



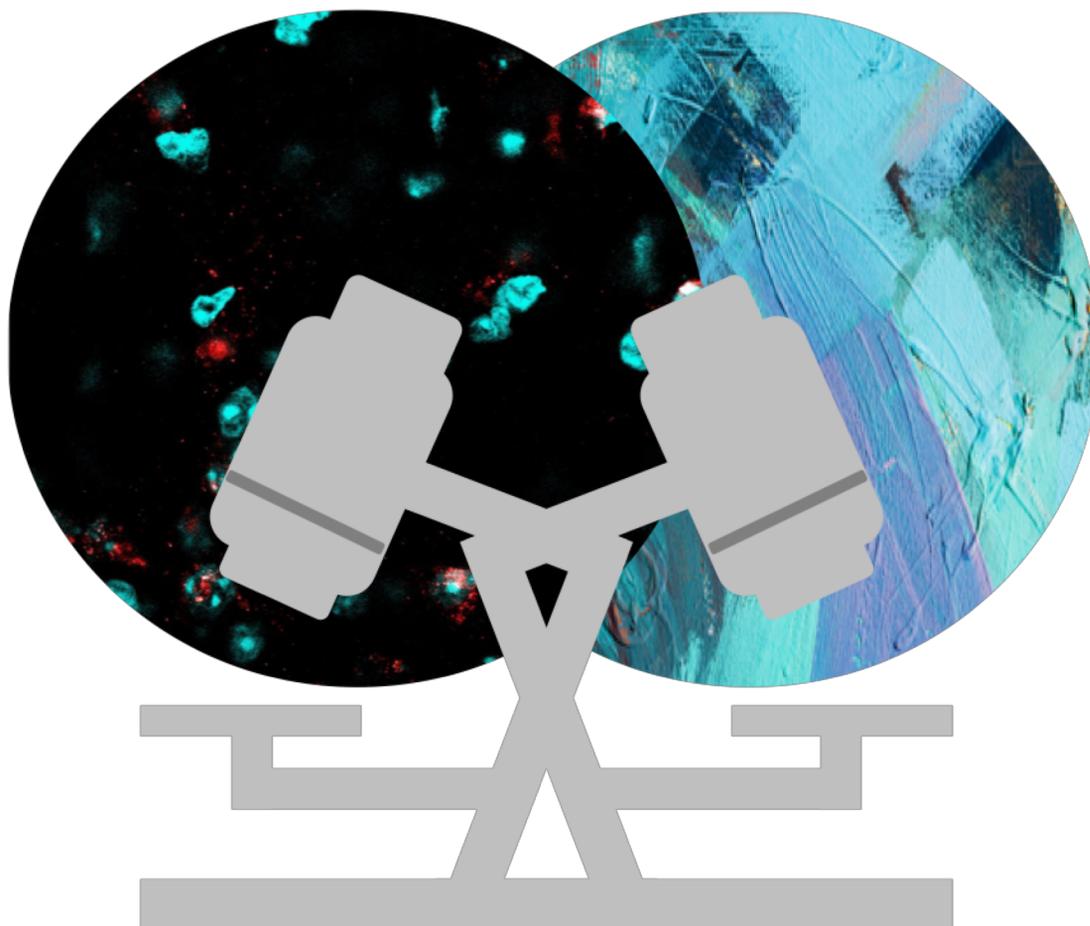
THE GSCHRONICLES

The Official Newsletter of the NIH Graduate Student Community

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The Art of Science Competition



Submit an image that captures the art of science by **February 28, 2019!**
Entries will be chosen for their aesthetic appeal and scientific interest.

Our hope is that this competition will help us see the research we do everyday at
NIH through a new lens.

Entries can be microscopy or other
research-related pictures, drawings,
sketches, comics, and more!

Email your entry to
GSChronicles@od.nih.gov

A jury from the GSC will select the
winning images to be published in the
upcoming issues of The GSChronicles!

