welcome/Orientation committee

Take 5 minutes or as much time as you would like to personally meet and greet new postdocs. You will provide a packet with all the info needed to help the new postdoc navigate the transition to both campus and postdoc life. This is a low time commitment activity (1-3 visits a quarter). If you are friendly and want to meet people, this is the committee for you!





Resources for Postdocs

Career Development and Training Resources

Biological Sciences Division Postdoctoral Association Seminar Series

bsdpostdoc.uchicago.edu

Guests frequently include representatives from various fields (e.g. academia, industry, administration) who address questions that postdocs may have regarding leaving the bench, improving their resume or preparing themselves for a career change. BSD-PDA seminars are generally held on Friday afternoons in BSLC.

myChoice

mychoice.uchicago.edu

UChicago's Biological Sciences Division was recently awarded one of only seven National Institutes of Health BEST (Broadening Experience in Scientific Training) grants intended to prepare graduate students and postdoctoral scholars for a variety of careers. myCHOICE aims to educate and develop graduate students and postdoctoral trainees in the biological sciences so that they will have the necessary skills for their ideal career path.

Career Counseling

grad.uchicago.edu

Briana Konnick, PhD, is the Assistant Director for STEM Career Development in UChicago GRAD. She provides career services to postdoctoral researchers and graduate students in the sciences.

Chicago Center for Teaching

teaching.uchicago.edu

The Chicago Center for Teaching assists graduate students and postdocs in strengthening their teaching skills at all stages of their careers, from the first teaching assistantship to their transition to faculty member if they choose to pursue an academic career. Throughout the year the center offers workshops and seminars exploring such topics as leading classroom discussions, creating course syllabi, and designing a teaching portfolio.

Training Classes

The University offers a broad range of workshops, seminars, classes and brown-bag lunches addressing skills ranging from software packages, radiation safety, library orientations, communication skills and health & wellness. To receive the schedule of available classes contact Chantel Ellis: chantellellis@uchicago.edu

Individual Development Plan

myidp.sciencecareers.org

You have put a lot of time and effort into pursuing your PhD degree. Now it's time to focus on how to leverage your expertise into a satisfying and productive career. This interactive individual development plan (IDP) worksheet helps you to explore career possibilities and set goals to follow the career path that suits you best.

Business Cards

To boost your professional profile, each BSD postdoc is entitled to 30 free business. Contact Erin Heckler in the Office of Graduate and Postdoctoral Affairs for more information.

bsdpostdoc.uchicago.edu

Human Resources

Human Resources

hrservices.uchicago.edu

A resource for information on procedures and policies associated with appointments, reappointments and promotions. They operate workday.uchicago.edu, where you can view your paystub history and update your contact information.

Postdoctoral Research Manual

The manual defines the rights and responsibilities of University of Chicago Postdoctoral Scholars and Fellows. It is included in this pack; you can find a digital copy on the BSD-PDA website.

IDs and Building Access

The HR administrator in your department is responsible for processing your employment paperwork. Upon its completion you can go to the ID and Privileges Office in the Regenstein Library to obtain your UChicago ID card. Once you have your ID card, your HR admin can approve building access. Additional Hospital-specific IDs are issued to postdocs whose primary lab is in the medical center.

Health Insurance

www.garnett-powers.com

Health insurance for postdocs is managed by Garnett-Powers & Associates. Our current network provider is Blue Cross Blue Shield of Illinois. Any questions can be addressed to Candace Nicholson at candancenicholson@garnett-powers.com.

Parents and Families

Family Resource Center

frc.uchicago.edu

The Family Resource Center (FRC) is a welcoming space where families from the university community can access resources, information, and supportive programming and services. During the academic year, the FRC offers weekly classes for children such as "Preschool Jump Start," "World Music Class," and "Messy Mat Crafts," as well as family activity nights. They also offer a parent support group.

UChicago Child Development Center

childcare.uchicago.edu

Two new childcare centers opened on campus in 2013, for faculty, staff, postdoc and student use. The centers are located on Drexel and Stoney Island, and accommodate children between six weeks and 5 years of age. Bright Horizons operates these centers.

Baby PhD

www.babyphd.com

The Baby PhD childcare network provides high quality childcare for children 0-3 years of age whose families live and work in the Hyde Park and UChicago communities. Network members include a daycare center, licensed and license-exempt daycare homes and families who employ nannies. Baby PhD also offers a personalized referral service.

Safety on Campus

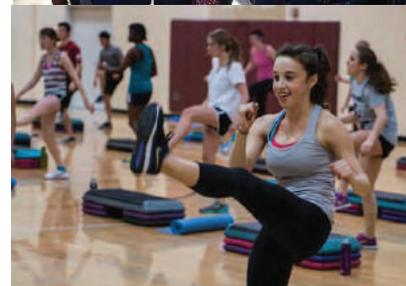
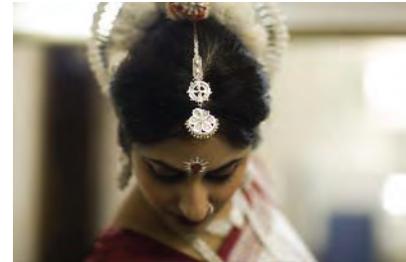
Department of Safety and Security

safety-security.uchicago.edu

The Department of Safety and Security handles transportation and parking, emergency updates, security systems and community policing. They also offer tips on safety in the city and data regarding crime statistics. Additionally, to receive text messages and emails related to emergency updates and security alerts subscribe to cAlert. You can also register your bike or laptop with the UChicago Police Department by calling 773-702-6008.

Umbrella Coverage

By contacting this service, a University community member who is concerned about their safety can request a UCPD patrol car follow them to their destination.



myCHOICE exposes, educates, and provides our trainees with career options and experiences that leverage their strong biomedical research training. We highlight employment pathways in research, business, education, government, industry, and innovation. Based on the Science Careers myIDP career exploration tool, our programming is designed around **10 career categories**:

- | | |
|--------------------------------------|-------------------------------------|
| ● ACADEMIC & RESEARCH ADMINISTRATION | ● HEALTHCARE & MEDICINE |
| ● ACADEMIC RESEARCH | ● INDUSTRY RESEARCH |
| ● BUSINESS & COMMERCIALIZATION | ● LAW, POLICY, & REGULATORY AFFAIRS |
| ● DATA SCIENCE | ● SCIENCE EDUCATION & OUTREACH |
| ● GOVERNMENT & NON-PROFIT RESEARCH | ● SCIENCE COMMUNICATIONS |

myCHOICE PROGRAMMING

All programming is open to graduate students and postdocs across Chicagoland.



EXPOSURE

Exposure programming features our *What Can I Do with My PhD?* career seminar series, where we host alumni and professionals with STEM PhDs who have found success across the career spectrum.

The seminar series is a high-impact strategy for reaching as many trainees and community members as possible, providing exposure to the breadth of career options available to PhD's in the sciences.



EDUCATION

Education programming consists of mini-courses and workshops that offer in-depth coverage of a specific subject area or professional development skill.

To date, we've offered more than 12 mini-courses attended by over 300 participants, and taught by more than 30 instructors—40% being UChicago alumni. By leveraging collaborators within the University, we ensure high quality instruction by leaders in their fields.



