

FACULTY INFORMATION EXCHANGE 2019-20: EARLY CAREER RESEARCHERS

- ADVICE TO GET STARTED

THURSDAY SEPT 5TH, 2019

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STATED GOALS OF THE SESSION

- **IDENTIFY AND UNDERSTAND EXPECTATIONS**
- **CLARIFY YOUR RESEARCH NEEDS**
- **SET REALISTIC GOALS**
- **DEVELOP A PLAN FOR ACHIEVING GOALS**
- **IDENTIFY AND MANAGE INDIVIDUAL BARRIERS TO ACHIEVING GOALS AND MORE**

WHO AM I?

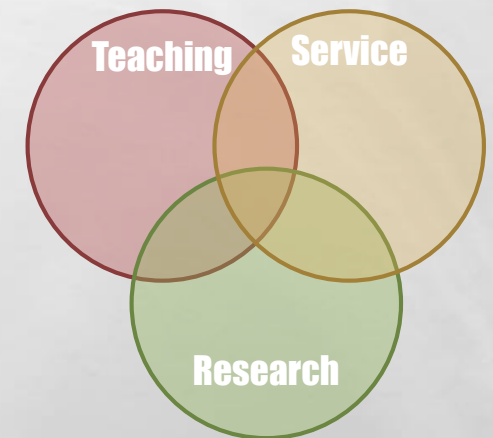
- **ASSOCIATE PROFESSOR, HUMAN HEALTH AND NUTRITIONAL SCIENCE**
- **DIRECTOR HUMAN PERFORMANCE AND HEALTH RESEARCH LAB**
 - 1 POST-DOC, 3 PHD STUDENTS, 3 MSC STUDENTS, 8 UNDERGRAD RESEARCHERS
 - COMMUNITY ENGAGED RESEARCH/OUTREACH
- **RESEARCH EXPERIENCES YOU WILL (HOPEFULLY) SOON SHARE:**
 - TRI-COUNCIL FUNDING (NSERC)
 - CANADIAN FOUNDATION FOR INNOVATION (CFI)
 - EARLY RESEARCH AWARD (OMRIS)
 - INDUSTRY FUNDING (MITACS, NSERC, PRIVATE)



TOP 5: THINGS I WISH I KNEW / ADVICE TO MY START-UP SELF

1. YOUR RESEARCH ROLE DOES NOT EXIST IN ISOLATION

- AS OFTEN AS POSSIBLE, “DOUBLE DIP” ON YOUR CONTRIBUTIONS (RESEARCH, TEACHING, SERVICE)
 - PILOT NEW PROJECTS / TEST-DRIVE POTENTIAL GRAD STUDENTS WHILE UNDERGRADS GAIN EXPERIENCE (TEACHING / RESEARCH)
 - LET’S TALK SCIENCE (RESEARCH GRANT / OUTREACH)
 - PROFESSOR’S ARE PEOPLE TOO (SERVICE / RESEARCH)
- PRIORITIZE YOUR GOALS / TIME (DESIGNING A NEW COURSE FROM SCRATCH)
 - USE YOUR RESEARCH EXPERIENCE TO MAKE YOUR TEACHING BETTER



TOP 5: THINGS I WISH I KNEW / ADVICE TO MY START-UP SELF

2. ATTRACT & RECRUIT THE BEST TRAINEES POSSIBLE



- **RECRUIT USING THEIR PREFERRED METHODS TO FIND YOU**
 - WEBSITE – GOOD INFORMATION, PICTURES, INFORMATIVE...OR OUT OF DATE PUBLICATION LIST
- **PUT YOURSELF OUT THERE**
 - ASK QUESTIONS AT RESEARCH PRESENTATIONS- THEY WILL REMEMBER YOU!
 - POPULAR MEDIA COVERAGE
 - BRANDING
- **BE BETTER**
 - WHY DOES YOUR LAB DO THINGS THE WAY YOU DO?
 - HOW DO OTHER LABS KNOW YOU?
- **BE HONEST, GIVING OF YOUR TIME, AND SINCERE**
 - “PEOPLE MAY NOT REMEMBER WHAT YOU SAID OR DID, BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL”
 - GREAT POTENTIAL TRAINEES MAY NOT COME FROM THE “TYPICAL” ACADEMIC PATHWAYS