Include:

- Your image
- Your name
- Your advisor's name
- Your institution and school
- Title and brief description of image/research

Upcoming OITE Events

Mom-Dad-Docs: Activities for Winter Break

Building 35, 3G600 (Blue Skybox)
Dec 18, 2018 12:00-1:30 pm

Answering Strengths and Weakness Questions During Interviews

Baltimore 05C409A
Jan 10, 2019 12:15-1:00 pm

Workplace Dynamics I/II: Self-Awareness

Building 35, Room 610
Jan 23, 2019 2:00-4:00 pm

Management Boot Camp

Jan 24-25, 2019 9:00-5:00 pm
Must apply

Industry: The Organization of Business

Natcher, Room E1/E2
Jan 29, 2019 10:00-11:30 am

Workplace Dynamics III

Building 35, Room 640
Feb 06, 2019 10:00-12:00 pm

Ethics in Research Training for Postbacs and Grad Students

Building 50, Room 1328
Jan 17, 2019 12:30-1:30 pm
Frederick Building 549, Auditorium
Jan 29, 2019 9:00-3:30 pm

Planning for Career Satisfaction and Success

Building 1, Wilson Hall
Feb 07, 2019 10:00-12:00 pm

Grant Writing 101

Baltimore BRC 3C219
Feb 08, 2019 10:00-1:00 pm

The Academic Job Search:

Evaluating Positions and Negotiating Offers

Building 35, Room 640
Feb 19, 2019 1:00-3:00 pm

Improving Mentor Relationships

Frederick Building 549, Room ERB
Feb 26, 2019 12:00-1:00 pm

Improving Mentor Relationships Building 50, Room 1227

Mar 06, 2019 1:00-4:00 pm

Answering the Tell Me About Yourself Question During Interviews

Baltimore 05C409A
Mar 07, 2019 12:15-1:00 pm

Translational Science Training Program

Natcher, Room G1/G2
Mar 11, 2019 8:30-5:00 pm
and
Mar 12, 2019 9:00-5:00 pm

Grant Writing 101

Building 10, Masur Auditorium
Mar 12, 2019 9:00-3:30 pm

Industry Careers Overview and Job Packages

BRC 3C219
Mar 13, 2019 11:00-12:00 pm

Wellness Wednesdays

1/9 Holistic Health: Self-Care Assessment & Plan

1/16 Physical Wellbeing: Mindfulness & Health

1/23 Mental/Emotional Wellbeing: Developing an Inner Resource

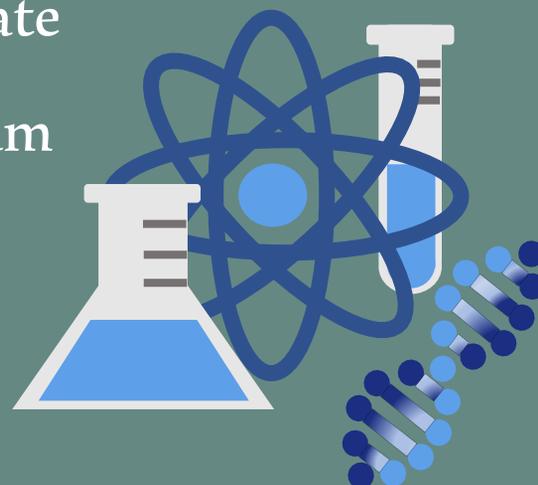
1/30 Spiritual Wellbeing: The Four Attitudes

The 15th Annual NIH Graduate Student Research Symposium

February 21, 2019

Natcher Conference Center

9:00 am – 4:45 pm



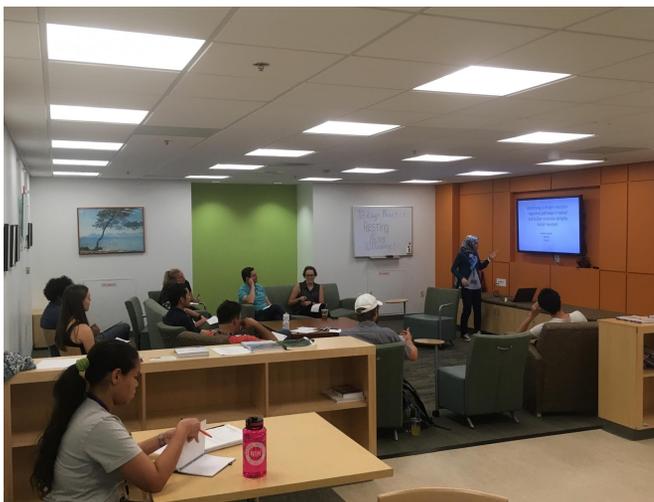
Register at <https://www.training.nih.gov/events/upcoming>

GSC Update

The **Graduate Student Council** helps build and maintain a community for all graduate students at the NIH. We highly encourage you to get involved with the GSC: come socialize/volunteer/explore at GSC events, like the annual retreat and research symposium (coming February 2019!), throughout the year. The GSC is made up of five committees, tasked with improving the lives of graduate students at the NIH. Here's an update on what the committees have been up to!

