

Thank You Notes from Postbacs

Thank you to the postdocs in my lab for your patience in teaching me so many new techniques and answering all my (dumb) questions. Thanks to your support I've learned so much! ~ *Amogh Kashyap, NIA*

Thank you so much for your mentorship and guidance, and a special thank you to Dr. M. R. and Dr. A. D.. You both have truly been an immense help in various lab initiatives, and I am very grateful for your support. It has been a pleasure to work alongside you both, and I look forward to future work endeavors. Thank you so much again for all that you do! ~ *Amy Kwarteng, NIDA*

Thank you W.-C. for being a good mentor! You've been guiding me since day 1 and I really appreciate your guidance and patience! I couldn't have asked for a better mentor :) ~ *Ana Johnson Escauriza, NICHD*

Thank you all so much for taking time out of your busy schedules to teach me how to become a better scientist. I am truly thankful for this experience! ~ *Andrew Torrence Bynum, NIDCR*

F., V., and G.: Thank you for all of your support, guidance, time, and effort! We appreciate you!! ~ *Anna Pearson, NIMH*

Thank you so much for your guidance and help! ~ *Annie Lee, NHLBI*

Thank you so much for your hard work in the lab and dedication to mentoring us new post bacs. It makes such a difference in our careers and we are so grateful to you! ~ *Anonymous, NCCIH*

Thanks for always helping us through research struggles. We can be slow as trainees sometimes but we really appreciate it :) ~ *Anonymous, NCI*

You guys are the coolest mentors. Thank you for performing amazing new research. ~ *Anonymous, NCI*

Postdocs of LNI at NIAAA are amazing people. Thank you for your work and dedication to research and the people it serves. You make our lab a great one!! ~ *Anonymous, NIAAA*

Thank you so much to all of our postdocs who mentor us so kindly and help us build our research skills! You are great mentors to look up to! ~ *Anonymous, NIAAA*

I. Y. you're fantastic! Thank you for always being a rock and a fantastic person to turn to in times of need. You bring sunshine to our lab and it's a better place for it! Thanks for all that you do :) ~ *Anonymous, NIAID*

J. B. is the best! Thank you for your endless patience, caring and support the past two years. Your craft and dedication not only to your research but to mentoring is inspiring day in and day out. Thank you for all that you do! ~ *Anonymous, NIAID*

Thanks so much for all your hard work, with helping me get started and answering my questions and helping me with data. I don't know what I'd do without you all. ~ *Anonymous, NIAID*

Thank you for your mentorship and willingness to share your knowledge! HAPPY POSTDOC APPRECIATION WEEK! ~ *Anonymous, NIAMS*

Thank you so much for helping me get adjusted to the lab and being approachable and welcoming. I appreciate your dedication and want to thank you sincerely for all of your hard work. ~ *Anonymous, NIBIB*

Thank you for all you do! ~ *Anonymous, NICHD*

Thank you for training and giving post-bacs the opportunity to apply their knowledge and do real science ~ *Anonymous, NICHD*

Thank you!! ~ *Anonymous, NICHD*

Thank you for constantly helping me and providing various resources. I am grateful that you take time out of your busy schedule to provide adequate mentorship. ~ *Anonymous, NIDA*

To all of the Postdocs in Dr. Schoenbaum's Lab,
Thank you for always being so incredibly friendly and easy to talk to. I appreciate your enthusiasm for science and friendship! ~ *Anonymous, NIDA*

Thank you for all of your excellent mentorship! :) ~ *Anonymous, NIDCD*

Though I haven't been here too long, I am very impressed and amazed by the amount of knowledge and professionalism the post-docs show on a daily basis. Being a post-bac, I am happy to have such amazing fellows to look up to! ~ *Anonymous, NIDCD*

I am so grateful to have such fantastic and helpful postdocs in my lab group! Thank you for being such great mentors, it is really appreciated! ~ *Anonymous, NIEHS*