EXPERIENCE

Experience programming offers our trainees many different and unique internships, short-term externships, mentor relationships, and long-distance site-visits.

These opportunities require a greater time commitment from the trainee and are frequently hosted by alumni who are eager to help current junior scientists make a well-informed transition from training into a career path that suits their interests and strengths.

AT A GLANCE

2,500+

Exposure seminar series attendees

since the program's inception in Fall 2014.

83%

of graduate students feel that myCHOICE is positively impacting their training experience.

42%

of our instructors and speakers are UChicago alumni.

38%

of trainees in the Biological Sciences Division have attended at least one myCHOICE event, if not more!

20%

of our participants come from another UChicago division or outside UChicago.

Empower your career!

Sign up for our newsletter and receive weekly programming announcements and notifications of other relevant career-related opportunities.

For more information, visit mychoice.uchicago.edu or email Abby Stayart, Program Director at mychoice@uchicago.edu.



THE UNIVERSITY OF CHICAGO

UCHICAGO GRAD

Helping you navigate your graduate and postdoctoral career

Schedule an Advising Appointment

Login to GRAD Gargoyle (<https://grad-uchicago-csm.symplicity.com/>) and click on the “Student/Alumni” user icon. Once on the home page, follow these steps:

- To schedule a Advising Appointment go to Calendar>Counseling Appointment>Request Appointment
- Select the appropriate TYPE appointment topic you’d like to discuss (Career, Fellowship, Writing, etc.)
- Select the date range to which you are available
- Select the time range
- Select the available counselor
- Select the days you are available
- Hit “Refine Results” and the counselor’s availability will show up on the right side.

Search for Jobs & Internships

Login to GRAD Gargoyle (<https://grad-uchicago-csm.symplicity.com/>) and click on the “Student/Alumni” user icon. Once on the home page, follow these steps:

- To search for opportunities, go to Jobs>Jobs and Internships
- Select Advanced Search to view specific openings (i.e. Full time, Part time, Student Employment, etc.)
- Select the Job Title to view more information about the role
- Review the How to Apply box and follow specified instructions or simply click APPLY and attach required documents

RSVP To Attend On-Campus Events (Career Fairs, Information Sessions or Workshops)

Login to GRAD Gargoyle (<https://grad-uchicago-csm.symplicity.com/>) and click on the “Student/Alumni” user icon. Once on the home page, follow these steps:

- To RSVP for an event go to Events>Select Event (Career Fair, Information Session or Workshop)
- To view additional information about the event, click the Title
- Select the appropriate event and click RSVP

Update GRAD Gargoyle Student Profile (Optional)

Login to GRAD Gargoyle (<https://grad-uchicago-csm.symplicity.com/>) and click on the “Student/Alumni” user icon. Once on the home page, follow these steps:

- Select Profile
- Upload most updated Resume
- Upload LinkedIn URL
- Edit Profile Cover Image and Profile Photo by clicking on pencil icon in the left-hand corner
- Add Personal Statement
- Add Current and/or Past Education
- Add Experience (Include prior internship and work experience)
- Add Projects and Skills/Competencies
- Change Account Settings go to My Account>Personal or Academic or Private
- NOTE* Once your profile is complete you can choose to PUBLISH, which will make your entire profile viewable to Employers



UNIVERSITY OF CHICAGO RECREATIONAL FACILITIES

Welcome Postdocs!

As a postdoc at UChicago, you are already enrolled as a full member to the University's recreational facilities. For postdocs with families, we offer discounted memberships to spouses, domestic partners, and children.

In addition to the physical amenities outlined below, the Department of Physical Education & Athletics offers a robust Club and Intramural Sports program with over 30 Intramural and 40 Club Sports, as well as a wide range of programs listed on this flier.

We encourage you to take a break from your studies and explore what these facilities have to offer!

Additional information can be obtained from our website athletics.uchicago.edu/facilities or by contacting Bob Petrowski, Athletic Facilities Manager - Membership Services at bpetrowski@uchicago.edu or 773-702-3846.

Ratner Athletics Center & Henry Crown Field House

Recreational Memberships

	<u>Full Year</u>
Postdoctoral Scholar or Fellow	\$204 (\$17/month)
Partner or Spouse	\$204 (\$17/month)
Child	\$125 (\$70 / 3 months)

See the membership desk at Ratner for full details and to sign up. Trials are also available.

FACILITIES OFFERINGS



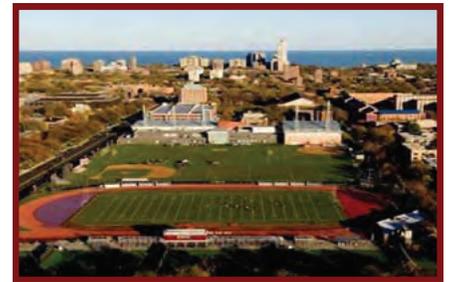
Ratner Athletics Center

- Myers-McLoraine Pool: 20 lanes, 50 meters, Olympic-sized
- 61 cardio machines, 38 with Cardio Theatre TV
- Fitness Center: selectorized and free weight equipment
- Competition & Auxiliary Gyms
- Dance-Martial Arts Studio
- Located: 5530 S. Ellis Ave.



Henry Crown Field House

- 200m indoor track
- 4 racquetball/handball courts
- 5 squash courts
- 34 cardio machines
- Fitness Center: selectorized and free weight equipment
- 4 multi-purpose courts
- Astro-turfed multi-purpose room
- Located: 5550 S. University Ave.



Stagg Field Outdoor Complex

- 8 tennis courts (plus 2 practice)
- 400m outdoor track
- Field Turf artificial field
- Baseball, softball, football and soccer fields
- Organized field use can be scheduled through the Facilities Office (reservations 702-3848)
- Located: 56th & Cottage Grove

PROGRAM OFFERINGS

Club and Intramural Sports

Sport Clubs are comprised of groups of individuals organized to further their interest in common activities through instruction, recreation, and/or competition. Sport Clubs fall under two levels of participation - Competitive Clubs (organized to compete with other clubs) and Recreational Clubs.

There are currently 32 different IM sports offered throughout the year. Activities range from flag football, basketball, and indoor soccer to broomball, dodgeball, and tennis.

For more information, visit: http://athletics.uchicago.edu/im_clubs.



FitChicago Classes

FitChicago provides drop-in group fitness classes to members of the Ratner Center in beginning yoga, advanced yoga, pilates, group resistance training, cardio kickboxing, boot camp, water aerobics, Zumba, and private swim lessons. FitChicago classes are FREE for current students. Non-students must purchase a Fitness Punch Card (1 class - \$5; 5 classes - \$23; 10 classes - \$40) at the Ratner Center Front Desk to participate in these classes. Private swim lessons are \$35 per half hour. For more information on the classes, pick-up a brochure on the kiosks throughout the facilities or visit the website at <http://athletics.uchicago.edu/facilities/fitchicago>.

Personal Training

Personal Fitness Training Services are available to current members of the recreational facilities. A Certified Personal Trainer will help clients achieve their fitness goals by evaluating current fitness levels and designing comprehensive exercise programs to meet their needs. Fitness assessments, one-on-one training sessions, partner training sessions, and small group instruction are available. The University's trainers also conduct periodic fitness orientations to educate new users on safe and effective training. For more information, check-out our website at http://athletics.uchicago.edu/facilities/personal_training, or contact Clare Barry, Head Personal Trainer, at barryc@uchicago.edu.



