

Science Skills Boot Camp

Workshop 4: Resources Available to NIH Summer Students

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www.training.nih.gov



Resource categories

- Research resources
- Science skills
- Career development
- Administrative problems
- Technical problems
- Personal health and happiness
- Interpersonal support
- Social resources



Research resources (1): NIH Library

- Access to >9000 journals, >60,000 books, internet resources, and Online databases
- Document delivery
- Reference and research assistance
- Translation services
- Bioinformatics program
- Writing center
- Library tours



Research resources (2): Core facilities

- DNA sequencing
- Proteomics and mass spec
- Genomics
- Biotechnology core laboratory
- Chemical biology core facility
- Laboratory animal care

These are IC-specific. Find out what's available for your research group.



Research resources (3): The people

Your best resource for everything!!

- Your mentor(s)
- Members of your research group
- Other students and fellows
- Scientific interest groups

for a list, see <http://www.nih.gov/sigs/>



Science skills resources

- Your mentor and research group members
- IC training events
- OITE workshops
 - Reading a scientific paper
 - Creating and presenting dynamic posters
 - Talking science
- OITE Webinars
 - Keeping a lab notebook
 - Guidelines for writing professional email



Career development resources

- Your IC training office
- OITE
 - Workshops and seminars
 - Pre-professional advisor Dr. William Higgins
 - Career counseling
 - Career library
- Everybody around you!



Administrative problems

- Your IC training director
- Your IC summer coordinator
- Your administrative officer (AO)
- Debbie Cohen, OITE summer coordinator



Technical problems

- Computer help:
 - NIH Helpdesk
 - Submit Online requests:
<http://ithelpdesk.nih.gov/support/>



Personal health and happiness (1)

- NIH Recreation and Welfare Association (R&W)
 - Employee service and health promotion organization
 - Monthly newsletter <http://www.recgov.org/r&w/>
 - Events and activities
 - Discounts on tickets
 - \$7 annual membership fee
 - **NIH fitness centers**
 - Building 31C and Rockledge 1
 - \$30/1 month, \$40/2 months, \$65/3 months



Personal health and happiness (2)

- Occupational Medical Service (OMS)
 - Preplacement evaluations
 - Occupation-related medical care
- Suburban Hospital
 - Just behind NIH: 8600 Old Georgetown Rd
 - Physician match referral service (301) 896-3939

Make sure you have your insurance card and know your insurance information!



Personal health and happiness (3)

- NIH Employee Assistance Program (EAP)
 - Short-term counseling
 - Coaching
 - Disability management
 - Health and wellness consultation
 - Crisis intervention
 - Referrals

Free, confidential services!
<http://dohs.ors.od.nih.gov/eap/>



Interpersonal support resources

- Your mentor and alternate mentors
- IC training directors
- OITE staff
 - Sharon Milgram, Director
milgrams@mail.nih.gov
 - Pat Sokolove, Deputy Director
sokolovp@mail.nih.gov
 - Debbie Cohen, Summer Program Coordinator
cohend@mail.nih.gov
- Office of Ombudsman, Center for Cooperative Resolution



What if something really bad happens?

You are not alone!

- Your principle investigator
- Your IC training director
- Dr. Sharon Milgram, OITE Director
- Dr. Pat Sokolove, OITE Deputy Director



Diversity resources (1)

- Office of Equal Opportunity and Diversity Management (OEODM)
<http://oeodm.od.nih.gov/>
- NIH Black Scientists and Friends Network
Contact Dr. Roland Owens
owensrol@mail.nih.gov (301) 594-7471
- NIH Hispanic Employee Organization
<http://heo.nih.gov/>
- SACNAS- Advancing Hispanics/Chicanos and Native Americans in Science
Contact Dr. Erika Barr
Erika.Barr@nih.gov (301) 451-2164



Diversity resources (2)

- Asian and Pacific Islander American Organization (APAO)
<http://www.recgov.org/r&w/apao/>
- Association for Women in Science (AWIS)
<http://www.awisbethesda.org/>
- NIH salutaris
NIH gay, lesbian, bisexual, transgender employees' forum
<http://www.recgov.com/salutaris/index.html>



How do I know what's going on this summer?

- Summer handbook
- OITE Web site
www.training.nih.gov
- OITE-SIP listserv



Ways to meet other summer students

- IC orientations
- OITE workshops
- Summer journal clubs
- Research seminars
- Club PCR-mini listserv
 - Organized by and for SIP students
 - Join at <http://groups.google.com/group/clubpcrmini>