

Welcome

DLSPH Postdoctoral Fellows!

Congratulations on your Postdoctoral Fellowship at the Dalla Lana School of Public Health (DLSPH) at the University of Toronto

At DLSPH, we aim to help you develop your research and academic leadership through mentoring from your supervisor (research goals, work experience) and benefiting from the breadth of expertise and knowledge in the school. The DLSPH community is the largest public health school in Canada, with more than **850 faculty**, **1,000 students**, and research and training partnerships with institutions throughout Toronto and the world. We are home to over **40 Postdoctoral Fellows** that come from across Ontario, Canada and internationally, with interests in methodologies and applications that span public health such as data science and AI, clinical epidemiology, health services research, environmental health determinants and climate change, implementation and improvement sciences, preventable disease and wellness, sustainable and equitable health systems, global and Indigenous health, genetic epidemiology among many other areas.

850
Faculty



1000
Students



40
PDFs



Getting the Most out of your Postdoc Fellowship

Clearly lay out your research, professional development, and career goals. A first step is developing, in collaboration with your supervisor, an Independent Development plan (IDP) which will help with clarity of expectations, identify goals and gaps, and open a line of good communication.

Independent Development Plan (IDP): [CIHR IDP template](#)

Guidebook for New Principal Investigators:

CIHR Guidebook with Advice on Applying for a Grant, Writing Papers, setting up a Research Team and Managing Your Time [CIHR Guidebook](#)

Be sure to use the outstanding resources at UofT!

The University of Toronto is committed to supporting the professional and personal development of postdoctoral fellows. A centralized postdoctoral office was established within the School of Graduate Studies to ensure you have a successful training experience and provides access to resources to prepare you for the next step in your career.

Getting started

Proudly show you are a DLSPH fellow, reach out to the Office of Research (research.dlsph@utoronto.ca) to be added to our websites

[PHS Postdocs](#)
[IHPME Postdocs](#)

Contact the DLSPH Finance Office (finance.dlsph@utoronto.ca for PHS, ihpme.appointments@utoronto.ca for IHPME) about:

- Getting in touch with SGS to obtain a UTORid and T-Card and email address
- Office/Work/Lab space
- Keys/access codes/swipe access (if applicable)

Join the U of T postdoc listserv: Subscription requests can only be accepted from U of T email accounts. Non-U of T email accounts cannot be added to the listserv.

To join, please email LISTSERV@LISTSERV.UTORONTO.CA and, in the text of your message (not the subject line), write: SUBSCRIBE POSTDOCS-L.

DLSPH Weekly Event Digest: for exciting talks and professional development activities [DLSPH Events](#)

Continued >>>

As a postdoctoral fellow at UofT, you have full access to:

- seminars, workshops, and non-credit courses through the Graduate Professional Skills (GPS) program
- dozens of programs and services that connect you with industries, organizations, alumni, and career professionals
- multilingual postdoctoral fellow looking for a drop-in space to have informal conversations in English to chat about Toronto slang and idioms, meeting new people, campus life, and other fun topics in a pressure-free environment
- explore opportunities to hone your pedagogical skills through the Centre for Teaching Support and Innovation (CTSI)
- **Centre for Research and Innovation Support (CRIS)** for workshops and resources: <https://cris.utoronto.ca/>
- **The Provost's Postdoctoral Fellowship for Black and Indigenous Scholars** [Provost PDF program](#)

... and much more!

SGS Postdoc Office for professional development (access to programs/workshops/resources related to teaching and career planning), questions about UofT policies and standards, questions on understanding your contract, getting involved in the PDF community at UofT and more [UofT PDF office](#)

Build your Research CV

Applying for funding is an opportunity to build your CV as an independent researcher and health professional. Although you cannot submit grants as an independent PI, you have other opportunities to establish yourself, such as holding postdoctoral awards, working with faculty members on sections of their grants and clearly describing your contribution to those in your CV with narrative of your role. You can use your IDP to help fill in gaps you identify in your CV.

- SGS links to PDF fellowship awards: [SGS PDF Awards](#)

Teaching Opportunities: You can offer to give a lecture in courses at DLSPH. Talk to your supervisor who can help you strategize on what courses and which course instructors to offer guest lecture support.

Submitting Fellowship Research Applications and REB Protocols at U of T

Institutional approvals for these need to be submitted by your faculty supervisor using a system called My Research Applications (MRA). Details can be found here: [Project RAISE/MRA](#)

Training

Mandatory:

Basic Occupational Health & Safety Awareness Training Program provided by the Office of Environmental Health & Safety - [OEHS Training](#)

U of T AODA Online Training provided by the Accessibility for Ontarians with Disabilities Act (AODA) Office - [AODA Training](#)

Expected:

If relevant to your research at DLSPH, a course in ethics on working with human research participants and data such as the Tri-council (TCPS) course (or equivalent): [TCPS Ethics Tutorial](#)

Who to ask in DLSPH if you have questions?

Research related questions such as research career planning and funding opportunities, contact the Office of Research at research.dlsph@utoronto.ca or visit our webpage here: [DLSPH Research](#)

Finance related questions such as details of your contract, logistics, expense reimbursements, contact the Finance Office at finance.dlsph@utoronto.ca (for PHS) and ihpme.appointments@utoronto.ca (for IHPME)

Engage with the Communications Office when you have something exciting to advertise. Contact communications.dlsph@utoronto.ca for PHS ihpme.communications@utoronto.ca for IHPME