Be sure to join in for the upcoming events (especially the Annual Research Symposium and the Art of Science Competition)!

Welcome to our new GSC members: Katelyn (PR Committee, Monthly Newsletters); Delia (FAES Liaison); James (Postbac Liaison); Pauline (Postbac Representative); and newest PR Committee members on The GSChronicles Crystal, Jayasai, Amit and Albert!



FAES Liaison

The Foundation for Advanced Education in the Sciences (FAES) provides educational and professional services as well as fosters a collegial environment for the NIH scientific community. They also help provide us graduate students with the amazing **Graduate Student Lounge in Building 10, Room 1N263**. If you haven't checked it out, be sure to go grab a free cup of coffee and take a break in there!! Email Phil Ryan to get PIV card access.

PR Committee

The Public Relations Committee helps advertise the various graduate students events happening throughout the year. Be sure to keep up-to-date with all graduate student information and events with the our networks: Visit the GSC website at <https://www.training.nih.gov/gsc>. Join our "Graduate Student Underground" Facebook and Google groups. The PR Committee also compiles The GSChronicles newsletter articles written by graduate students, for graduate students! Please email GSCcochair@mail.nih.gov if you need help accessing these networks.

GS3 Committee

The Graduate Student Seminar Series (GS3) is a great opportunity to practice your presentation skills, get feedback and promote discussion about your research with your peers. These informal talks to other graduate students help display the wide variety of research all of the graduate students at the NIH are performing. Most recently we had Kristoffer Johansen and Lampouguin Douti present their research. At the last seminar, we had our past committee chair Justin Demmerle breakdown the dos and don'ts of presentations based on the feedback reports of past presentations. Check out the article "*GS3 Confidential: Observations on giving an effective presentation from two years of Graduate Student Seminar Series (GS3) talks*" in this newsletter to get some pointers on presentations and presenting!

***Right now, GS3 is recruiting presenters for the 2019 series. If you are interested in presenting your work for one of our seminars, please contact James Stamos at james.stamos@nih.gov ***

Upcoming Events: 5pm in the Graduate Student Lounge

December 18, 2018	Merage Ghane
January 29, 2019	Laura Gorrell
February 26, 2019	Shaimar Gonzales Morales
March 26, 2019	Laura Webekind
April 30, 2019	Laura Abaandou
May 28, 2019	Jessica Schneller

Postbac Liaison

GSC has added a Postbac Liaison to help further connect the graduate students to other communities at the NIH. The Postbac Liaison helps work with the postbac representative coordinate co-sponsored events. We recently had a blast at our latest event at the Walter Reed bowling alley! Be sure to attend our upcoming events to engage with your fellow peers at the NIH.

Community Service/Mentor/Outreach Committee (*new member needed*)

This committee provides various volunteering opportunities and mentor/outreach events to both become a mentor or learn from high up PIs at the NIH. The main volunteering events hosted throughout the year involve volunteering at the Manna Food Bank, where we help pack up boxes of food that are distributed to communities in need. We organize these events usually once every two months with the next Volunteer Manna Food Bank event happening in February 2019. Be sure to attend!

*** The GSC is looking for a new coordinator for the Manna Food Bank events. Please contact the GSC co-chairs to learn more information about the position at GSCcochair@mail.nih.gov ***

Our committee also organizes Mentor Lunches as an opportunity to hear from top NIH PIs to gain from their experiences and words of wisdom about the role of science today. Recently we had our “Finding Mentors and Building Networks” event with Drs Ariel Levine and Laura Koehly. This event focused on exciting opportunities in new fields and utilizing time as NIH trainees effectively. We currently have a survey out asking for feedback and new ideas for these mentor lunch events. *Please take a few minutes to fill out this survey to help us shape these events for your benefits.* Survey: <https://www.training.nih.gov/sas/20/1552?pgc=1> due 12/23/18

Alongside this mentoring aspect, we also host our seminar series “PhDs in the Real World” where we bring in members from various career paths. These seminars are a great opportunity to learn about the many career options and fields for a PhD. Our last seminar we had Dr. Marta Gozzi discuss her work as a NIH Clinical Protocol Coordinator. Be sure to join us for our next installment in January 2019.

