



Center for Cancer Research
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CCR Fellows & Young Investigators Newsletter



The journey continues...

***From the Editor-in-
Chief's Desktop***

Manasi S. Apte

Hope everyone is enjoying the crisp, breezy fall and gearing up for a beautiful winter... We are happy to present our Fall/Winter CCR-FYI newsletter with great line-up of articles. We hope that our selection of articles will be enjoyable for fellows at all levels (postdocs, postbacs, interns).

In this issue, we present various avenues for stress management and effective work-life balance that our fellows rely on: Yasmine Abbey discusses how to keep the stress levels at bay. Claire McCarthy lists valuable resources around the NIH campus for trainees to stay fit and

healthy. Kyster Nanan highlights various interesting and fun activities outside the lab that our fellows enjoy. If you are one of the trainees who is thinking about “what’s next?” (that’s me included), we have career-readiness in the spotlight. Kyster Nanan, Catherine Sullenberger and Iain Sawyer discuss at length various networking strategies. For further inspiration, Namratha Sheshadri chats with NCI Women Scientist Advisor Dr. Kylie Walters, our featured scientist for our Leaders in Science series.

Melissa Fernandez shares her personal experiences of organizing a successful donation drive for fellow citizens of Puerto Rico. She also gives us a preview of upcoming 2018 CCR-FYI Colloquium, an important annual event with ample opportunities for fellows to meet, learn, network and collaborate! Mariana Mandler introduces us to the new liaison of the National Postdoctoral Association (NPA)- -Jinping Liu, and describes advantages of being a member of NPA and finally, we have Christopher Rice discussing the day-to-day life of international fellows at NCI as a part of an ongoing series – The expat’s experience.

As I present this issue to you, I would like to take the opportunity to note how great a learning experience it has been to work with an awesome team of authors, editors and other contributors! Special thanks to my managing editor –Melissa Fernandez. We certainly hope to continue our efforts to publish great articles in future.

On behalf of the entire CCR-FYI newsletter team, we wish you all a great rest of the year and very happy holidays! Enjoy!

CCR-FYI newsletter editorial team

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Cover Image Ocean city beach photo, Courtesy: Helen Brook, FDA Fellow

Erratum: CCR-FYI Spring/Summer 2017 Issue 1 cover page image of Medical center metro station was provided by Helen Brook, FDA fellow. We apologize for mentioning her name as Helen Brooks.

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Meet Your New National Postdoctoral Association Liaison – Dr. Jinping Liu

By Mariana Dalit Mandler

The National Postdoctoral Association (NPA) is a non-profit organization formed in 2003 to advocate for all postdoctoral fellows with the goal of enhancing the quality of the scientific training experience. Some areas of focus include advocating science policy, and providing online resources and networking opportunities for building the postdoctoral community. Additionally, the NPA works towards creating positive change in salary and benefits, career development and mentoring, diversity, and international issues (e.g. visa policies). I recently joined the NPA as an affiliate member, and now have access to a number of resources that help me build and accomplish my career goals, such as job postings, resume building tools, and online webinars. NPA also hosts member groups and committees, which offers opportunities for fellows to gain experience in committee work and to build transferrable skills. If you are a postdoctoral fellow, I highly recommend becoming a member of NPA to gain access to these and other benefits. In fact, NPA is not limited to postdocs, but post-baccalaureate fellows, graduate students, and staff scientists can all join NPA, and becoming a member is free for all NCI fellows. More information can be found at www.nationalpostdoc.org.

The Center for Cancer Research Fellows and Young Investigators (CCR-FYI) has an NPA liaison who keeps us informed of NPA updates and attends the yearly NPA conference to share initiatives taken by the Center for Cancer Training in support of fellows' training. The liaison reports back on the yearly NPA conference regarding what programs and initiatives other institutions are enacting to support their trainees and improve their training environment. I recently met with our brand new CCR-FYI NPA liaison, Jinping Liu, who is excited to follow in the footsteps of former NPA liaison Abbey Zuehlke. Jinping has been a postdoc in the CCR for 4 years, and is currently studying the molecular profiles of hepatocellular carcinoma (HCC) in the Laboratory of Human Carcinoma with Dr. Xin Wang. Jinping is working with the CCR-FYI to plan and

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organize networking activities throughout the year. One goal she has for the coming year is to improve the quality of networking events by working together with the CCR. For example, events will be planned in such a way to include lab/branch Chiefs and PIs, in an effort to allow open communication with those willing to dispense their wisdom and advise our ever-growing community of fellows. Jinping will attend the national NPA conference in 2018 located in Cleveland, Ohio where she will work with extramural NPA liaisons to determine ways to improve outreach and support for fellows.

In addition to working together with NPA towards improved networking and fellow support in the coming year, Jinping has spearheaded the CCR-FYI's planning of the 8th Annual National Postdoctoral Appreciation Week (NPAW) this past September 18th – 22nd. The goal

of this week was to bring awareness to our hard work as fellows, take some time to celebrate and recognize one another, and network over beverages and lunch. Three events took place throughout the week, which were offered on both Bethesda and Frederick campuses. NPAW kicked off with free coffee and donuts (Sponsored by the Center for Cancer Training) on Monday morning, for which over 70 fellows attended! The second event was a brown-bag lunch on Wednesday. The week ended with social networking on Friday at Tapp'd in Bethesda and Magoo's Pub and Eatery in Frederick. The events were greatly appreciated by the attending fellows. The CCR-FYI will continue to host these types of events during future NPAWs. Please join me in welcoming Jinping Liu as our new NPA liaison, while we look forward to future events and networking opportunities throughout the coming year.