M. E. is an amazing boss and mentor. Not only does he take the time to break down things and explain them in detail, but he has a wide range of knowledge about his field and has answers to nearly every question one could have about the brain. Additionally, he takes time to work with post-bacs and ask about their career aspirations, future interests, short, and long term goals, and how they can work to achieve these aims at the NIH. He is motivating and driven, while

also being understanding of personal circumstances and difficulties in work. M. is a wonderful boss, a great mentor, and a genuinely good human being. ~ *Anonymous, NIMH*

Thank you for taking initiative and being patient with me! ~ *Anonymous, NIMH*

Thank you to my postdoc for teaching me new techniques, and supporting me on all my scientific endeavors! I feel much more prepared for graduate school with all your mentorship, guidance, and support. :) Thank you! ~ *Anonymous, NIMH*

Shoutout to all the amazing researchers in the Nath lab! Every single person in the lab is so enthusiastic and so willing to take time out of their day to talk about their work with the postbacs and newer scientists - all of that extra time you spend on us is greatly appreciated!! :) ~ *Anonymous, NINDS*

Thanks for all the help you give the IRTAs, especially the new ones! ~ *Anonymous, NINDS*

Here is a thank you in advance! It just hit me that I'm surrounded by doctors, equally brilliant and compassionate individuals. I am grateful for your unending support, patience, and wisdom. Please know that you have an impact not only on my success in lab, but also on my future! ~ *Anonymous ;), NIDDK*

I am shouting out my post doc Dr. H.-R. K. in the Yoo Lab! Thank you for ALL the help, support, humor, and brotherhood. I appreciate you so much :) ~ *Anthony Omole, NCI*

The Postdocs in the Hannenhalli lab are the BEST!!! Shoutout to V., A., G., P., and O.- what a fantastic bunch right here. ~ *Arati Rajeevan, NCI*

Since starting a month ago. Dr. G. has been more than supportive and a fantastic teacher. I am really excited to see what we will accomplish during the time that I am here. Thanks E.! ~ *Benjamin Klein, NIDA*

Dr. K. M. has only been on the team for a short time, but she has already made a big impact! She was direct and assertive enough to get me to open up about my career changing plans. She has not only been an incredible mentor and role-model in the projects we work on together, but she is also a very understanding and fun person to speak with on personal topics. I am so thankful for rockstar postdoc Katherine! ~ *Brianna Meeks, CC*

Thank you to J. B. and I. Y. for bringing a positive attitude into the lab each day (and putting a smile on my face!), being wonderful role models through the projects and thought processes you share, and always being willing to answer my questions! ~ *Caroline Kreitzer, NIAID*

Thank you, R. & T., for all the incredible work you guys do, and for being so supportive and kind to us postbacs! We are so grateful & we appreciate you so much!!! :) From - Mosufa, Karolyn, Andrew, & Caroline ~ *Caroline Rothermel, NHGRI*

J.-Y.: Thank you for showing me the ropes and teaching me new protocols and techniques in the lab. You have been so patient despite me asking you so many questions!! We appreciate you! ~ *Cecily Choy, NIA*

For National PostDoc Appreciation Week, I would like to say thank you to Dr. E. P. G. for being such a wonderful mentor and teacher. I am truly grateful for all you do! ~ *Charli Gruen, NCI*

Huge thank you to Dr. E.H. and Dr. M.-T. B.! Thank you for training & supporting me and answering all my questions. You are awesome. You are the best colleagues I could ever ask for! ~ *Chloe, NCI*

I am eternally grateful for the constant guidance and support given to me by my post-doc mentor. She always encourages me to believe in myself and trust my scientific abilities. I am learning from her everyday! ~ *Courtney Quick, NIMH*

Our postdocs, J. B., K. S. and A. B.-H., are always receptive to new ideas and brainstorming sessions. They help us navigate through complex thought processes and challenges, even virtually, and we appreciate it! Big thank you to them! :) ~ *Destiny Schrieffer, NIDA*