Social Committee (*more members needed*)

The social committee helps organize various types of social events for the graduate students. These events have included local happy hours, movie & game nights, trivia competitions, sport watching/fantasy leagues, ski trip, camping and biking weekends as well as the Annual Summer BBQ event. We also interact with the various postdoc and postbac communities to promote fellow interactions. But our main goal is to help bring the graduate students together to make sure you know that you are not alone on the big NIH campus. This fall we had a lot of fun at our biggest event the Annual Summer BBQ eating good food and making new friends. Don’t miss out next year! We also hosted a variety of social hours including joint ones with postdocs and had fun at trivia night events. Our second co-sponsored event with the post-bacs was a blast, as there were funny names, good times and some trophies won at the Bowling Event.

*** We are looking for more members to be a part of the social committee. This is a great way to meet your peers, make friends, and build your resume. Contact the co-chairs at GSCcochair@mail.nih.gov to learn more ***

Upcoming Events:
February 21, 2019

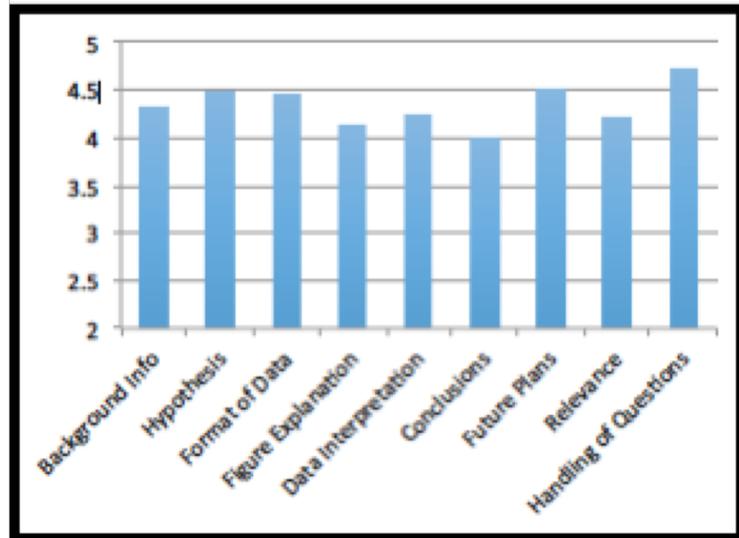
Research Symposium Social Hour

5. Eye contact and clear speaking.

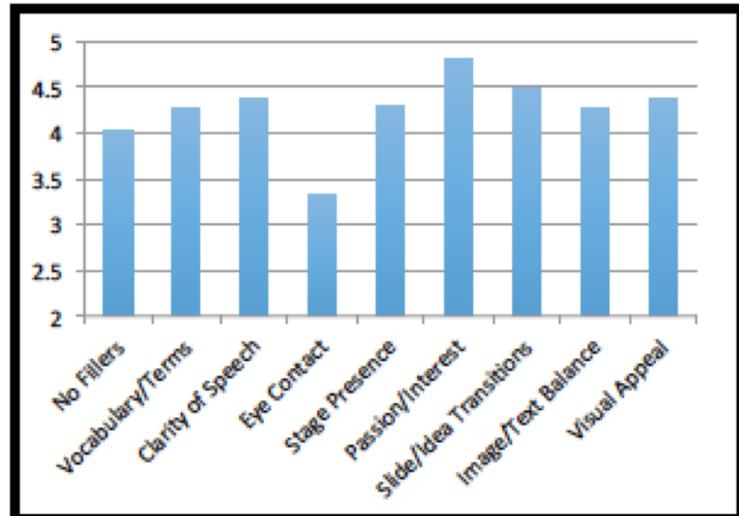
These were the lowest-scoring sections of the “Presentation” criteria. Use of fillers also scored low. Passion and Interest scored the highest, as might be expected from the graduate students at the NIH.

Be sure to continue to build your presentation skills. You can check out the List of Resources for giving better presentations: OITE Courses “Talking Science” as well as look into individualized training through your IC.

Scientific Categories



Presentation Categories



We are currently looking for 2019 presenters, and it’s a great opportunity to get some personalized feedback on your presentation and presentation skills. Please contact James Stamos (the new GS3 chair) at james.stamos@nih.gov to sign up!

Student Spotlight



Dr. Mohsin Khan

Please state your name, GPP program and year in the program. I'm Mohsin Khan, PhD. I graduated this summer, but I was in the Graduate Partnership Program (GPP; individual) – National Institute of Infectious Diseases (NIAID) – University of Maryland School of Medicine Baltimore. My thesis research involved application of mass spectrometry (MS)-based structural and immunoproteomic strategies to deduce host–pathogen interactions.

How would you describe your graduate school experience?