Post-bacs and post-docs: Handling stress at the NIH

By Yasmine Abbey

Whether chronic or acute, stress is universally experienced and has been since time, immemorial. In more recent years, however, stress has taken an unprecedented hold on young American life. The American Psychological Association (APA) states that young people ages 18-33 (millennials) reported the highest average stress levels of all

age groups, with Generation Xers/baby boomers (aged 34-47) and Matures (67 years and older) arriving in second and third place, respectively¹⁻². The combination of financial, work, and social anxiety has taken such a toll on millennials that HuffPost contributor Don Goewey, has wittily referred to our group

(and Gen Xers) as “Generation Stress”³⁻⁴.

It is unsurprising, then, to know that NIH contains no shortage of stressed millennials. Within the NIH, millennials often occupy post-bac or post-doc positions and are actively engaged in world-class research, networking, and educational opportunities that will undoubtedly prepare them for the future. But, with great opportunity comes even greater stress, especially for post-bacs who are seeking eventual careers in science and/or medicine. As a member of this group, I understand the difficulty of juggling research, academic coursework, career planning, and extracurricular activities. During my first year at the NIH, I attempted to level my stresses by participating in hobbies I enjoyed, like writing and exercising. However, I quickly realized I needed additional methods of managing stress because my current techniques were sometimes impractical to execute. Thus, in seeking an external community of post-bacs to communicate with and learn from about stress management, I spoke with a few NIH post-bacs to gain a better understanding of how our generation of high achievers deals with the increasing pressure and anxiety that surrounds young American life.

Zaw Phyto, a post-bac fellow working in Beverly Mock’s Lab at the NCI shared his experience juggling school, working at the NIH, and preparing for medical school admissions. “I try to keep a good balance,” he said, “but one of the

best ways I manage stress is by running and visiting national parks.” When asked how he tackled the additional stress of applying to medical school, he stated that it was important to have a strategy. “Know your priorities, what’s important for you, and most important, have a plan.” Echoing these sentiments was Sayeh Gorjifeld, an NCI Molecular Targets and Drug Discovery fellow who has worked at the NIH for the last three years. In addition to prioritizing and strategizing, Gorjifeld stated that keeping busy was the key to controlling her stress. “For me, it’s about making sure I’m engaging in the hobbies I enjoy most: art and film. Doing this helps me balance the rigorous work I do in lab”.

“...it was important to have a strategy. “Know your priorities, what’s important for you, and most important, have a plan.””

Gorjifeld and Phyto stated that they also relied on external support, often from friends and family, to get through stressful periods. When prompted on what available NIH resources both used to cope with the stress of applying to medical school or graduate school, both Gorjifeld and Phyto mentioned that the Office of Intramural Training & Education (OITE) at the NIH was an invaluable resource.

OITE is indeed a phenomenal resource for post-bacs and post-docs when it comes to career guidance and advice, but their reach extends past simple career counseling. They provide workshops on topics such as wellness and stress relief, or on ways to build resiliency while pursuing a career science. The office is stocked with academic experts and counselors that can help trainees navigate difficult situations, whether that be in a lab setting or otherwise, and who can provide clear guidance to post-bacs applying to graduate or medical school.

Gorjifeld stated that for her, “OITE single-handedly saved my application to graduate school”. She further explained that she took full advantage of meeting with many OITE professionals when planning her next career steps. Phy confirmed Gorjifeld’s statements and added that OITE helped him prepare for the MCAT, medical school interviews, and gave him general advice concerning the entire medical school admission process. “It’s an incredible place,” Gorjifeld elaborated, “Some undergraduate programs don’t have the level of support that’s available at OITE.”

As Gorjifeld, Phy, and so many others have elucidated to me, stress, though at times unnerving, can be properly mitigated without further harm. For post-bacs, external resources like OITE can help lower stress associated with career planning. In general,

strategizing, pursuing other hobbies, or seeking outside support can help post-bacs and post-docs greatly attenuate their stress levels. However, whatever the methodology, the key is to maintain a consistent reprieve—only then can we, as post-bacs and post-docs, transform ourselves from a stress-filled scientific society to one that strives and achieves better wellness, self-care, and, ultimately, better health.

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Fitness for fellows at NCI

By Claire E. McCarthy

Fellows and young investigators at the NCI work hard in the lab doing experiments, writing web content or reports, analyzing epidemiological data, learning science administration, and much more. However, in addition to their jobs, many fellows dedicate time each week to take part in fitness activities. According to the [NIH Office of Management](#), regular physical activity is important for an individual's overall health and adults should engage in moderate aerobic activity for at least 2.5 hours each week.

As a fellow at NCI Shady Grove, I have 24-hour access to a fitness center in the building. When you become a member, you receive a comprehensive lifestyle assessment, including consultations with fitness professionals, to help you plan the best exercise program for yourself. Group exercise classes, including Total Body Conditioning, Mat Pilates, Zumba, Vinyasa Yoga, and Cardio Kickboxing, are offered as well. The fitness center is a great place for fellows to get some exercise.

Moreover, NIH offers free fitness classes to employees, including fellows. There are currently (December) NIH ["Fitness for You Events"](#), including Cycling, Zumba, and Christmas Spin, at

the NIH Bethesda Fitness Center, The Loft, Rockledge Fitness Center, and Baltimore Fitness Center. One of my favorite personal fitness activities is yoga, so I enjoyed the free yoga classes offered by the NIH to celebrate National Yoga Month in September. There were also presentations on reducing stress with yoga techniques and scientific research about the positive effects of yoga practice on personal well-being. Each month, fellows have an opportunity to take part in NIH fitness activities.

In addition to NIH sponsored fitness classes, many post-docs and fellows at NCI-Frederick stay active through intramural sports leagues. Molly Congdon, a post-doc with Dr. Jeff Gildersleeve, plays on a co-ed soccer team with members of the CCR Chemical Biology Laboratory at the [Frederick Indoor Sports Center \(FISC\)](#). She said, "I decided to join the co-ed soccer team to meet other people in my building and to improve my overall fitness...The soccer

"...NIH offers (monthly) free fitness classes to employees, including fellows"

team allows a bunch of us to hang out and have fun outside of work.” Other post-docs at Frederick have joined local volleyball teams or play pick-up games. For example, last year a group of post-docs, post-bacs, and FTE employees formed “Team Biohazard” and won first place in the Fall City of Frederick Volleyball League. Sherimay Ablan, a Biologist in Dr. Eric O. Freed’s laboratory in the HIV Dynamics and Replication program and one of the team members, said, “Most of the people that join the team or play at our pick-up volleyball games do it for fun. We get to meet other people and socialize in a healthy setting.”

