Avasthi Lab Career Development Week 2018

Written Communication

- Start or join an online or in-person writing group
- Catch up on the literature by writing a review article. We can pitch it, polish it together, and try to get it published somewhere afterwards
- Write about your science regularly on your own or a group blog (or privately)
- Sign up to be a science pen pal to young students at prescientist.org
- Review a preprint and email comments to the senior author/post to prereview.org (we can go over it together before you send/post it)
- Write a few sentences about something useful you learned or gained by focusing on career development this week (I will use this or excerpts for a blog post on our lab website)

Oral Communication

- Prepare a new or updated elevator pitch on your research or current project
- Give a 5 minute verbal presentation to a non-scientist and ask them to rate their level of understanding afterwards (1=didn't get it, 5=very clear and understandable).
- Give a 5 minute verbal presentation to a scientist in a different field and ask them to rate their level of understanding afterwards (1=didn't get it, 5=very clear and understandable).
- Apply for the 2019 young scientist series at iBiology (deadline December 17) https://www.ibiology.org/young-scientist/
- Volunteer and schedule a 45 minute seminar (cilium interest group, departmental seminar, other presentation where you will invite outside peers/faculty to attend).

Career Exploration/Planning

- Explore career options at https://intersectjobsims.com and tell us what you did/learned
- Make a career timeline (include 1yr, 5yr, 10yr goals with decreasing level of detail)
- Revise your CV and bring it to the group for feedback.
- Conduct informational interviews with people in career paths you are considering. Tell us who you talked to and what you learned.
- If you're planning on starting a new position in 2019, start looking for opportunities or who you want to contact. Make a list and we will strategize together how to get you there.

Time Management

- Try using a tool/technique that might help you stay organized or on-task (Trello/Asana/Workflowy etc, Pomodoro technique, timeboxing). Tell us what you did and how it worked.
- Reserve daily time for important activities all week (reading, writing, jotting ideas). Tell us how that worked and if you will continue.
- Do a time audit. Spend a few full days writing down exactly how you spend your time to identify things you're not aware of that take up too much. Tell us your conclusions.

Outreach/advocacy

- Join the Coalition for the Life Sciences: https://www.coalitionforlifesciences.org
- Read their advocacy tips (https://www.coalitionforlifesciences.org/advocacy-tips/) including NIH/NSF talking points (https://www.coalitionforlifesciences.org/nih-and-nsf-talking-points/). Tell us how you will get involved.
- Schedule an event to speak to students at a local high school or program about your work. Consider your former schools, identify new opportunities, or I can help identify opportunities.
- Give a lab tour to a non-science friend or neighbor.

Teaching (if this aligns with your career interests)

- Identify guest lecture/teaching opportunities at nearby universities and high school programs (I can put you in touch with relevant people)
- Write a teaching statement (we can revise it together and get external feedback). We can continue to revise as you accumulate experience, so it is ready and polished when you need it.

Online/Networking

- Get an ORCID
- Make a Google Scholar profile
- Make a website (include your research interests and CV)
- Volunteer to actively contribute to the lab Instagram acct (not currently in use)
- Join Twitter (points for joining and more for every 20 people followed)
- Get involved in KC RiBS: https://www.kcresearchers.org/about-kc-ribs (upcoming networking event on Nov 28th) or other local/online networking communities.
- Consider a mentoring network and list additional faculty **you don't already know** that you plan to ask for feedback and advice (the goal is to expand your connections and potential letter writers as well as diversify the advice you receive).

Misc

- Learn a skill you don't know but feel you should (must show evidence of progress or proof of proficiency). This could be an experimental technique, proficiency with some software, type of data/statistical analysis).
- Self-assessment: spend some dedicated time thinking about your strengths and weaknesses and coming up with strategies to leverage the strengths and tackle weaknesses. Tell us what actions you will take.
- Organize an activity or event to bring together fellow students/postdocs with outside speakers.
- Go to a seminar or other science event outside your immediate field (Stowers Wednesday seminars or Big Ideas public lectures, Scientists on Tap, seminars in other departments etc).
- Come up with your own career development activity (the group will decide how many points it is worth at the end of the week).