A., our post-doc, is absolutely wonderful. He goes above and beyond to share his knowledge and teach us. I have learned so much in such a short amount of time, and I am truly grateful to be a part of this lab. ~ *Diana Lopez, NIMHD*

Thank you for all of your hard work! Our experience in the lab would not be the same without you. ~ *Elena Wei, NIAID*

So grateful for the warm welcome and help transitioning to work in the lab! ~ *Elisabeth Buvarp, NIA*

Thanks for everything, T.!! You've been a great teacher and we appreciate all the time you put in to teach us. We were both just remarking the other day that we're impressed how much we've learned just in our first year and we're so grateful! :) ~ *Elizabeth and Nicol, NICHD*

I want to thank Dr. R. A. for her mentorship! She helped me feel at home at NCI from day one and always provides excellent support and advice. ~ *Emily Pearce, NCI-DCEG*

I want to thank Dr. Y.W. for her help with many projects since I came to NCI. Dr. W. is such a warm person and always available for any questions. ~ *Emily Pearce, NCI-DCEG*

Postdocs are the shining light that is everything my career currently burns on. I've never felt more in good hands than with the postdocs at the Michaelides lab, J. and O., who are patient and happy to share a wealth of knowledge. Their experiences and expertise are invaluable to the work and to my everyday. Thank you!! ~ *Emilya Ventriglia, NIDA*

Thank you X. and N. for welcoming & guiding me through the first few weeks! I appreciate you taking your time for me despite all the lab work you have to catch up and finish. I am blessed to have both of you as my mentors! =) ~ *Eunyoo Kim, NEI*

Dear Postbacs of LNI,

Thank you for being so welcoming these past few months as I have been getting started in the lab! You have all been super helpful and have conveyed the awesome sense of community in LNI, even when things have been virtual. I am excited to meet everyone in person and to continue working with all of you in the future!

-Evan ~ *Evan Dennis, NIAAA*

R. C. is the best postdoc anyone could ever ask for! He works so hard every single day and we have learned so much under his wing. We appreciate everything you do for us! Thank you so much R.!

-the postbaccs ~ *Gabi Schwartz, NIBIB*

Thank you, J.!

I have learned so much from you as my mentor! Thank you for being patient, friendly, and considerate! I greatly appreciate all the time that you have dedicated to provide excellent training for me at NIDA! Thanks!

Sincerely, Ian ~ *Ian Chambers, NIDA*

Thank you for helping me become the researcher and academic that I strive to be. ~ *Isaac Morales, NIMH*

I am grateful to be surrounded by such amazing people. Special thanks to K. for being a great mentor and making me feel comfortable. ~ *Jacob Kuba, NICHD*

Thanks for your hard work and mentorship! ~ *Jenna Sanfilippo, NIDA*

I can't thank my postdoc mentors enough for all the help and advice that they are always willing to give. The value that they bring to my training is immense and I owe a large part of my happiness and success as a trainee to them! ~ *Jodie Lunger, NCI*

I'm grateful for the post-docs' exemplary leadership! I'm also appreciative of their mentorship and attention to detail which I know they have learned from experience. My experience at the NIH has been great because of the guidance from postdocs in my lab and I wish them well in their careers! ~ *Jorge Murillo, NINDS*

Thank you so much to the postdocs for their amazing research and mentoring to the postbac community! Your commitment to excellence and dedication to building up others is truly inspirational. ~ *Joseph Blommer, NIA*

E. F. has been a tremendous mentor for me since the start of August. From the readings she recommends to the protocols I have shadowed to learn about, her attention to detail and precision is outstanding. I have only been here one month, but I feel like I've learned the amount of information taught in a one semester long biology class. She fosters an intellectually stimulating environment for me, which makes me grateful to have a postdoc mentor who cares so much about my growth as a scientific researcher. ~ *Josh Carreras, NCI*