I really enjoyed my time at both university and the NIH. At university, I did a lot of structural work, such as top-down tandem MS analysis of endotoxins, biomarker discovery, temporal analysis of bacterial biofilms, and immunotherapeutics characterization. At NIAID, I worked on developing MS-based immunoproteomic strategies to decipher macrophage response to bacteria and/or bacterial products. I really enjoyed two different dimensions of my work, structural analyses and –omics. Apart from research, I really enjoyed my time working with

the Graduate School Council (GSC) at NIH. I recommend GPP students to consider participating in GSC and OITE-sponsored activities. It's fun!

Is there anything you did when lab or experiments were stressing you out? I was actively involved in various volunteering and non-profit activities. I felt by being actively involved in community both, on- and off- campus kept me decompressed! Additionally, I always made sure to keep some time dedicated for daily discussions with lab colleagues and friends. I could recall a number of discussions that helped me troubleshoot experiments, particularly when working with liquid chromatography–mass spectrometry.

Do you have a favorite spot on campus? My favorite spot on campus is building 10 north-side cafeteria; a perfect place to decompress and/or chat with friends! I always found a sense of calm at bldg. 10 atrium without running away outside the campus to relax! Perhaps I like crowded places.

What have you gained from OITE programs, events, and resources? OITE folks and the Phils are really supportive! I often visited OITE website to access different resources available on campus for graduate students. I attended a couple of OITE events, including sessions on career opportunities, grant and fellowship proposal writing etc. In addition, I was able to network with different resourceful people at OITE-sponsored events.

How do you participate in the NIH/OITE/GPP community on campus? I was actively involved with the Graduate Student Council (GSC) and worked with the newsletter team. In addition, I also served in Career Symposium Planning Committee and co-moderated sessions on academic/industry careers. I really enjoyed meeting and hosting academics/industry professionals!

What did you find was the most difficult thing about transitioning into graduate school at the NIH? What was the easiest? I think finding the right lab – once you know, which lab you will be working with, things get better! NIH provided a collaborative and stimulating environment as well as with limitless opportunities to be trained/mentored while training/mentoring others. I really enjoyed working with summer interns and high-school students. Also I got to meet, network, and host researchers from academia as well as industry – helped me get perspectives on industrial versus academic careers.

What words of wisdom would you give to new students at the NIH? Start early, whether it is a plan for research/ academic projects or a next career move or even networking. It really does help! As graduate students, we have mentor(s) both at university and NIH. I also tried to find mentors, who were based in industry. Being able to talk to non-academic mentors was really helpful in working towards next career move, particularly when I knew I wanted to join industry.

What hobbies or activities do you enjoy outside of lab? I really enjoy playing tennis, running, cooking, and watching British sitcoms. It's a funny story and I must share: one of my undergraduate chemistry instructors used to say, "trust a chemist, who knows how to cook good food". This is how cooking piqued my interest and I love cooking different kinds of food, whenever I can.

Share any dream of a destination to visit, activity to do, or anything else you have thought of becoming/doing/visiting.

I wish I could travel more – perhaps visit, if not every then majority of countries in the world. Who knows for the next career move, I might choose a job that requires frequent travel to different parts of the world.

Share with us what the next phase of your career is going to be. I plan on joining a healthcare-consulting firm as a consultant. In recent years, several non-academic careers have evolved, both in scope of their work and the opportunities they offer to STEM PhDs. I am excited to see how analytics, data science, and scientific consulting are meshing together and advancing healthcare research like never before! I am excited!

The 15th Annual NIH Graduate Student Research Symposium

February 21, 2019

Natcher Conference Center

9:00 am– 4:45 pm

This is the *premier* event for NIH graduate students to showcase their research to the NIH community. All graduate students performing their Ph.D. dissertation research at NIH are highly encouraged to present, and all members of the NIH community are invited to attend!

Things to look forward to:

- **Poster and Oral Presentations**
- **Elevator Pitch Competition**
- **GPP Outstanding Mentor Awards**
- **Graduation Ceremony**

<https://www.training.nih.gov/gsc/symposium/15th>

Project Lead The Way

Albert Sek

On a recent Saturday morning, I got in my car and drove to a local branch of the Prince George’s County Library. In a conference room, amid small talk, laughter, and rotating introductions, I became acquainted with high school students enrolled in the Project Lead The Way (PLTW) Mentoring Program. The program, which was started in part by Dr. Herbert Geller, a principal investigator in the National Heart, Lung, & Blood Institute, pairs high school students interested in biomedical careers with mentors who are more advanced on this trajectory. High school students and their mentors meet once a month for a two-hour session at the Largo-Kettering Library. Each session focuses on a specific theme, from study habits to communication to identifying internships, and includes group activities designed to engage students. In addition, each session offers students the opportunity to connect their mentors and to discuss their unique challenges.