Intramural sports are a great way for fellows to stay fit, practice teamwork skills, and get to know people in the area.

Overall, there are many different physical and exercise activities available for NCI post-docs and fellows. If you are a fellow looking for a fitness program, Molly’s advice is, “If there is a sport or activity that you are passionate about, find a location near you and do it. If you know a bunch of people (from work or outside of work) who are interested in the same activity, try to set up a group or team...Take care of your health and live life to the fullest.”



“...Intramural sports are a great way for fellows to stay fit, practice teamwork skills, and get to know people in the area”

Networks: not just for systems biology and extroverts

By Catherine Sullenberger, Iain Sawyer, and Kyster K. Nanan

Ask a scientist about networks and you will likely be met with a gleeful description of their favorite signaling pathway/brain region/deep-learning algorithm and elegant experiments to test these systems. But as the saying goes “It’s not what you know; it’s who you know,” and in today’s seemingly ultra-competitive job environment, this has never been more true. Nowadays, securing your dream job depends on your ability to leverage the power of a well-connected professional network. The word “networking” may elicit a pang of anxiety in some, and for many postdocs approaching potential contacts seems like a daunting task. However, the impact that networking can have on both your career and your research is well worth powering through that first “Hello!” even if it feels a little awkward. In this

article, we present information garnered from interviews with career professionals (Lori Conlan, OITE) and doctoral-level scientists who have mastered the art of hobnobbing in both academia (Boris Striepen) and pursuits away from the bench (Tina Saey, Giorgia Guglielmi, Bethany Brookshire) to ask for their thoughts on *how to win friends and influence people*. Based on these interviews we offer some general networking strategies, including tips to help shy fellows make their mark on the networking world, and discuss networking for different career paths.

Don’t let shyness interrupt your network connection!

Like almost everything in life, your personality influences your ability to achieve a certain goal. As basic as networking may appear on paper, the art of establishing and maintaining a professional network does not come easy to everyone. There are certain people for whom networking “just happens,” whereas others may need to put in a bit more effort to get a similar return on investment. To determine the major networking hurdles faced by NIH

“...the impact that networking can have on both your career and your research is well worth powering through that first “Hello!” even if it feels a little awkward.”

fellows, and learn how these are overcome, we contacted Dr. Lori Conlan, Director at the Office of Postdoctoral Services at OITE. She informed us that a key concern of most fellows is that *they do not actually have a network* and for almost everyone, this is simply not true. Lori uses the Networking Map (shown below) to demonstrate just how many connections are available by way of lab mates, peers, colleagues, friends, and relatives (and maybe even complete strangers). After getting over the perceived hurdle of lacking a network, fellows need to take the initiative to start making connections. For fellows who may consider themselves a bit shy, this proposal can sometimes be paralyzing. We have gathered some networking tips

and techniques from Lori and others that may help embolden even the most sheepish of fellows.

As a brief aside, we would like to mention that there are subtle, but important, distinctions between “shyness” and “introversion.” While there is hardly the opportunity in this article to deeply discuss this distinction, our readers are encouraged to consult the article entitled *Are You Shy, Introverted, Both, or Neither (and Why Does It Matter)?* by Susan Cain the Chief Revolutionary and Co-Founder of the leadership initiative *Quiet Revolution*.



Networking map (Image courtesy of Dr. Lori Conlan, OITE)

The main suggestion offered by Lori to help shy fellows “ease into” networking involves starting with who you know – slowly begin your networking foray by approaching close friends and relatives instead of strangers. Generate your own Networking Map and reach out to the people closest to you. Once you are ready to take the next step in your networking journey, you may want to have a trusted individual “broker” an introduction with one of their contacts whom they consider to be receptive and approachable. These relatively “safe” encounters can help fellows practice their approach, build confidence, and deal with any potential fears of rejection. After a few conversations with some trusted individuals, you may feel as though networking is not nearly as intimidating as you once thought.

Another invaluable suggestion from Lori is to use the “buddy system.” There is safety in numbers, and if you are a bit bashful, consider recruiting a good friend to accompany you to your next networking event. The buddy system can help to ease the anxiety of meeting strangers and the extra accountability makes it slightly more difficult to renege on a commitment to improve your professional networking efforts. Moreover, your networking buddy may be able to advocate for you if they happen upon someone who is looking for a scientist with your particular skillset (and vice-versa!).

While there was a virtually inexhaustible supply of networking

advice in Lori’s stash, we would like to add only these final bits of useful advice that may help to reframe your general feelings towards networking. First, it is important when networking to *be genuine*. Certain aspects of networking may feel “tacky” or “sleazy” to certain individuals. Just remember that most people like helping their peers and networking should be a two-way street, meaning that you should also be willing to contribute within your network. Secondly, to sustain meaningful personal and professional connections within your network, it is critical for you to *be yourself!* Striking a balance between a variety of personality types is highly valuable in a team environment. This means that introverts, extroverts, shy people, and outgoing people, can each contribute towards achieving a common goal. As oxymoronic as it may sound, rather than completely hiding your bashfulness, it may sometimes be useful to relax and *let your inner shyness shine!*

“...it is important when networking to be genuine ...most people like helping their peers and networking should be a two-way street...”