Masters Swimming

Whether you're training for a triathlon, trying to improve your stroke, or swimming for fitness, this program is right for you. Practices focus on training techniques, stroke mechanics, and goal setting. Our program is open to all adult swimmers ages 18 and over (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness.

For more information, visit the aquatics website at <http://athletics.uchicago.edu/facilities/aquatics> or email ucmasters@uchicago.edu.

Community Swim School

Community Swim School offers swimming lessons to children ages 3-12 years old as well as adults. Six different skill levels are offered (Young Beginner, Beginner, Chicago, White, Maroon and Phoenix) for the children's program as well as an adult learn-to-swim level. Sessions are offered during the fall, winter, spring and summer quarters, and the program is open to non-members as well.

For more information, visit the aquatics website at <http://athletics.uchicago.edu/facilities/aquatics/index> or email ucswimschool@uchicago.edu.



Super Summer Sports Camp

Children grades K-8 can spend their summer days immersed in fun and physical activity in the Super Summer Sports Camp, a day camp run by the Department of Physical Education & Athletics from mid-June through early-August. The camp is open to children of non-members.

The program provides a wide variety of sports activities for boys and girls - including swimming, basketball, volleyball, softball, soccer, tennis, racquetball, gymnastics, track and field, golf and archery.

For more information, visit the camp website at http://athletics.uchicago.edu/community/summer_camps.

Housing

Hyde Park, a residential community of approximately 49,000 people, offers a variety of housing options. From one bedroom to five, two-story walk-ups to high rises by the lake, our students find a place they can make their own. Below we've listed a few resources for finding an apartment in Hyde Park.

Graduate Student Housing

Through Graduate Student Housing, graduate students can choose from over 1,300 units in 28 apartment buildings owned and managed by the University. Located within walking distance of campus and near public transportation, these properties are popular with students new to Hyde Park. Apartments can be furnished or unfurnished, and many include playlots for students with families. All students who are enrolled full-time at the University are eligible to apply for Graduate Student Housing and students can request housing for themselves and their dependents. Graduate students can apply for housing as soon as they accept an offer of admission, and we recommend applying as early as possible as applications are processed in the order in which they are received. For more information and how to apply, please visit

rp.uchicago.edu/graduate_housing/index.shtml. Below is a map of Graduate Housing locations in Hyde Park.

Other Leasing Options

There are several major property management companies in Hyde Park such as MAC Properties and TLC, as well as individuals who lease condos and apartments in smaller, privately-owned buildings. Most companies and buildings post their available apartments online.

Marketplace

marketplace.uchicago.edu

Marketplace is a University-run listing site for members of the University community. Anyone with a UChicago email address can list an apartment on the site, so this is where many condo owners and smaller buildings list their available apartments. Often students will post requests for roommates as well. Marketplace is also used to list things for sale like furniture and appliances.

Craigslist

chicago.craigslist.com

Craigslist, the classifieds advertising website, has hundreds of apartment listings throughout the city, and is the main classifieds site used by management companies in Chicago, including those in Hyde Park. Here you often will find listings for apartment finding services as well. As with any online website of this nature, we encourage students to be wary of potential scams.



Map of Graduate Student Housing locations in Hyde Park.

What to Consider When Choosing a Place to Live

There are many practical considerations when choosing a place to live in Chicago. Below we have listed just a few things to think about before selecting a place to live.

Cars & Transportation

Whether or not you plan to bring a car can be a major factor in determining suitable housing. Parking on campus can be difficult, particularly if seeking street parking. UChicago has a number of parking garages, which offer monthly parking rates of \$80-\$110. If you choose to live in Hyde Park and want to bring a car, parking in the surrounding residential areas can be easier, depending on the location. Car-sharing services are also common in Hyde Park, with iGo and Zipcar having a number of locations on and off campus, and are frequently used by graduate students.

There are a number of transportation options for getting around the neighborhood, and many students choose to live adjacent to one of the main bus routes. During the day, CTA operates three bus routes through Hyde Park which are free to students (the 170, 171, and 172). These routes are designed to connect areas where students commonly live with the main campus. At night, UChicago runs a shuttle bus service with four separate routes around the neighborhood. You can learn more about transportation around the University and surrounding community at safety-security.uchicago.edu/transportation.

Students who live outside of Hyde Park have a variety of transportation options between campus and the rest of the city. A number of buses and commuter rail lines travel through Hyde Park. Learn more about transportation options at rtachicago.com.

Groceries and Shopping

When choosing an apartment, be sure to take note of the locations of the various groceries stores, pharmacies, and shops, particularly if you do not plan on bringing a car to campus. The largest grocery store, Treasure Island, is located at 55th and Lake Park. A smaller produce store, Hyde Park Produce, is located in the Kimbark Shopping Plaza at 53rd and Kimbark. A new development at 51st and Lake Park will include a Whole Foods, slated to open in 2015.



Schools and Parks

School and playground facilities are a major concern of graduate students with families. Hyde Park has many parks and playgrounds, and many excellent schools. Graduate Student Affairs provides informational resources to student parents which may be of assistance at grad.uchicago.edu.

The Chicago Park District operates a number of parks in Hyde Park, including the Lakefront Trail and Promontory Point. The Lakefront Trail is part of over 18 miles of bike, walking, and running paths which stretch along Lake Michigan. The path runs direct to downtown, and biking is a popular method of transport for UChicago students both around Hyde Park and the city. Promontory Point is also a popular BBQ spot amongst students, and the nearby 57th Street Beach is a good place for a quick swim on a hot summer day.



Below are just a few of the food, coffee, and tea options on or near the Main Quad. For a full map of all food locations on campus, see the reverse.

Food Trucks

Ellis Ave., between 57th and 59th
Any given day you can find between five and ten food trucks from Chicago restaurants parked here.

Grounds of Being

1025 E. 58th (The Divinity School)
A basement cafe with a wide selection of hot and cold food as well as fantastic coffee. Cash only.