Postdocs make the world go 'round ~ *Joshua Arias, NCI-DCEG*

While I have recently began my traineeship, in addition to the support received by the senior lab members and staff, I have been met with such kind support by other post-bacs via zoom, Webex, and email. Fellow post-bacs, thank you!! you have made my transition into this position at the NIH that much more wonderful!! ~ *Kanique Thomas, NINDS*

I am fortunate enough to have two postdocs guiding and mentoring me through this experience as a postbac IRTA and I cannot even begin to express how thankful I am for all that they do. They are incredibly kind and caring. Both have created an atmosphere that has allowed us to bloom as young scientists. Thank you so much for all that you do! ~ *Karolyn Garcia, NHGRI*

Our fantastic post-docs, Dr. T. and Dr. B., truly make the lab go 'round. They always have fantastic comments about our research projects and are great at fostering a welcoming environment for post-bacs such as myself. Thank you post-docs for all the work you do! You are the greatest!! ~ *Kaveri Curlin, NHLBI*

Thank you so much for all the work you do to help us - whether that's by training us and teaching us your skills, encouraging us to get involved in the greater scientific community, or simply by serving as a great role model as we become true scientists ourselves. ~ *Knicki Bergman, NCI*

A.- thanks for all your hard work, patience, and sage-like advice whenever I need help! ~ *Kriza Sy, NIAID*

H. W. A. has been an incredibly patient, kind, and diligent mentor to me in my short time under her guidance. Her invaluable knowledge and expertise made my transition to the lab and NIH campus as stress free as possible, and her warmth makes learning easy and exciting. I appreciate all that she does for me in the lab and behind closed doors, and all the time she dedicates to me learning and project. She is a shining example of all that a mentor should be, and I hope to carry the lessons she teaches me into my future as a scientist and aspiring mentor. ~ *Kyla Roland, NICHD*

Thank you Dr. J. L. for your expertise and mentorship in the Section on Mood Dysregulation Disorders! ~ *Lynn Nguyen, NIMH*

To both of my postdocs, thank you so much for your hard work and for your mentorship. And to all postdocs at the NIH, thank you for everything you do. ~ *Mariajose Franco, NCI*

Thank you so much to the Section on Development and Affective Neuroscience (SDAN) postdocs for all you do for our lab! Thank you especially for your support, encouragement, and mentorship to my fellow postdocs and me! You are so appreciated!! ~ *Marisa Meyer, NIMH*

PostDocs have made me feel very welcome at NIH, and are great role models. Their passion for work and life create a great group of role models to look up to. ~ *Michael Stack, NIAID*

I am so grateful for my PI/PostDoc mentor, Emily Speranza. Her kindness, encouragement and patience have truly made me feel like I belong and that I will succeed. I admire her intelligence, wisdom, work ethic, resilience, strength and compassion. I am so grateful to have a mentor who laughs easily and has a heart for teaching me how to be the best I can be. I hope to follow her model and to pay it forward in my future. Thank you so much Emily! :) ~ *Natalia Christian, NIAID*

Thank you so much for your scientific advice, always answering my long list of questions (lol), and being so supportive of my work and future goals. You have encouraged me to think outside the box as a growing scientist and I really appreciate your dedication and patience. I look forward to working with you more in the future and I pray that all your future projects go well. God bless you and keep going! You can do it! :D ~ *Olivia Parker, CC*

Thank you for all that you do! I appreciate the time you take to teach and learn with other fellows. ~ *Princess Ekpo, NCI*

From the short time I have been working at the Leopold Lab, I have been very appreciative of Dr. D. Z. and his patient and thoughtful mentoring skills. During our meetings, he always provides a safe space for me to ask questions and is happy to expand on topics that are of interest to me. His answers are consistently insightful and described in a way that is easy to understand, which is especially helpful when discussing dense concepts. Thank you, Daniel! ~ *Rebecca Bhik-Ghanie, NIMH*

Thank you for your patience with the endless questions. Thank you for helping me become an independent and capable researcher in the lab. You make all the difference! ~ *Rebecca Woods, NEI*

KAT is a top-tier mentor. She expertly balances encouraging me to be independent and collaborative at the same time. She always makes time to TALK1 if I need help or direction on my work.