Networking in academia: A bridge between interpersonal relationships and research

Your professional network is a great resource that can lead to: i) career development, ii) collaborations, iii) or acquisition of the perfect antibody (or other reagent) that just might push your project to the next level. As you begin building a professional network it is important to consider which contacts will be helpful for your career and to define your own networking goals. Dr. Boris Striepen, a professor at the University of Pennsylvania (School of Veterinary Medicine), explains that as an academic researcher his primary networking objective is to “advance [his] science.” With this in mind, it is helpful to remember that you actually have something in common with any potential contact, *a passion for science!*

“...start by simply speaking up more at seminars, presenting your research as often as possible, and simply saying “hello” to a new face in the autoclave room!...”

Networking goals may reflect where you are in your career. As a senior postdoc on the job hunt, it is important to

get your name out there, and not just in print. The number of applicants for tenure-track job positions can be staggering, but by building a strong professional network, you increase your chances of success. Your odds will be more favorable if a point-of-contact within an organization can either recommend you for a position or point you towards a potential lead. And if you have such contacts within your network, use them! While name-dropping can have a negative connotation, it can be helpful to mention whether you heard about the job through a colleague; this technique helps to showcase your interest and can be an immediate source of feedback for the hiring manager.

So, where do you build this network? Conferences are a great place to meet new people. Dr. Striepen encourages young investigators to break out of their comfort zone at conferences; “don’t eat lunch with your lab,” but instead make an effort to have lunch with a new person. Most conferences also offer specific “networking” events, so take advantage of these opportunities! In addition to conferences, it is important to utilize resources offered at your current institution. For instance, many research institutions and colleges offer lunches with invited speakers. As postdocs it’s easy to get caught up in your bench work, but it’s important to take time to develop your future career (plus free food, I mean come on, no-brainer!).

How do we build this network? Approaching potential contacts can be

intimidating. It's important that you find your own style. Dr. Striepen recommends that you determine how you would like to project yourself - develop a public persona that highlights your strengths as a scientist. You can start by simply speaking up more at seminars, presenting your research as often as possible, and simply saying "hello" to a new face in the autoclave room!

Networking in the private sector: stay open to all opportunities and be bold!

You've spent 10 or more years learning about experimental rigor, which companies make the best antibodies, and what PIs to avoid in the corridor if you're in a rush. But what if you realize that a life in academia isn't for you? What do you do with all those experiences and academic contacts when you decide to leave a career path that you may have been building towards for years or decades? Tina Saey, Senior Molecular Biology Writer at *Science News*, experienced this exact situation during graduate school. Tina had fallen in love with the idea of scientific research at an early age and was determined to conquer the academic world. However, during her yeast genetics Ph.D. as a Fulbright scholar in Germany, Tina realized that "she loved science but loved a lot of other things too" and that writing about science was her passion. Tina was intrigued by news that a colleague was just about to start a science journalism program at UC Santa Cruz, as this would offer her a way to acquire the skills she felt she needed

to start her post-research career. Too stubborn to quit her Ph.D., by her own admission, Tina "gutted it out" and eventually defended her thesis one week before returning to the US to start a journalism program at Boston University. From here, her career in science journalism blossomed at prominent news organizations in Boston, St Louis and Dallas. Tina's passion, personality and professionalism paid dividends when her former boss during her internship at the Dallas Morning News was later named Editor-in-Chief at *Science News* and keen to offer Tina a position at their offices in DC, where she's been working since January 2008. Tina is an advocate for finding good mentors and recognizes the benefits of having a strong voice in your life who can help you improve and look out for you throughout your career. Although it can be scary, she feels that it's difficult to map out a path, to move forward without wondering "what if?" and to keep learning from any inevitable setbacks.

This emphasis on positivity is shared by Giorgia Guglielmi, a science writing intern at *Science Magazine*. Giorgia followed a similar path to Tina, including completing a prestigious journalism program at MIT. She'd always been interested in journalism and felt that "rational thinking [was] taking a back seat in public discussion of science." Giorgia made a committed effort to start communicating science to the public during her postdoctoral studies and began writing for the EMBL Office of Communication's website. After

impressing the team, Giorgia became an ambassador for EMBL and toured high schools across Europe to talk about how to communicate basic science. However, it was during her time at MIT that the power of networking became apparent. Giorgia was surrounded by writers and journalists who were all eager to improve her writing and boost her Rolodex. These experiences helped Giorgia to hone her craft and really learn the ins and outs of good scientific communication, which is an ever-diversifying field. During her time at *Science*, Giorgia has written scripts for videos, created infographics, and has even hosted her first podcast, which requires strong interpersonal skills to collaborate with designers, writers, editors, and more. Importantly, the impressive skills that she acquired during her Ph.D. are complemented by her networking experience, making her ideally-suited to the modern public scientific communications environment.

Another key to making a name for yourself in public science communication is to write passionately and often, as recommended by Bethany Brookshire. Bethany currently blogs for *Science News for Students* and relishes the opportunity to “write for teens and adults about the latest findings, how to conduct good research, and more.” Bethany began blogging during her graduate work and continued until the end of her postdoc, writing for *Scientific American*, *ScienceBlogs* and her own blog, *SciCurious*. Despite offers to work as a college faculty member, Bethany followed her passion for science

journalism and became a freelance science writer before eventually joining the *Science News* education team. As one may expect of a blogger, Bethany excelled at networking online, mostly via Twitter, Slack, and Facebook, which are preferred by science writers over sites such as LinkedIn. Bethany credits her success, in part, to her editors and hopes to “one day to be as great as they are!” However, she feels that she may have benefited from enrolling in a formal journalism program, like Tina and

“...find good mentors and recognize the benefits of having a strong voice in your life who can help you improve and look out for you throughout your career...”

Giorgia, which helps “students establish those connections and networks that will help them later” and to overcome some of the culture shock associated with moving from research to journalism. In addition to courses taught at institutions such as MIT and UC Santa Cruz, Bethany also recommends that scientists interested in communication should investigate programs such as the AAAS

Mass Media Fellowship, which places interns in news outlets to learn about journalism in the workplace.