Hallowed Grounds

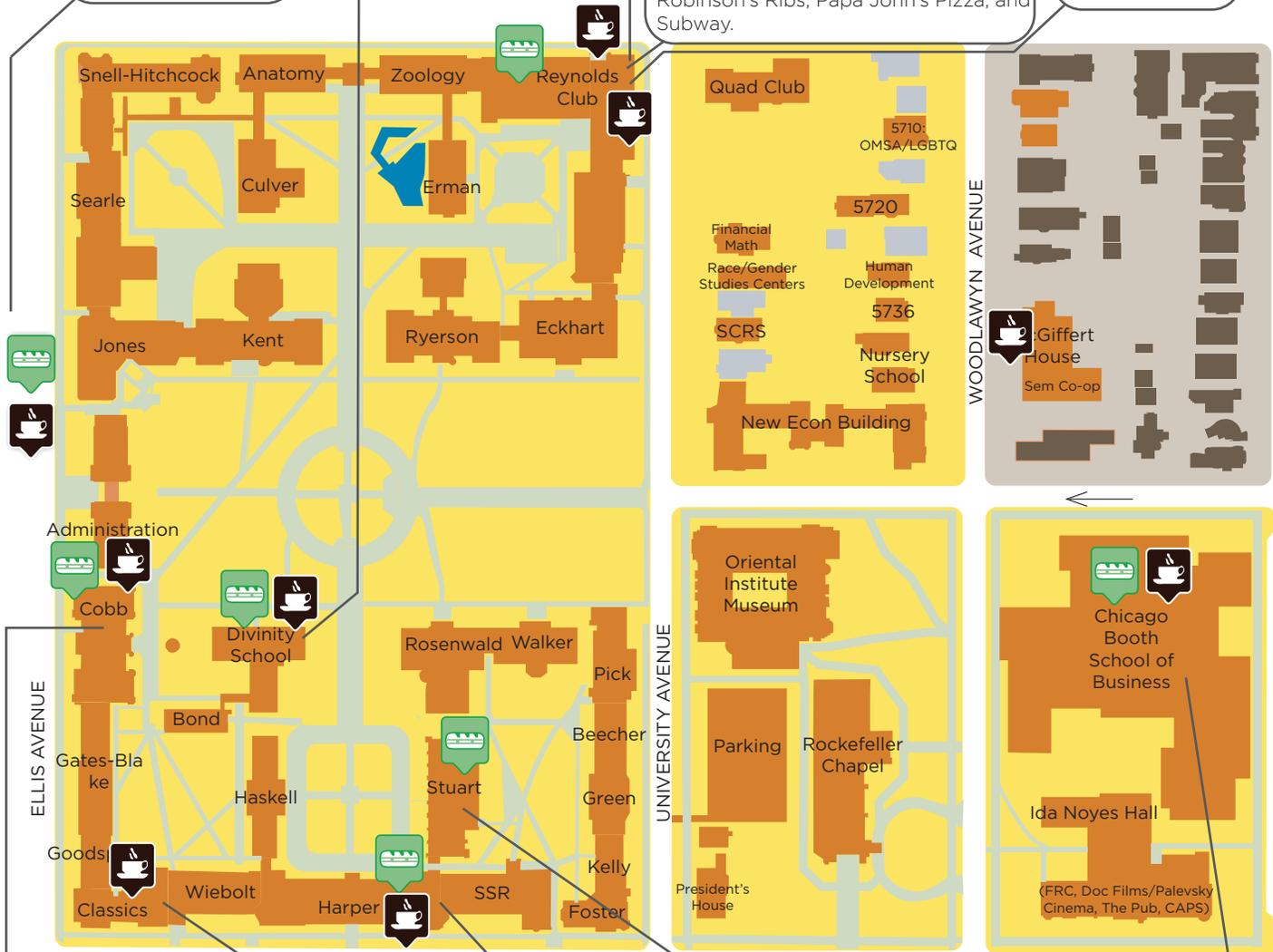
5706 S. University (The Reynolds Club)
Serving a variety of coffee and tea options, they also sell gourmet snacks and lunch/dinner platters from local restaurants.

Hutchinson Commons

5706 S. University (The Reynolds Club)
One of the main dining areas on campus, Hutch includes Qdoba Grill, Robinson's Ribs, Papa John's Pizza, and Subway.

C-Shop

5706 S. University (The Reynolds Club)
Bagels, coffee, salad, and sandwiches. On Wednesdays, milkshakes are \$1!



Cobb Coffee Shop

5811 S Ellis
Cheapest coffee on campus, plus food from local restaurants.

Classics Cafe

1010 E 57th St
The haunt of humanities students, Classics has typical cafe fare.

Common Knowledge Cafe

1116 E 59th St
Located on the 3rd Floor of Harper Memorial Library, Common Knowledge is adjacent to our 24-hour study room. You can find a variety of options to sate your tea and coffee cravings, as well as pick up meals from local restaurants.

Stuart Cafe

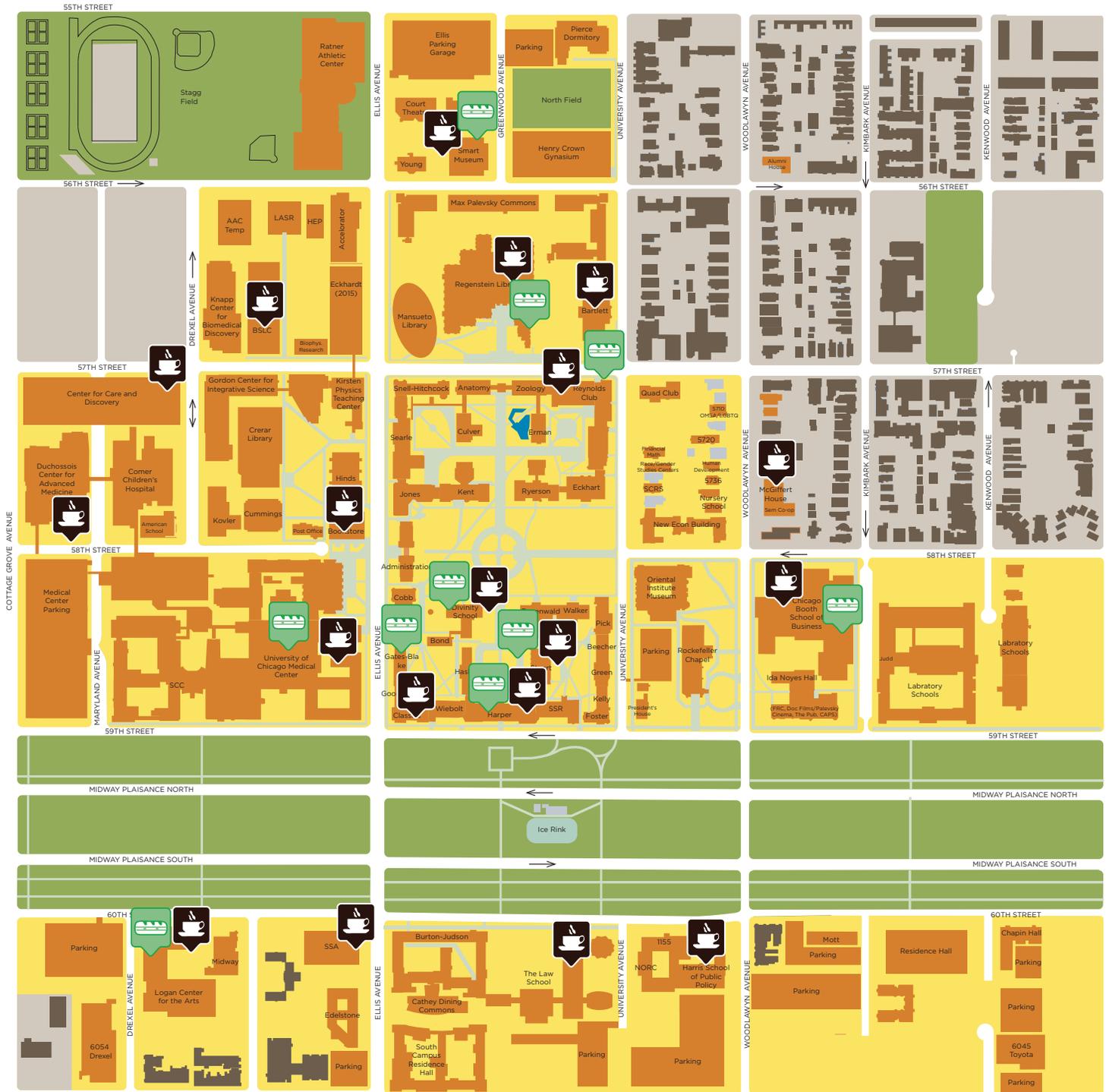
5835 S Greenwood
A small cafe in the basement of Stuart Hall which specializes in sandwiches and panini.