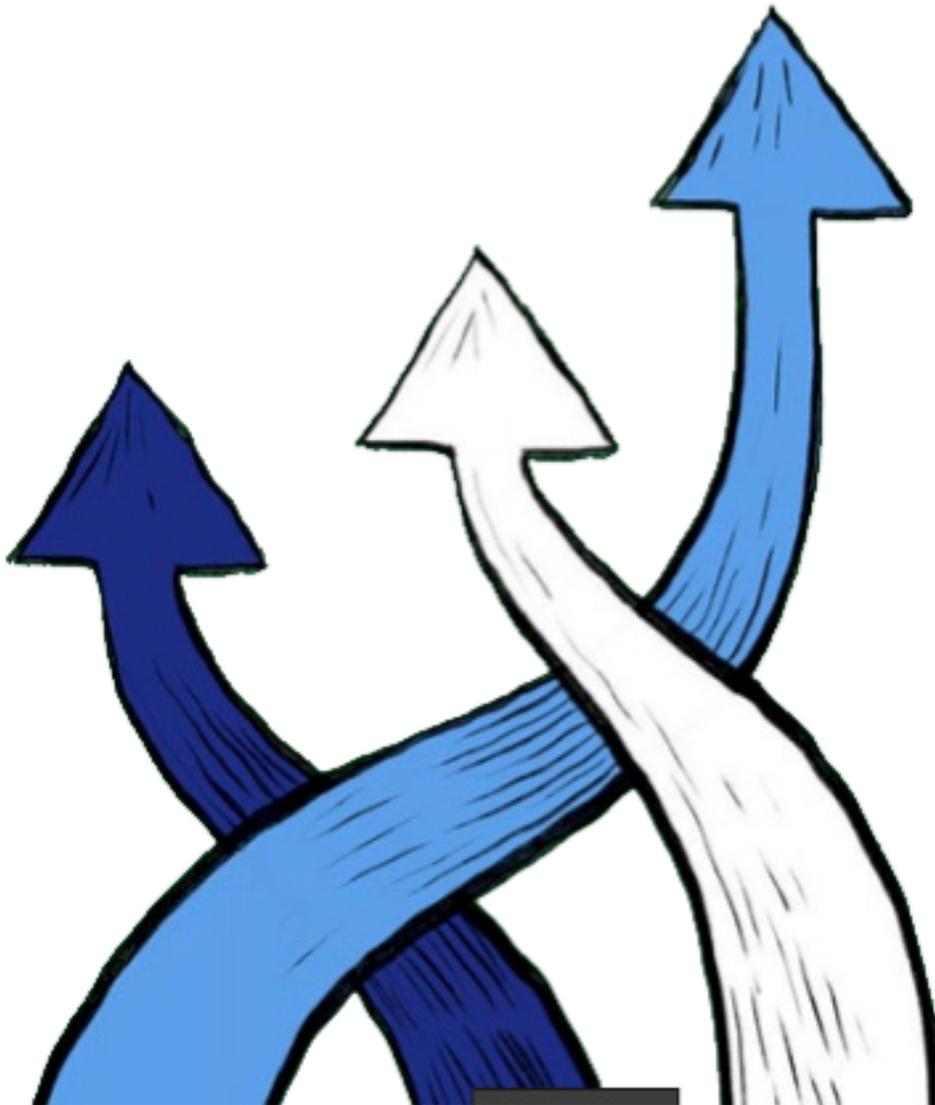
For this academic year, I was paired with a cheerful and bright high school senior who was preparing her college applications. She was interested in pursuing a career as a prosthetist, in which she would help design artificial limbs for patients. Her more immediate steps would involve applying to undergraduate prosthetics programs and to colleges that offer rigorous training in the biological sciences. Initially, she had planned to apply to two or three programs but decided, after we discussed, to increase the number of programs. A smile crossed my face, as I felt our fluid, easy-going conversation help this young woman plan and make steps towards achieving her career goals.

Our interaction was not singular. Throughout the room, more than twenty students were connecting with their mentors, including graduate students as well as postdoctoral and post-baccalaureate fellows from the NIH interested in helping the next generation of biomedical scientists. Fostering these relationships allows the mentees to obtain valuable insights to improve their academic success. Graduate student Nick Ader (NIH-Oxcam) described the overall atmosphere as “a fun experience” in which motivated high school students are able to “get as much information as possible from the facilitators and from the mentors” towards achieving their career goals. Reflecting on his own career trajectory, Nick mentioned he had been helped by countless individuals, and that this program enabled him to encourage the next generation of aspiring biomedical scientists.