A career in scientific communication is rewarding but not always easy. The professionals contacted for this article have a passion for conveying complex ideas to a broad audience across the globe using a variety of media. The experience of juggling multiple tasks during their research careers enable them to tackle the fast-paced world of journalism, and to develop the thick skin needed over years of scientific critiques. This is essential when so many people, not all of them friendly, will be reading your work. However, their commitment to seeking new opportunities and meeting new people, in person and online, has repeatedly benefited their career progression and professional capabilities. Their experiences highlight how important it is to present yourself in the best possible manner in person and online, to take risks, and, above all else, to help each other out!

So, what's your next move?

The American author Lewis Howes said "Effective networking isn't a result of luck - it requires hard work and persistence", and he hit the nail right on

"...it is important to present yourself in the best possible manner in person and online, to take risks, and, above all else, to help each other out!"

the head. Everyone can benefit from widening their professional circles but there is a time commitment to successful networking and you'll strike out more often than not. At first, try to practice in low-stakes environments, like after a seminar, and stick to topics that are familiar to you. Over time new ideas can be formulated, paths forged and, maybe even a few friends can be made along the way! Don't miss out on opportunities to learn more about networking, the Office of Intramural Training and Education (OITE) is offering two networking workshops this December: "Networking for your Career" and "Personal Branding For your Career." Information related to these events, as well as other useful career-planning resources, can be found on the OITE website.

Leaders in Science: Dr. Kylie Walters

Acting Chief, Structural Biophysics Laboratory and NCI Women Scientist Advisor

By Namratha Sheshadri

As a part of the Women in Science series for the CCR-FYI Newsletter, I had the wonderful opportunity to interview Dr. Kylie Walters at her laboratory located at the Advanced Technology Research Facility (ATRF) at NCI-Frederick. Strongly considering a career in academia myself, I took upon this initiative to follow the journey of women who have made their way to the pinnacle of their field of research. I wanted to get an insight into the career path of women who have been successful in balancing a flourishing career in research as well as family-life. My meeting with Dr. Walters clearly exemplifies that she is one such leading figure in science within our intramural community.

Kylie Walters received a doctorate in Biophysics from Harvard University, where she characterized the structure and dynamics of protein-protein complexes using NMR spectroscopy. During a short post-doctoral stint in the Department of Pathology at Harvard Medical School, she began studying the Ubiquitin-Proteasome system. Subsequently, she joined the Department of Biochemistry, Molecular



Biology and Biophysics at the University of Minnesota where she coupled NMR studies and supercomputing to elucidate proteasomal protein complexes which have key roles in cancer and neurological disorders. She secured tenure and was promoted to Associate Professor in 2008. In 2013, she moved to the Structural Biophysics Laboratory (SBL) at the NCI where she is currently a Senior Investigator. As Head of the Protein Processing Section within the SBL, Dr. Walters' research is focused on the mechanism of substrate recognition and targeted protein degradation by the ubiquitin-proteasome pathway. She is an

elected member of the NCI Women Scientist Advisors Committee and currently serves as the Acting Chief of the SBL at the Center for Cancer Research (CCR).

In recent years, the Walters laboratory has identified Rpn1 and Rpn13 as substrate receptors in the regulatory particle of the proteasome that capture ubiquitinated substrates and substrate shuttle factors, allowing for substrate delivery to the proteasome catalytic interior for degradation. Further, they found that a class of cell permeable small molecules that restrict tumor growth in mice xenograft models of multiple myeloma and ovarian cancer target Rpn13, offering promise for Rpn13 targeting as a therapeutic avenue for certain cancers. Currently, proteasome inhibitors that target the catalytic core particle are used to treat certain hematological cancers. Using structural biology approaches, the Walters lab continues to unveil mechanistic details in the pathways that lead to protein degradation. The outstanding work from her laboratory has been published several leading journals including Science, Nature, Molecular Cell and Nature Communications to name a few.

Kylie has successfully mentored over a dozen graduate students and postdoctoral researchers who have transitioned to various career tracks. Postdoctoral fellows from her laboratory have secured positions as an NMR facility manager at St. Louis University, Assistant Clinical Professor in the

University of New England, Maine, and academic positions in Poland and China. A few alumni have secured scientist positions in companies such as Syntiron, AbbVie Inc., and R&D Systems.

Within my hour-long meeting with her, she inspired me with her enthusiasm and mentored me about navigating the academic career path. I began by asking her about how she recognized her passion for science and when she decided to take up research as a career. After getting a Bachelor's degree, her love for science took her to Harvard University for graduate school. She admitted to not planning her career moves to the utmost detail, allowing for flexibility and room for new opportunities. She did not feel pressured to pick her career path, rather she strongly believes that enjoying the science and executing experiments to perfection paves the way for career openings. Curiosity-driven science coupled with dedicated effort was her mantra for transition from graduate school to a postdoc and eventually to landing a faculty position.

Statistics point to a drop in the number of women scientists transitioning from a mentored phase to an independent research career¹. Data from the Office of Intramural Research indicates that, while there is an equal male to female ratio of postdoctoral trainees, surprisingly, women only comprise 38% of tenure-track investigators and 20% of the senior investigator positions². These numbers seem to reflect a global issue of gender

gap in academia according to the latest report in the Catalyst³ (October 20,2017).

One of the prominent reasons identified by several studies indicate that female postdocs tend to question their ability to be competitive scientists while simultaneously raising a family⁴. They tend to choose careers that are less interfering with their familial pursuits. Dr.

“...while there is an equal male to female ratio of postdoctoral trainees, surprisingly, women only comprise 38% of tenure-track investigators and 20% of the senior investigator positions...”

Walters and I discussed a few possible solutions to support early-career women scientists. She suggested that such support can begin at the laboratory. Women postdocs could team up with other lab personnel who can help continue projects and execute experiments during times of pregnancy and maternity leave. This can turn out to be an opportunity for women postdocs to develop key managerial skills such as mentoring, task delegation, team-work and supervision. In terms of institutional support, having day care facilities within the premises would be helpful to mothers and fathers.