Kovler Cafe

5807 S Woodlawn (Booth School of Business)
A popular location amongst staff and faculty, as well as graduate students, Kovler boasts a wide selection of food offerings from salads and sandwiches to curry and pizza.



Beyond the main quad area, there are many other places to find food and coffee on campus. Below is a map of the entire campus with cafes and coffee shops marked.



Coffee/Cafe



Sandwiches and meals



Below are a few of our favorite Hyde Park restaurants. The reverse includes a map and list of restaurants in the area.

Snacks and Breakfast

Medici Bakery, 1327 E. 57th St.: This bakery has hot pasteries, coffee, take-out from the Medici restaurant next door, and some of the best milkshakes in Hyde Park.

Bonjour Bakery, 1550 E. 55th St.: This French bakery serves delicious rolls, quiches, and sandwiches as well as coffee and a variety of deserts.

Valois, 1518 E. 53rd St.: This famous Hyde Park cafeteria-style institution serves a wide variety of traditional breakfast foods including omelettes, pancakes, and french toast.

Z&H Market Cafe, 1323 E. 57th St.: Z&H is a small international food mart with a great deli and coffee bar. This is a good place to grab a sandwich and run if you are in a hurry.

Chicago-Style Pizza

Giordano's, 5311 S. Blackstone Ave.: One of the most popular deep-dish pizza institutions in the city is Giordano's. The Edwardo's vs. Giordano's debate is one of the University's more polarizing student rivalries.

Pizza Capri, 1501 E. 53rd St.: This more upscale pizza restaurant offers some very creative gourmet pies such as Eggplant, Thai Pie, and Rosemary Chicken and Potato. They also serve traditional Italian fare including salads, sandwiches, and pasta.

International

Noodles Etc, 1333 E. 57th St.: Noodles offers a large variety of Pan-Asian dishes (both noodle-based and otherwise), and is an unofficial student pick for 'Best Crab Rangoon' in Hyde Park.

Cedars of Lebanon, 1206 E. 53rd St.: This sit-down Mediterranean restaurant has shawarma, falafel, and some incredible kebabs.

Maravillas, 5506 S. Lake Park Ave.: This inexpensive Mexican diner is a popular choice among students for their late night hours and great value Mexican fare. Be sure to check out the burritos section on the menu!

Snail Thai, 1649 E. 55th St.: The Snail features delicious Thai cuisine with friendly service, affordable prices, and BYOB dining. Alternatively, check out the other Thai restaurants on the block.

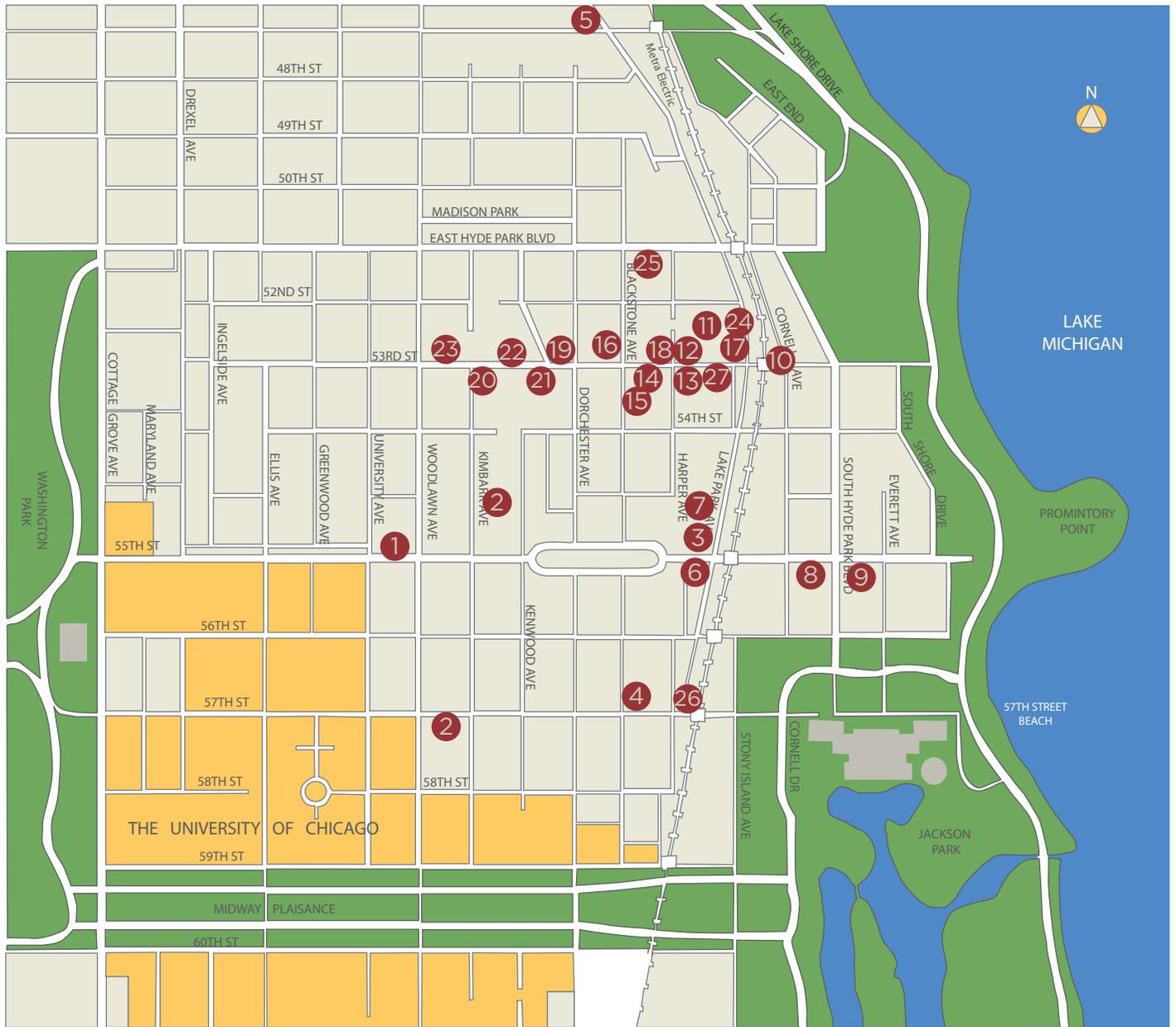
American-Style

Medici Restaurant, 1327 E. 57th St.: "The Med" is the long-standing classic hangout for students looking to grab dinner on a Saturday night. They have great salads, sandwiches, and pizza, but they are especially well-known for their burgers.

Salonica, 1440 E. 57th St.: Salonica is an old-fashioned diner with a Greek twist. Their menu includes great burgers, patty melts, and gyro sandwiches, and they serve breakfast all day (check out the Feta cheese omelette).

Clarke's Diner, 1447 E. 53rd St.: This 24-hour diner has a creative assortment of omelettes, pancakes, burgers, and free wi-fi, not to mention an impressive selection of pies, cakes, and milkshakes.