Given the level of enthusiasm from both mentors and high school students, this program – which meets on one Saturday of every month – is certain to continue the next academic year. “We need more graduate students next year!” Nick mentioned. Indeed, recruitment for the next academic year is already slated to begin in Summer 2019.



Exploring Scientific Career Paths





Going Global:

International Career Opportunities

When preparing for a career in science it is often suggested that one should explore a variety of options. The 11th International Opportunities EXPO presented the opportunity for individuals to obtain information on pursuing an international career in science and technology. Held on October 18, 2018, this year's event focused on providing useful career information that could be used by those in the beginning stages of training or those who are actively job hunting. Organized by the NIH Visiting Fellows Committee, the event hosted representatives from several embassies, funding agencies, and health organizations seeking to expand their workforce. The event offered participants the chance to network with 22 exhibitors during the early afternoon and/or attend detailed talks from select presenters.

EXPO attendees networked and received introductory information from exhibitors at the FAES terrace during floor exhibitions. Embassy representatives from the Republic of Poland, Switzerland, Italy, Germany, Mexico, and Canada were on site and gave insight on research focus areas and the programs that are specifically available to international applicants. While there was a strong focus on biomedical research there were opportunities for those interested in public health and business.

During the breakout talks, many of the organizations and countries discussed the "bottom-up" approach to research funding stating that researchers would be encouraged to apply for grants and fellowships in order to work on

projects that promoted international collaboration and diversity. Japan, Belgium, Poland, and Italy were among the groups that specified how the bottom-up approach is a focus for recruiting fellows from the US. Each session introduced the countries/companies research goals and presented details on the financing available for international fellows.

Poland. While bench research and translational research is a global focus, Poland also highlighted strengths in particle and nuclear physics and physical chemistry. Poland's National Centre for Research and Development (NCBR) is the largest research and development funding agency in Central Europe. Representatives stated that there is a strong commitment of "inspiring international cooperation in research" via their National Center for Science. Many of the deadlines for international applicants remain open through the end of 2019.

India. Individuals in science and technology may be interested in the science and technologies systems in India. There was a strong focus on science and technology by India's research institutes, private industry firms, state, and central government. Opportunities in academia were also prominent as there are currently a total of 874 research universities and institutes located in throughout the country. Representatives announced interests in recruitment of PhD and Post-doctoral fellows from around the globe as India seeks to build joint collaborative projects.

Crystal Lipsey

Japan. The Japan Society for the Promotion of Science Fellowship featured opportunities for graduate students and Post-docs for short (1-12 months) and standard term (12-24 months) lengths. Each of the programs would cover funds for round trip airfare, settling-in allowance, monthly stipend, and insurance. The JSPS has posted a call seeking candidates.

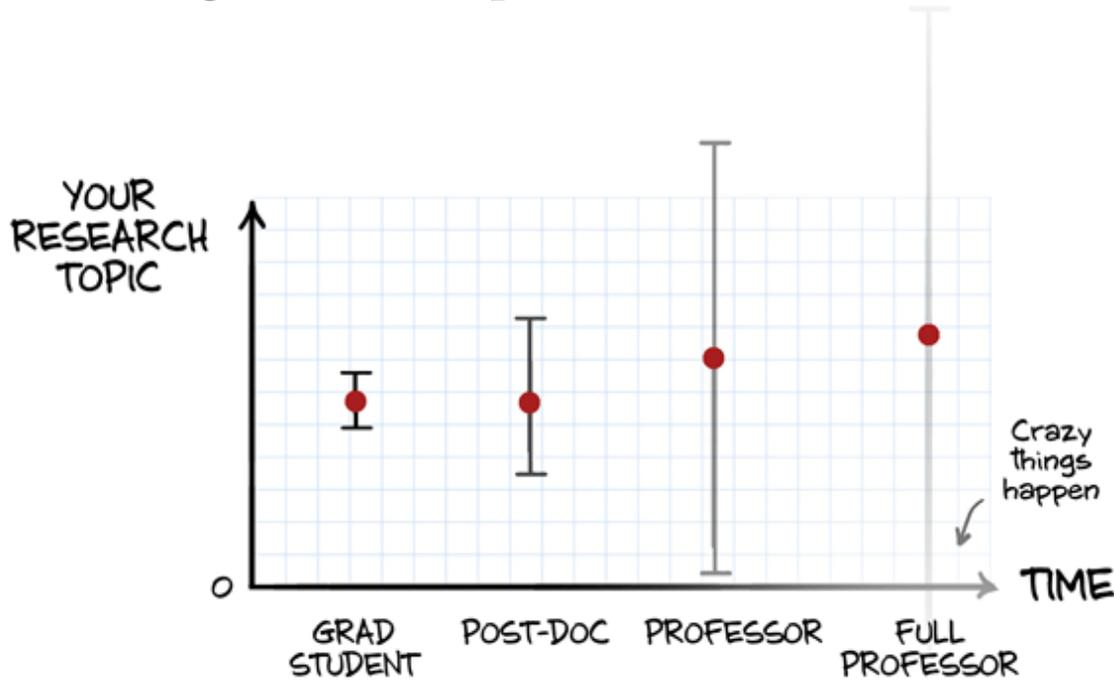
Information was also presented for individuals whose background and interests extended beyond the bench. World Bank focused on its early career opportunities for those who seek careers in global policy and international development by highlighting the WBG Young Professionals, WBG Analyst and IFC Investment Analyst Programs. Representatives also encouraged graduate students to gain exposure and experience in international development via paid internships. Early-stage researchers were also a focus of EURAXESS which promoted research careers in countries throughout Europe while emphasizing that all EURAXESS services are free.