There is mounting evidence that working mothers can have a remarkable positive influence on economic, educational and social development of children of both sexes⁵. While not discounting the benefit of quality time parents spend with children, research shows that the attitude of working parents to gender specific roles can positively impact the child's conditioning. Dr. Walters too mentioned that her kids developed social skills very early on, owing to interactions in day care. She also pointed out that women scientists should have a healthy communication about career goals with their spouses, and not feel obliged to be solely responsible for household chores. Dr. Walters went on to introduce me to a couple of women postdocs in the lab and encouraged the idea of creating a support group among peers. She recommended that brown bag lunches can foster such community spirit.

One of the key determinants of success in academia is securing grants. Being quite intimidated by my first grant writing experience and the funding situation, I asked Dr. Walters to share her thoughts on grant applications. In her opinion, grant writing and receiving feedback from experienced reviewers can in fact help clarify scientific ideas and turn out to be a creative journey toward addressing fundamental problems in any field. Instead of being daunted by the idea of grant writing, I learned that the process can be viewed as a positive approach to doing impactful science.

In preparation for a career in academia, Dr. Walters strongly advocates postdocs to seek opportunities to present their research at national and international conferences. She believes that it is a great way to advertise one's research and to find potential connections to future employers. She particularly asked me to seek out meetings that provide travel awards for scholars-in-training as well as subject-specific meetings where abstracts are selected for short presentations.

After my chat with Dr. Walters, I returned to my routine with a newfound excitement about the possibilities of an academic career track that lie ahead of me.

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4.<https://www.americanprogress.org/issues/women/reports/2009/11/10/6979/staying-competitive/>

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Who doesn't like fun?... What activities do NIH fellows enjoy during their leisure time?

By **Kyster K. Nanan**

If I have learned anything from the 1980 movie *The Shining*, it's that you should be wary of scary twins who speak in unison and that "all work and no play makes Jack a dull boy." I have lived my life abiding to both of these principles, but

let's only discuss the latter for now, shall we? ...Over the course of many years, I have collected a number of hobbies, including cooking, reading, and building analog audio electronics. I recently came to the realization that, while I thought I

was just having fun with these activities, I was also unwittingly improving certain aspects of my professional life. For instance, there are many parallels between cooking and experimental science. In cooking, you follow a *recipe*, whereas you refer to a *protocol* in lab. In your kitchen, you employ the scientific method any time you test whether that stew would benefit from adding more salt or whether hummus belongs in a roast beef sandwich (it emphatically *does not!*). Based on my own experiences, I wondered whether my fellow NIH fellows similarly had hobbies and whether it positively influenced their personal and professional lives. To this end, I sent out

the “Fun Fellows” survey earlier this year and would like to share the findings with our readers.

There were many Fun Fellows across various NIH institutes who responded to the survey and reported an incredible diversity of hobbies, ranging from acapella to rock climbing, and everything in between. The survey further asked how their extracurricular activities enriched the personal and professional lives of the respondents. Because of the outpouring of responses from fellows, it seemed easiest to summarize the list of hobbies in the FUN wordcloud below.



Responses from the *Fun Fellows* survey summarized in a *FUN* wordcloud!

I reached out to some of the survey respondents who indicated an interest in sharing more with the newsletter. One such fellow was Neslihan (Nesli) Kayraklioglu, a visiting postdoctoral fellow working in the Cancer and Inflammation Program at NCI-Frederick. Nesli's favorite hobby is painting, which she uses as a kind of emotional release valve to relieve tensions that can build up as a consequence of work and, more generally, life. For her, painting is one of the best ways to relax and forget about all of the deadlines and experimental stressors that may be related to work.

I asked Nesli to share some of her work with the newsletter and she was gracious enough to provide images of her paintings, shown below. I was -and continue to be- struck by the amazing

technical achievement and breathtaking talent on display in both her reproduction of Renè Magritte's "The Lovers" and her original, untitled painting of waves. Nelsi may use painting as a way of reducing her own stress, but just staring at those waves is having a very soothing effect on me, too!

Next, I interviewed Daniël Melters, a postdoctoral fellow in the NCI's Laboratory of Receptor Biology and Gene Expression, to learn more about his unique, exciting, and potentially perilous hobby of car racing. Yes, you read that correctly; *car racing!* Daniël has had a long-held fascination with cars and racing, but it was not until his graduate school days at UC Davis that Daniël actually had the opportunity to get into the driver's seat. When asked what his favorite aspect of racing was, he was



(Oil paintings by Dr. Nelsi Kayraklioglu. Left: reproduction of Renè Magritte's "The Lovers." Right: Practice waves.)

unable to just chose one feature of the sport - to him, racing just feels *right*. Daniël loves the sound of the engine, the feeling of being geared up and strapped in, the faint smells of gasoline and burnt rubber in the air, and the almost palpable energy from the spectators and his fellow competitors. For Daniel (pictured in action below), racing is a great way for him to escape from the lab, inject unparalleled excitement into his life, and keep in touch with some of his old friends.

Another NIH fellow who I interviewed about his pastime was Benjamin (Ben) Voisin, a visiting

postdoctoral fellow in the Dermatology Branch of NIAMS. Ben's hobby of photography happened to be one of the more common hobbies amongst survey respondents and I wanted to learn from Ben what specifically attracted him to this hobby. During my interview, I learned that Ben became interested in photography at a very early age; when he was about 12 years old, his parents bought him a cheapo disposable film camera. Ben had considerable fun with this, which prompted his parents to upgrade his camera a few years later when he was gifted a prosumer level single-lens reflex camera.