The Promontory, 5311 S. Lake Park Ave.: The Promontory specializes in contemporary American food, with many dishes cooked in a wood-fired oven. The restaurant also features a bar and live music every weekend.



Restaurants & Cafes

- | | |
|--|---|
| 1 Starbucks, The Nile, Bergstein's NY Deli | 15 Giordano's Pizza |
| 2 Z&H Marketplace, Medici Restaurant, Noodles Etc. | 16 Boston Market, Subway, Wok 'n Roll, Dunkin Donuts, Papa John's Pizza |
| 3 La Petite Folie, Bonjour Cafe | 17 Chipotle, Starbucks |
| 4 Salonica, Subway | 18 Five Guys, A10 |
| 5 Original House of Pancakes | 19 Zberry, Hyde Park Gyros, Nathan's Chicago Style, Wingers |
| 6 Jimmy John's, Maravillas | 20 Yusho Hyde Park, Pocket's |
| 7 Potbelly Sandwich Works | 21 Cafe 53, Litehouse Whole Foods Grill, Shinju Sushi |
| 8 Cafe Corea, Thai 55, Kikuya Japanese, Morry's Deli | 22 The Sit Down, Pepe's Mexican |
| 9 The Snail | 23 Leona's, Cedars Mediterranean, Nicky's Chinese, Harold's Chicken Shack |
| 10 Cholie's Pizza | 24 McDonald's |
| 11 Ja' Grill, Native Foods, Pork Chop | 25 Domino's Pizza, Uncle Joe's Jerk Chicken |
| 12 Valois, Mellow Yellow | 26 Istria Cafe |
| 13 Chant, Pizza Capri | 27 The Promontory |
| 14 Rajun Cajun, Clark's 24 Hour Diner | |



Campus Landmarks

International House

59th St. and Dorchester Ave.

International House is a dynamic residence that serves the greater Chicago community as a cultural center for programs of outstanding diversity. Activities include political and international films, dance and music, and cultural celebrations, as well as educational offerings, discussions, and debates on world issues.

Cathey Learning Center

Harper Quad, 3rd Floor of Harper Library Building

Originally the home of the Harper Library, in 2009 this 30,000 square foot area was converted to 24 hour study space. With its stained glass windows and impressive Neo-Gothic architecture, it is one of the most majestic spaces on campus.

Ida Noyes Hall

59th St. and Woodlawn Ave.

An 82,000 square foot facility originally designed to be a women's gymnasium and social center at the University, Ida Noyes hosts a variety of University events large and small as one of the two main student centers on campus, as well as Doc Films, the oldest student film society in the nation. The basement of Ida is also home to The Pub. Besides being a popular evening spot for graduate students and faculty, The Pub also boasts the most challenging trivia night in the city of Chicago (Tuesdays, academic year only).

Botany Pond

57th St. and Greenwood Ave., on the Quad

The University of Chicago campus is a nationally registered botanical garden, and some consider Botany Pond to be the highlight. See the ducklings in the spring and changing leaves in the fall.

Rockefeller Chapel

59th St. and Woodlawn Ave.

Named for John D. Rockefeller, one of the University's founders, this non-denominational chapel houses a 72-bell carillon, one of the largest musical instruments ever constructed. Convocation and graduate student orientation are held here, as well as weekly services and choir performances. Rockefeller also serves as the center of spiritual life on campus.

Gerald Ratner Athletics Center

Ellis Ave. at 55th St.

The work of famed architect Cesar Pelli, the award-winning Ratner Athletics Center features an Olympic-size pool and popular fitness center, as well as the University of Chicago Athletics Hall of Fame. Inside is the first Heisman trophy ever awarded, presented to UChicago student Jay Berwanger in 1935, and Edwin Hubble's basketball.

Seminary Co-op Bookstore

58th St. and Woodlawn Ave.

Founded in 1961 by 17 book lovers who invested \$10 each, this member-owned bookstore has well over 150,000 titles ranging across many disciplines. It is widely regarded as one of the best academic bookstores in the world.

The Reynolds Club

57th St. and University Ave.

The main student social center on campus, the Reynolds Club is a student union. Reynolds' dining and cafe facilities include two coffee shops as well as Hutchinson Commons, a grand dining hall reminiscent to some of the Great Hall in Harry Potter. Along with dining, Reynolds includes a study lounge, an auditorium seating 900+, a theatre, and a barbershop. The main corridor also serves as a marketplace for student organizations selling t-shirts, food, and tickets to events.



Historical Sites

C-Bench

In front of Cobb Hall

Once the spot for varsity athletes to sit with their dates, it is now open to everyone. If you stand in the center facing "1903" and speak, your voice will echo.

Jones Laboratory

57th St. and Ellis Ave., on the Quad.

A fascinating exhibit in the entrance of the building commemorates August 18, 1942—the day that scientists first isolated a pure compound of man-made plutonium. This was a milestone in the development of nuclear energy.

The Midway

Along 59th and 60th Streets between Cottage Grove Ave. and Lake Park Ave.

This park was the site of the World's Columbian Exposition in 1893, and remains a beautifully landscaped park area dividing the northern and southern portions of campus. The Midway includes several soccer and football fields often used by students for intramural games, as well as an ice rink and fieldhouse.

Henry Moore's *Nuclear Energy Sculpture*

On Ellis Ave, between 56th St. and 57th St.

This bronze sculpture is located at the site of the world's first self-sustaining nuclear reaction, Chicago Pile-1. It was dedicated in 1967 on the 25th anniversary of the splitting of the atom by Enrico Fermi.

Lorado Taft's *Fountains of Time Sculpture*

Cottage Grove Ave. and the Midway

Measuring 126 feet 10 inches (38.66 m) in length, this sculpture is situated at the western edge of the Midway Plaisance. Inspired by Henry Austin Dobson's poem "Paradox of Time" with its 100 figures passing before Father Time, the work was created as a monument to the first 100 years of peace between the United States and Great Britain, resulting from the Treaty of Ghent in 1814.

Arts & Museums

Oriental Institute

58th St. and University Ave.

One of the premier centers for the study of the Middle East, the Oriental Institute is a gem on this campus and a popular destination for visitors. The museum includes artifacts from ancient Egypt, Mesopotamia and Persia, as well as rotating special exhibits. Admission is free, though a donation is suggested. Closed Mondays.

Smart Museum

56th St. and Greenwood Ave.

The David and Alfred Smart Museum of Art houses a permanent collection of over 10,000 objects, spanning five millennia of both Western and Eastern civilizations. The Smart includes permanent exhibits as well as a number of temporary exhibitions. Admission is free, though a donation is suggested. Closed Mondays.

Frank Lloyd Wright's Robie House

58th St. and Woodlawn Ave.

Built in 1909, historians consider the Prairie-style Robie House to be the cornerstone of modern architecture. Owned by the University, it is in the final stages of an extensive renovation, and tours are available Thursday - Monday. Call 1-800-514-ETIX for advance tickets.

Logan Center for the Arts

60th St. and Ingleside Ave.

The Reva and David Logan Center for the Arts is a new multidisciplinary arts center at the University. Designed by renowned architects Tod Williams and Billie Tsien, the 184,000 square foot building includes a performance hall, exhibition space, two theaters, a screening room, performance penthouse, classrooms, studios, rehearsal rooms, performance labs, a digital media center including editing suites, a cafe, and more.