Thank you K.! You ROCK!! ~ *RNPC, NIDA*

Thank you Dr. C. V. and Dr. R. J.-L. for all the techniques and professional growth I learned. ~ *Rodrigo Ortiz Figueroa, NINR*

Thank you for all your hard work. We appreciate your bright minds and all that you do to advance the NIH mission. Also, working with you each day both in person and virtually is a way for young trainees like myself to learn from you and appreciate your mentorship. ~ *Samuel, NIA*

Thank you so much for all the amazing work you do! You bring so much to the teams and labs here and we are thankful for you! ~ *Sarah Burnash, NCI*

To our amazing post-docs, and especially D.: Thank you so much for your mentorship and guidance. It's impossible to count every way you have taught, encouraged, and helped me since Day 1 through thick and thin -- both in and outside of the lab. I count myself incredibly lucky to work with you amazing and visionary scientists. ~ *Sarah Chong, NIEHS*

Shout-out to D. for being an awesome Postdoc! I've really enjoyed working with you so far ~ *Sarah Claypool, NIDA*

Thank you all so much for your mentorship and guidance during my time at the NCI so far! Although it has been different than expected due to the pandemic, I have still felt like I can come to you with any questions. Thanks for making me feel like part of the team! I appreciate all your hard work :) ~ *Shadin Ahmed, NCI*

S. was such a warm presence for me during my first few weeks at the NIA. She was so helpful when it came to figuring out my transportation, which was a tough situation for me. I'm so lucky to have her near my lab bench to make me feel more comfortable and supported! :) ~ *Sonali Singh, NIA*

I want to thank Dr. T.-A. for always being supportive and taking the time to teach me thoughtfully. I am so grateful to work with such a wonderful mentor! ~ *Sophia Lookingbill, NCI*

Hey R.,
Although the past few months weren't what we really expected, I just wanted to thank you for continuing to be such an awesome mentor to me, D., and G., as well as for keeping the science going during this whole virus fiasco. Here's to another successful and productive year! ~ *Stephen Xu, NIBIB*

To the PostDocs.

To the mentors that never were our official supervisors, yet have taught us more than we realize at the time,

To the bleary eyed fellows who have put in more hours than you can count just for the love of discovering something new,

To the clinicians who may not realized it, you have inspired trainees like me to follow a path in your career field because you have made it so exciting.

To the scientists who work at crazy odd hours and will keep us way past bedtime, but will order in food to lure us back into lab to teach us something new,

To the visiting fellows who share, not just your knowledge of science, but also your culture and customs that make us try new things,

Thank you.

You show us what we can be and the amazing things we can do in the future. We hope to make you proud.

Sincerely, A Bewildered PostBac ~ *Sunny Greene, NHGRI*

Thank you so much for all of the postdoctoral fellows that have helped to train me and other postbacs! ~ *Taylor Foreman, NIAAA*

T. is an amazing mentor who always takes the time to make sure we are prepared and doing our best! He takes the time to answer all our questions and always makes sure to guide us in any way that he can. We are incredibly thankful to have him in our lab as our postdoc! ~ *Ted Han, NHGRI*

I would like to say thank you to L. A., our CRA postdoc in Alewine's Lab. I started my postbacc journey not too long ago, and she has made it much easier than I had imagined. I would have been working in the dark without the help and guidance I have received from Leela. Thanks for everything, and I wish you all the best! ~ *Theresa Ewa, NCI*

I want to thank my postdocs for their patience when they had to explain procedure multiple times or answer my stupid questions and just deal with me as I learned how to work in the lab. They were so kind and understanding and VERY good teachers. I couldn't ask for better ones! ~ *Tylisha Gourdine, NIAID*