(Daniël Melters competing in his team's Mazda Miata)

Ben's main interest in photography is twofold in that he considers photography as a way of preserving memories and moments and also functions as a creative outlet. His explanation of his interest in photography made perfect sense once I learned about Ben's two favorite subjects to photograph: his family and nature. Ben derives great enjoyment and satisfaction from having the ability to capture memories with his growing daughter and also loves getting to know Mother Nature by way of landscape photography.

Not only has photography enriched personal aspects of Ben's life, he mentioned that it has also helped him professionally. Naturally, I was curious as to how. Oftentimes in his work, Ben uses immunofluorescence microscopy and explained that his experience as a photographer helps with his understanding of technical aspects, such as aperture, focal length, and magnification, which each have parallels in the world of traditional photography. Additionally, as in his pastime, finding the right angle and getting the "perfect shot" is key. Another very intriguing, and perhaps more abstract way, in which photography has helped improve his science is that both of these fields may feel saturated at times and true inspiration may only come from considering the problem from a different

angle. Ben let me in on one of his principles of photography that, with his permission, I am sharing here because of its profound simplicity, utility, and applicability to both art and science. Ben gave the example of photographing a supremely popular subject among landscape photographers, a tree. Trees are as common as the dirt they grow in, but we have probably all seen photographs of trees that grabbed our attention. The way that accomplished photographers like Ben are able to emotively photograph a mere tree is that they approach the entire concept from a different angle. To achieve truly meaningful shots, instead of thinking of the subject in terms of nouns (i.e. tree in this case), Ben considers the subject in terms of adjectives (i.e. tall, green, rough, branched, leafy, magnificent). A skilled photographer can use these adjectives to guide the framing, focus, and exposure of their camera before finally clicking the shutter to capture the moment. From a professional standpoint, approaching scientific research from a different angle and thinking about research challenges in a different way is sometimes the only means by which we can move towards our goals as biomedical researchers. Ben has offered to share some of his favorite photographs with us, which can be seen below.



(Images courtesy of Ben Voisin. Left, Stream; right, Leaf)

In closing, it is clear from the survey results that NIH fellows *do* know how to have fun! While it is undeniable that there is no short supply of passion, creativity, or talent regarding science at the NIH, our short survey has indicated that these qualities extend into their extracurricular activities, as well. Many fellows regard their hobbies as opportunities to step away from the

bench or their computer screens so that they may either relax, decompress, express themselves, and simply *live in the moment*. We would like to thank all of the fellows who made this article possible by responding to our survey, submitting to interviews, and sharing their respective extracurricular passions with us. Keep up the good work and keep having fun out there!

Outpouring of Support for victims of Hurricane Maria From DMV Area

By **Melissa V. Fernandez**

On September 20th, 2017 Hurricane Maria caused catastrophic damage in Puerto Rico (PR) and the US Virgin Islands (USVI). The situation in the Caribbean has been described to me by

residents of the islands as “apocalyptic”. In the utmost irony, water has been the biggest problem on the island. The residents of PR are stuck on an island surrounded by water they can not drink.

The storm surge caused by Hurricane Maria resulted in widespread flooding while flash floods tormented the island after the hurricane was long gone. Natural sources of “fresh” water are contaminated with chemicals, sewage waste, and bacteria causing residents to struggle to remain hydrated. As many predicted would happen, a public health emergency is emerging with growing numbers of casualties due to the bacteria leptospirosis spreading through water contamination.

In response to this massive devastation, the Government of Puerto Rico put out a call for humanitarian relief donations. Aiming to help however we could, my husband and I searched for local donation drop off locations but could find none. After asking around and looking for ways to lend help, we decided to start a donation drive at restaurants in downtown Frederick, MD and the various NIH campuses. The CCR community encouraged this effort with members volunteering to host boxes, spread the word, make and distribute flyers, and even encouraging industry reps to donate! We were aiming to ease some of the sadness in the community that people felt for their loved ones and fellow citizens in PR. Our efforts were also geared towards providing the DMV (District, Maryland, and Virginia) community an easily accessible outlet to help fellow citizens of PR. We got in touch with the local chapter of Unidos Por Puerto Rico; an organization created by the PR Governor’s wife, Beatriz Rosselló, to provide aid and support to Puerto

Ricans affected by Hurricane Irma and Maria. After communicating with them about specific needs of the PR community in these difficult times, we started advertising across NIH campuses and our local community about our donation drive efforts.

My household was overwhelmed with the response from the NIH and extramural community- The response was massive! Within days of announcing the donation drive, our garage was full to the brim with generous donations including: canned goods, diapers, baby wipes, hand sanitizer, flashlights, batteries, bottled water, blankets and towels, baby clothes, painkillers, and anti-diarrheal medicine. We spent days sorting the items before dropping them off in at the Unidos Por Puerto Rico DMV center in Chantilly, VA. From there, the donations were transported via the US Air Force to PR, and distributed by the Puerto Rican National Guard.

The recovery effort in PR and the USVI will be a long process. If you would like to help the islands recover, there are plenty of opportunities to donate or lend your skills to the effort. One very impactful way to help is to host a student so they may continue or supplement their training until their research institution on the island is stable.

Upon searching for information on programs and initiatives available to assist students impacted by natural disasters, specifically this past hurricane season, my husband and I took our outreach efforts one step further; we

compiled all the information we could find onto one website called 'Support for Scientists during Emergencies and Natural Disasters' (SEND). In addition to centralizing all the incredible grassroots efforts other organizations have launched to help students and facilities, SEND is launching a scientific reagent request classifieds to help

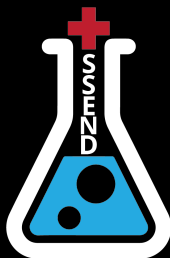
rebuild the research economy in Puerto Rico.

For more information please visit the website at www.SSEND.org.