DuSable Museum of African-American History

740 East 56th Place.

The DuSable Museum of African-American history aims to promote understanding and inspire appreciation of the achievements, contributions and experiences of African-Americans through exhibits, programs and activities that illustrate African and African-American history, culture and art. Admission is \$8.00. Closed Mondays.



Buckingham Fountain

Congress Parkway and Columbus Dr.

A Chicago landmark located in famed Grant Park, the fountain was modeled after Latona Fountain at Versailles. The fountain runs every 20 minutes from April 1 to mid-October, from 8am to 10:45pm, with a light and water display from 9pm to 10pm.

Magnificent Mile

N. Michigan Ave., between Oak St. and the Chicago River

The “Mag Mile” is a portion of Michigan Avenue north of the Chicago river that contains a mixture of high-end stores, restaurants, office buildings, and hotels. The area also has a high concentration of the city’s major media firms and advertising agencies, including the Chicago Tribune. At Michigan and Chicago you will find the Water Tower, the most famous survivor of the Great Chicago Fire, next to the much newer eight-story Water Tower Place shopping center.

Field Museum of Natural History

1400 S Lake Shore Dr.

Some prized exhibits at the Field Museum include Sue, the largest and most complete Tyrannosaurus rex fossil skeleton currently known; a comprehensive set of cultural anthropology exhibits including artifacts from ancient Egypt, the Pacific Northwest, and Tibet; and a large and diverse taxidermy collection featuring many large animals, including two prized African elephants and the infamous Lions of Tsavo. The museum also regularly hosts travelling exhibits from around the world.

fieldmuseum.org



Millennium Park

103 N. Michigan Ave.

A recently redeveloped section of Grant Park which features the Pritzker Pavillion band shell, Cloud Gate (a gleaming silver sculpture more commonly referred to as “the Bean”), and a beautifully landscaped garden. The park also features Crown Fountain: two towers built of transparent glass blocks, with LED videos of the faces of some 1,000 Chicagoans projected on to the towers. At different intervals, water cascades down the images and streams out of the face’s “mouth.” A number of summer festivals are also held here and in the surrounding Grant Park.

Art Institute of Chicago

111 S. Michigan Ave.

The Art Institute is known especially for its extensive collection of Impressionist and American art, like *Sunday Afternoon on the Island of La Grande Jatte*, *American Gothic*, and *Nighthawks*. The Institute’s new Modern Wing, designed by renowned architect Renzo Piano, opened in 2009 and makes this the second-largest museum in the US.

artic.edu

Shedd Aquarium

1200 S. Lake Shore Dr.

Located on the same museum campus as the Field Museum, the Shedd is the second largest indoor aquarium in the world with five million gallons of water and over 20,000 fish. The aquarium includes recreations of a Philippine coral reef (complete with five species of sharks), and a Pacific Northwest cove (including several whales and dolphins, and a very friendly sea lion).

sheddaquarium.org



Museum of Science and Industry

5700 S. Lake Shore Dr.

Housed in the only in-place surviving building from the 1893 World's Columbian Exposition, the MSI is located less than a mile from the University of Chicago. Permanent exhibits include the Coal Mine which recreates a working mine; the U-505 Submarine, the only German sub captured by the US during WWII; and Science Storms, a hands-on exhibit featuring a 20-ft Tesla coil and 40-ft high tornado vortex simulator.

msichicago.org

Lincoln Park Zoo

2200 N. Cannon Dr.

One of the oldest zoos in the nation, the Lincoln Park Zoo is one of the few zoos in the US with free admission. Part of a 1,208 acre public park ranging along Lake Michigan, the zoo is home to over 1,200 animals including polar bears, lions, monkeys, and lizards. Lincoln Park also boasts the Lincoln Park Conservatory, the Chicago History Museum, the Peggy Notebaert Nature Museum, the Alfred Caldwell Lily Pool, and a theater on the lake with regular outdoor performances during the summer.

lpzoo.org

Willis Tower

(formerly the Sears Tower)

233 S. Wacker Dr.

At 1,430 feet high- 1,730 feet including the twin antenna towers- the Willis Tower is one of the tallest occupied buildings in the world. Visibility from the Skydeck is approximately 40-50 miles, making it the best view in Chicago. From there, you can see four states: Illinois, Indiana, Wisconsin, and Michigan. The Skydeck is open 9am to 10pm daily.

Sporting Venues

Chicago is home to a variety of major league sports teams. If you are interested in baseball, the South Side is home to the Chicago White Sox (U.S. Cellular Field, 333 W. 35th Street), while the North Side boasts the Chicago Cubs (Wrigley Field, 1060 W. Addison Street). While baseball may divide the city, support for the Chicago Bears football team (Soldier Field, 1410 S. Museum Campus Drive), the Blackhawks hockey team, and the Chicago Bulls basketball team (United Center, 901 W. Madison Street) brings it back together. Chicago also hosts a Major League Soccer team, the Chicago Fire (Toyota Park, 71st St. & Harlem Ave.), and a WNBA team, the Chicago Sky.

Theatre

If you are a theatre-lover, Chicago is a fantastic city to live in or visit. Besides boasting two renowned improvisational theatre companies (Second City and i.O.), there are five downtown theatres are operated by Broadway in Chicago. Past shows have included *Wicked*, *Jersey Boys*, *The Book of Mormon*, *West Side Story*, *Evita*, and *The Phantom of the Opera*. Chicago also is host to the historic Steppenwolf Theatre Company and the Goodman Theatre, as well as one of the best orchestras in the world, the Chicago Symphony Orchestra. Navy Pier, one of Chicago's major tourist attractions, also includes the Chicago Shakespeare Theatre, with tickets for those under 35 only \$20.



breathing room



Every Thursday, 3–5 pm
at the new Spiritual Life space
in Ida Noyes (034)
spirit.uchicago.edu

Inhale. Exhale. Repeat.

Relax, talk with a friend, draw a mandala, enjoy the quiet of the meditation space, or hang out with Spiritual Life staff—every breath is yours. Light refreshments.



**SPIRITUAL
LIFE**

UCHICAGO

Meditation and Yoga

AT ROCKEFELLER CHAPEL | BOND CHAPEL | SPIRITUAL LIFE

Come in out of the cold.

Find time to still your mind and body.

It helps.



MEDITATION

Twenty Minutes Still

EVERY WEEKDAY, 8 AM ROCKEFELLER

Just what it sounds like—twenty minutes of meditation at the beginning of the day in the quiet beauty of Rockefeller. Come any day.

Mindfulness Meditation

EVERY MONDAY, 1 PM, AND EVERY WEDNESDAY, 2:30 AND 3 PM ROCKEFELLER

Mindfulness meditation, not connected to any religious tradition, taught by Ginger Carr.

Zen Meditation

EVERY WEDNESDAY, 5 PM ROCKEFELLER

5 pm instruction for beginners; 5:30 pm half an hour of Zen meditation, followed by a dharma talk or discussion. With Nyozan Eric Shutt of Chicago's Ancient Dragon Zen Gate, in partnership with Rockefeller Chapel.

YOGA

Restorative Yoga

EVERY TUESDAY, 5:30 AND 6:45 PM ROCKEFELLER

Meredith Haggerty's weekly Rockefeller session of restorative yoga (stretching out those tense spots), presented twice. Bring your mat if you have one, and wear comfortable clothing.

