Each September National Postdoc Appreciation Week (NPAW) is held in the U.S. to celebrate postdocs. Below, you will find events for PSU's weeklong celebration. You can sign up for the individual events using the links found in their descriptions. If you sign up, please be sure that you show up as accurate counts of attendees are needed for reservations and purchases. Sign up deadlines are put as late as possible, and you may revise submissions so that you have the flexibility to decide close to the onset of the event.

**SUNDAY 9/18**

Come hike with us at Coyler Lake on Sunday, September 18 at 3:00 PM! This is a 2.7-mile beginner-friendly loop around the lake. Directions can be found [here](https://www.psupostdoc.org). Bring a small pack, comfortable clothing, water, sunglasses, comfortable walking shoes, and snacks. Please note that you are responsible for your safety on this outing. Family, friends, and pets are more than welcome as well! If you’d like to join, please sign up [here](https://www.psupostdoc.org) by noon on Saturday, September 17. We will need to provide transportation for postdocs who do not have it, so help with rides is much appreciated and can be noted on the sign-up form. Address questions to Primal Pappachan at primal@psu.edu or [here](https://psu.zoom.us) on the Postdoc slack channel.

**MONDAY 9/19**

What better way to celebrate NPAW than by professionalizing how we, as Postdocs, present ourselves online and for job interviews? This year V2M Studios will be on campus taking headshot photos on Monday, September 19th, in 307 Mueller from 11 AM to 1 PM. Each participant will get a 3-minute video with our professional photographer. Please bring a nice shirt, as a great headshot. Afterward, you can log in to a website and choose your photos for download; Sport an adorable smile and you will be assigned on a first-come, first-serve basis, so please sign up [here](https://www.psupostdoc.org). Participants will receive a follow-up email with all details. Address questions to Livio Sansone [here](https://psu.zoom.us).

**TUESDAY 9/20**

Do you have student debt? If so, find out how you can get up to $500,000 repaid towards your student loans with a two-year award from the NIH Loan Repayment Program (LRP). During this webinar we will cover:

- the six different extramural LRP subcategories and their purposes
- the general eligibility requirements
- the peer review process for LRP applications
- personal experiences with the LRP application process

RSVP [here](https://www.psupostdoc.org) to take part in this informational webinar on Tuesday, September 20, 1-2 PM. Address questions to Daniele Swain, dks87@psu.edu or [here](https://psu.zoom.us).

**THURSDAY 9/22**

To demonstrate our appreciation for the hard work of Postdocs at Penn State the PSPP is hosting a free hour in Mueller 216 (see map) from 3:00 to 4:00 PM on Thursday, September 22. There will also be an awards ceremony during the coffee hour to recognize Dr. Shyam Banerjee, the recipient of the 2022 Outstanding Postdoc Mentor Award, and Dr. Lindsey Fernandez-Despoje, the recipient of the 2022 Outstanding Postdoc Award. Come grab a cup of coffee and learn about new awards and your fellow postdocs, and let us know we can best advocate for you. Please bring your coffee to reduce waste. Address questions to Prakash Pandey, mpk107@psu.edu or [here](https://psu.zoom.us).

**FRIDAY 9/23**

Join us for an International Potluck Picnic on Friday, September 23, from 5 to 8 PM at Sunset Park Pavilion 1 (see map). This is a social event for postdocs to come together and connect. We recognize that postdocs at Penn State are from all parts of the U.S. and the world, but bring along a dish, snacks, or dessert that represents your home-state or country. If you are not a cook yourself, you can always buy your home dish from the store or just come along to socialize. Bring along a friend or the whole family! The park has plenty of space and seating for everyone. Please fill out the [list by Thursday, September 22](https://www.psupostdoc.org) so we can let you know we are coming! We look forward to seeing you there! Address questions to Eoin O‘Connor, mco17@psu.edu or [here](https://psu.zoom.us).