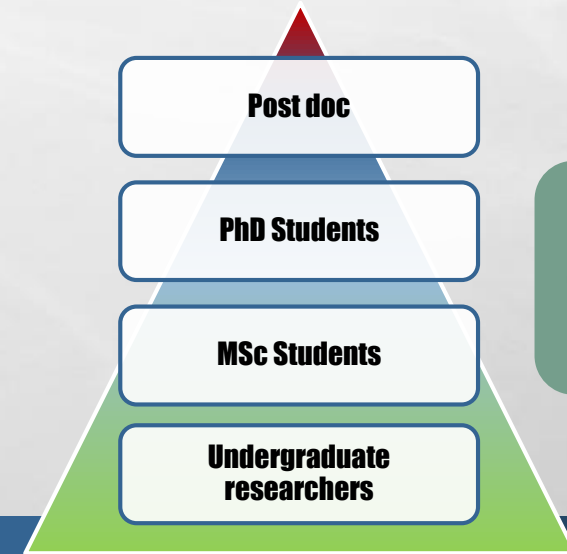


TOP 5:

THINGS I WISH I KNEW / ADVICE TO MY START-UP SELF

3. ACCEPT THE FACT THAT YOUR ROLE AS A RESEARCHER MAY NOW BE TOTALLY DIFFERENT

- **BENCH-SIDE TIME**
 - GRANT WRITING
 - BOOK-KEEPING
 - PROBLEM SOLVING
 - LIFE-COACHING
 - REFERENCE LETTER WRITING
- **WHAT SIZE LAB DO YOU WANT TO HAVE?**
 - **HOW CAN YOU MAKE YOURSELF REDUNDANT – AND FOR WHAT TASKS?**



TOP 5: THINGS I WISH I KNEW / ADVICE TO MY START-UP SELF

4. BE CREATIVE & TAKE CALCULATED RISKS

- **SETTING YOUR OWN PATH – INDEPENDENT RESEARCH PROGRAM**
 - START WITH THE EASY WINS- HIT THE HOME-RUNS LATER
 - WHAT EQUIPMENT DO YOU HAVE, CAN YOU GET, CAN YOU BORROW?
 - WHO ELSE CAN YOU WORK WITH ?
 - *THINK ABOUT THE WIN-WIN. WHAT DO YOU BRING TO THE GROUP?*
- **IT GET'S EASIER!**
 - GRANT IDEAS – FLOW FROM OTHER PROJECTS
- **GRANT SOURCES**
 - MANY GOOD OPTIONS APART FROM TRI-COUNCIL
 - MAKE YOU MORE COMPETITIVE FOR FUTURE GRANTS
 - CAN TAKING ON A PROJECT THAT “THEY” WANT, ALLOW YOU TO DO WHAT YOU WANT?



TOP 5: **THINGS I WISH I KNEW / ADVICE TO MY START-UP SELF**

5. “IT’S A MARATHON, NOT A SPRINT”

- **YOU HAVE TO BURN HOT SOMETIMES, BUT YOU ALSO HAVE TO COOL OFF BETWEEN**
 - **EARLY SUCCESSES ARE IMPORTANT AND MAKE GETTING SUBSEQUENT GRANTS EASIER**
 - **HAVE A PLAN**
- **MAKE TIME FOR YOU/FAMILY/FRIENDS**
 - **A BURNED OUT YOU IS NO GOOD TO ANYONE**
 - **EXERCISE**
- **LOVE WHAT YOU DO AND BE COLLABORATIVE**
 - **SHARE YOUR IDEAS, LET IDEAS COME TO YOU**

TOP 5: THINGS I WISH I KNEW / ADVICE TO MY START-UP SELF

6. DON'T LET WHAT IS GOOD FOR YOU GET IN THE WAY OF WHAT IS GREAT FOR YOU

- **LEARN HOW TO SAY “NO”**
 - **STUDENTS**
 - **COLLEAGUES**
 - **COMMITTEES**
 - **EDITORS**
 - **CONFERENCE ORGANIZERS...**

"Thanks for thinking of me, but I'm overscheduled to a fault right now."

"That's just not a priority for me right now..."

***"I would like to say no, because..."**
(offer a solution to make it something you can say yes to)*



THANK YOU!



QUESTIONS OR CONVERSATIONS?



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