Gentle Yoga

EVERY THURSDAY, 4 PM BOND CHAPEL

Gentle yoga moves taught by Meredith Haggerty at the exquisite Bond Chapel. Bring your mat if you have one.

AT SPIRITUAL LIFE

Breathing Room

EVERY THURSDAY 3-5 PM SPIRITUAL LIFE IDA NOYES 034

Inhale. Exhale. Repeat. Relax, talk with a friend, draw a mandala, enjoy the quiet of the meditation space, or hang out with Spiritual Life staff—every breath is yours. Light refreshments.

Meditation Room

OPEN DURING BUILDING HOURS SPIRITUAL LIFE IDA NOYES 034

Enjoy the peace of a technology-free space that is open for meditation, reflection, quiet, stillness, and prayer. Accessible with a University ID, email spirit@uchicago.edu to gain access.



THE UNIVERSITY OF
CHICAGO

Campus &
Student Life

SPIRITUAL LIFE

spirit.uchicago.edu | Ida Noyes Hall 034

Groundbreaking research thrives on ready access to a wealth of scholarly materials and inspiring spaces for their exploration. The Joe and Rika Mansueto Library gives us both.

Judith Nadler

Director and University Librarian

The **Joe and Rika Mansueto Library** at sunset.
 Photo by Tom Rossiter.



Welcome to the University of Chicago Library



Treasures await you in the **Special Collections Research Center**. Photo by Dan Dry.



From **eJournals** to **article databases**, access the Library's online resources on and off-campus.



Librarians with expertise in different fields are happy to help you. Photo by Jason Smith.

Collections

With over 10.7 million print or electronic volumes in **six campus libraries**, the Library is one of the largest and richest collections in the world. Explore the book stacks or visit the Special Collections Research Center to view our rare books, manuscripts, and archives.

E-Resources

The Library subscribes to over 1.1 million **eBooks**, 100,000 **online journals and periodicals**, and 900 **research databases**. Most of these online resources can be found on the **Library's website**. Just enter your **CNetID** to access these resources off-campus.

Expertise

If you need help navigating our resources, librarians are available via e-mail, phone, IM or text through our **Ask a Librarian** service. Do you have a paper due? Schedule an appointment with one of the Library's **subject specialists** about your project.



Photo by Lloyd DeGrane.

UBorrow and Borrow Direct

University of Chicago students can utilize two services to gain rapid access to books that are checked out or otherwise unavailable from the Library. Borrow Direct provides access to more than 50 million volumes from the circulating collections of Brown, Columbia, Cornell, Dartmouth, Harvard, MIT, Penn, Princeton, and Yale libraries. UBorrow provides access to materials from 13 major research libraries part of the Committee on Institutional Cooperation (CIC), which is comprised of the universities of the Big Ten Conference. For more information, visit: www.lib.uchicago.edu/ill.

Library Research Guides

Learn about the various library collections and services available for your field of study by viewing our research guides: guides.lib.uchicago.edu. Library research guides list sources and databases recommended by the University of Chicago Library's subject librarians. Browse our guides by subject area, department/program, or by type of resource. For more information about our collections, feel free to contact the librarians listed on the guide.



Access the Library's resources from your laptop, phone, or tablet. Photo by Jason Smith.



Practice presentations in Crerar before you deliver them to a larger audience. Photo by Jason Smith.



From soft seating to carrels, you'll find a perfect study space at the Library. Photo by Michelle Litvin.

Technology

Wireless access and computers are available at all libraries. Laptops and iPads™ can be checked out from the **IT Services TECHB@R** on the 1st floor of the Regenstein, which also provides drop-in tech support. **Copy, print, scan, or fax** documents in the Library for a fee using your UChicago ID card.

Multimedia

The Library has extensive **film** and **music** collections. While most music CDs can be checked out from Recordings Collection in Regenstein, DVDs and videos are located in every campus library. The Crerar Library **loans video cameras** and projectors for creating films or recording presentations.

Study Spaces

Looking for a quiet corner to read? Or, would you like a place to work on a project with friends? From **spacious reading rooms** to **group study**, a wide variety of study spaces are available at our campus libraries. For a quick snack, drop by the Regenstein Library's **Ex Libris Café**, where food is allowed.

Job Title	Postdoctoral Fellow	Postdoctoral Scholar
University Employee	No	Yes
Funding	Grant or fellowship paid as stipend ¹	Grant or fellowship paid as salary
Compensation	NIH NRSA minimum	
Appointment Length	Generally 1 year appointments	
Eligibility	Within 5 years of award of degree. See U of C Postdoctoral Researcher Policy Manual: http://bsdpostdoc.uchicago.edu/sites/bsdpostdoc.uchicago.edu/files/uploads/postdoc_policy_manual_Oct2012.pdf	
Term Limit	Maximum 5 years postdoc experience at UChicago and elsewhere, for BSD Postdocs	
Leave Policy	4 weeks paid vacation, 12 days paid sick leave per year. This time may be used as parental leave. <i>Ineligible</i> for Family Medical Leave Act and leave of absence as a non-employee. Short/Long term disability coverage is through Garnett-Powers.	4 weeks paid vacation, 12 days paid sick leave per year. This time may be used as parental leave. Eligible for Family Medical Leave Act and leave of absence after 1 year of employment. Short/Long term disability coverage is through Garnett-Powers.
Health Insurance Plans	All postdoctoral fellows and scholars have the option of health, dental, and vision care managed through Garnett Powers and Associates http://www.garnett-powers.com/uchicago/ .	
Life Insurance	Starts at \$50,000 at no cost to postdocs. This life insurance also covers repatriation of remains for foreign citizens	
Benefits eligible	No. Can purchase benefits coverage through the Garnett-Powers	Yes. Benefit costs are payroll-deducted ²
Retirement Benefits	Included in Supplementary stipend. Contribution cannot be made to University fund as a non-employee	Retirement plan for University employees. University contributes 3.0% of your pay after 1 year of employment . Matching up to 8%
Supplementary stipend for benefits coverage Effective Jan 1, 2004 Updated July 1, 2016	\$1,800 / year (if health insurance funding provided by outside source) for dental, disability and life insurance, retirement and taxes; \$8,500 / year (if health insurance funding not provided by outside source)	No
Taxes	No payroll deduction ³ . Estimated taxes filed quarterly.	Payroll deduction.
Visa restrictions	Cannot have H1-B visa status or be sponsored for permanent residency	May have H-1B visa status. Cannot be sponsored for permanent residency
Mentoring program	Yes	
Eligible for University Housing	Yes. Staff/faculty and student rental housing.	
Other Benefits	Perspectives Employee Assistance Program . Reduced UChicago Gym Membership. Access to the Family Resource Center. Professional Development: Mentor Training for Postdocs, myCHOICE, NRMN-CAN, weekly PDA seminars and special events	

¹Find out if your fellowship can be used as a salary. If it can, you can be a Postdoctoral Scholar and a benefits eligible employee

²For benefit deductions through payroll visit **Workday** at <https://workday.uchicago.edu>

The following benefits are not available for postdocs: Lab Schools Tuition, Reduced UChicago Tuition, Pre-tax Commuter benefits, Employer-Assisted Housing Loan Program, Staff Loan Programs