Welcome to Iowa State!

A postdoctoral scholar appointment is a brief, intense, and pivotal time in one’s career.

**Professional Development - Graduate College**
- Center for Communication Excellence (CCE)
- Graduate College Career Services
- Graduate College Emerging Leaders Academy
- ISU Postdoctoral Association (PDA)
- Postdoctoral Mentoring Program
- Postdoctoral Scholar Awards
- Preparing Future Faculty (PFF)

**Professional Development - National Programming**
- Center for the Integration of Research, Teaching, and Learning (CIRTL)
- National Center for Faculty Development and Diversity (NCFDD)
- National Postdoctoral Association (NPA)
- National Research Mentoring Network

**Professional Development - Iowa State University**
- Center for Excellence in Learning and Teaching (CELT)
- Growth & Development
- ISU Office of Faculty Success
- Ombuds Office
- Student Wellness
- University Library
- Vice President for Research Events

**International Postdocs**
- International Students and Scholars Office (ISSO)
- Cultural Ambassador Program (CAP)
- Dinner in Des Moines
- English Together
- International Nest
- ISSO Upcoming Events
- Tax Assistance

**University Resources**
- Benefits*
- Bridge Funding - Arrival of New Child
- Campus Food Pantry (SHOP)
- Department of Public Safety
- Employee Accommodations
- Employee Assistance Program (EAP)*
- Environmental Health & Safety (EH&S)
- Funding For Short-Term Incapacitation
- ISU Child Care & Family Services
- ISU WellBeing*
- Recreation Services

* Counseling and mental health support are included in these resources.

**Ames and Community Resources**
- Ames Parks & Recreation
- Ames Public Library
- Discover Ames
- Story County Food Pantries and Programs
- Story County General Assistance & Housing
- Story County Rent and Utilities Assistance
- Supplemental Nutrition Assistance Program (SNAP)
- USDA National Hunger Clearinghouse
- Women, Infants, & Children (WIC)
- ISU Graduate College, Office of Postdoctoral Affairs
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