Visiting Fellows Co-Chair, and EXPO organizer, Dr. Ulrike Klenke shared sentiments that the organizing committee feels the event was a success. Dr. Klenke says, "The event went really well and that all participants and exhibitors got a lot out of it!" The committee estimates that approximately 200 NIH fellows participated in this year's EXPO. The International Career Opportunities Expo is a biannual event and the next EXPO is slated for Fall 2020.

Comics

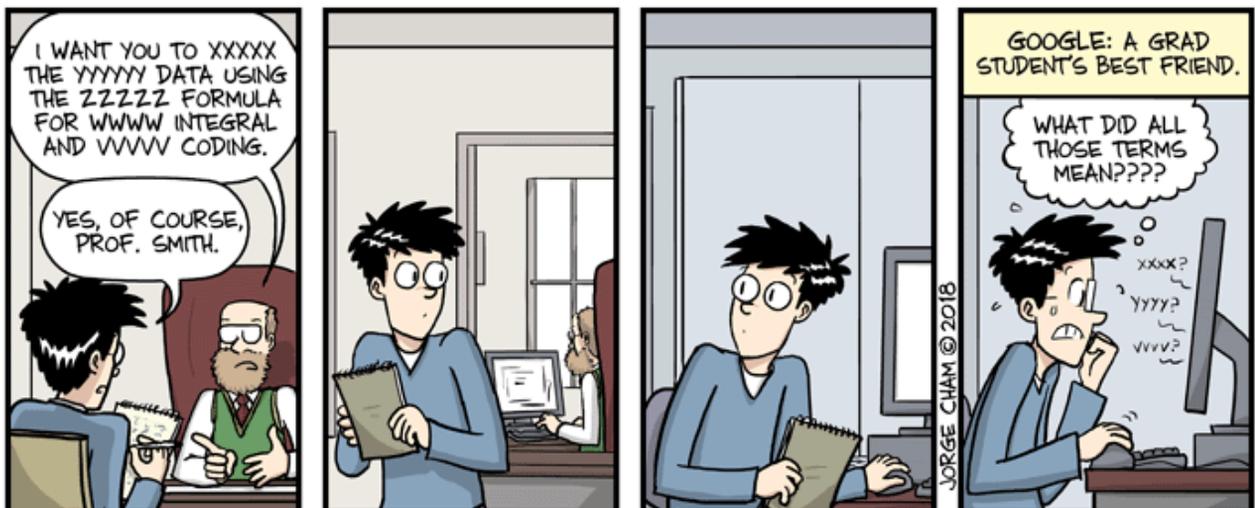
Piled Higher and Deeper by Jorge Cham

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Want to contribute?

We are looking for content for the next Chronicles issue!

Artwork: Have a doodle, comic, or drawing?

Creative Writing: Write poetry, short stories, or essays and looking for somewhere to disseminate your work?

Student Spotlight: Introduce yourself to your fellow grad students by writing a short blurb about yourself and your experience at NIH.

Research: Have some cool research you recently published or presented?

Send your art, writing,
publications, awards, and
graduation announcements to
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