Humanitarian relief donations from DMV community ready to be shipped to PR

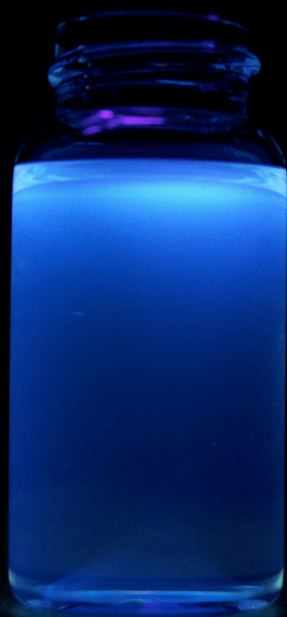
(Image Courtesy: Melissa V. Fernandez)



www.SSEND.org

Support for Scientists during Emergencies and Natural Disasters

A centralized resource and database for
research and education disaster relief information



Features

- Funding opportunities
- NIH/NSF responses
- Student assistance information

- Material & Financial donations
- Volunteer Opportunities

- Reagent request database
- Research relocation request

The Expat's Experience (Part Two: Everyday life)

By Christopher Rice

Many NIH early career scientists are short term visitors from overseas, and as such these expats face a distinct set of challenges. To construct this three-part series, I interviewed visiting fellows about their experiences of moving to and living in the USA. In this edition, the pros and cons of everyday life in a foreign country will be addressed. This transition is bound to take some adjusting to; however, many of the positives and negatives raised, were surprisingly uniform. For some, their lives before coming to the US had social or cultural restrictions that do not exist here, and as such they find that life in the USA can really be liberating. This was particularly common among female postdocs questioned, who felt that the USA represents a less judgmental society.

“I know the popular saying is ‘America is the land of the free,’ but for me that really had some truth... I come from a very small town, so the feeling of not being judged or surrounded by prejudice is really great”-E, Italy

“No one cares about what you look like when you go out, it gives the feeling that there is no judgment.”- LS, France.

Many find metropolitan life in the capital to be a draw to working and living in the DC area. The history, monuments and museums offer lots to see and do, and like many large US cities, a cultural melting pot is ever-present.

“I love the DC area. It is a green, international city, with beautiful monuments and houses. I met amazingly endearing and interesting people coming from different countries or states in the US. People are open-minded. It feels like you discover different cultures without even having to travel.” –LN, France.

Outside the city, the countryside and nature within just a couple hours' drive of DC is a huge bonus for many. The hiking opportunities available just a short drive away is one of the best aspects of living in the DC area. This, combined with a far more predictable and hotter climate was a common positive amongst fellows questioned.

“the National Parks in the US are one of the best things this country has to offer and everybody should visit them.” – A, Spain.

Unfortunately, moving to a new country will undoubtedly include changes, some of which are not so well

received. Much of these are quite predictable, particularly being so far from family and friends, especially as the cost of flying is prohibitively expensive and vacation time is limited; therefore, many holidays and family events are missed.

“Obviously, [missing] family and friend’s is the big one. We have missed the births of nieces, nephews and friend’s children, not to mention seeing others grow up.” – H, UK.

“I miss the fact that my daughter does not get to interact with her grandparents on a regular basis. I feel that she is losing touch with her roots more and more with each passing day.” – V, India.

Other common concerns amongst foreign fellows is sometimes a clash in cultures that can be hard to overcome. Many fellows who were more familiar with community based life felt that the USA represented;

“A more individualist society...”-LN, France.

Additionally, work-life balance can vary from lab to lab, but some found this to be a constant source of friction between locals and those from outside the US.

“Work-life balance: too much work, no holidays... It was striking for me to meet somebody new and to get a question like ‘what do you do for

work?’ right after the question ‘what’s your name?’”– A, Spain

Competitive research positions in cutting edge fields are undoubtedly going to include periods of high stress, whether you are a visiting fellow or living in the same town you grew up in. However, working in these situations whilst so far away from home, removed from friends, family and culture is obviously going to add additional stress. The toll these negatives take should never be taken lightly. It is important for visiting fellows to look after their mental health and build support networks with other fellows and mentors who can help alleviate or at least manage the stress.

In the next and final installment of this series, the future plans of our interviewees and improvements that could be made to the visiting fellows’ experience will be discussed.

The Preview into the 18th Annual CCR-FYI Colloquium

By Melissa V. Fernandez

The annual CCR-FYI colloquium is indeed a major event for all NCI fellows and requires months of planning and precise execution. For any CCR fellow who is looking for communication, networking, and management skills, joining the colloquium planning committee is great avenue for experience and training. This year's 18th Annual CCR-FYI colloquium will take place on March 1st and 2nd, 2018.

The annual CCR-FYI colloquium is truly special because it brings the entire CCR community, clinicians and bench researchers alike, for two full days on the NCI Shady Grove campus. Fellows meet one another and network, learn about each other's work, form collaborations, and critically discuss late-breaking scientific findings. In that vein, this year's colloquium theme is "Working Together to Break Through the Barriers of Cancer Research". This theme exactly encapsulates what the colloquium enables us to do.

It is my honor to serve the CCR community for a second year as Co-chair, alongside Patty Wiley, of the CCR-FYI Colloquium planning committee. Our

planning committee is hard at work planning the best colloquium event yet, with two days full of workshops, panels, poster sessions, breakout oral presentation sessions, keynote speakers, and the Outstanding Postdoctoral Fellow keynote speech. There will be a social networking event immediately after the colloquium on both days at a nearby restaurant where fellows can meet and mingle with invited guest speakers and panelists. These activities are designed to not only provide intramural networking opportunities, but also networking with invited extramural guests.

Additionally, each year during the colloquium we feature a touching talk by a cancer survivorship speaker. Their personal stories of overcoming cancer using various treatment options only possible due to rigorous biomedical research personalizes the impact of the hard work we do at the NCI. This year's Survivorship Speaker is Megan Pischke Porcheron. In 2012, this Pro snowboarder was diagnosed with stage-3 breast cancer. She chronicled her experience with chemotherapy and cold cap therapy in the documentary "Chasing

Sunshine". We look forward to hearing her story of bravery and recovery, and how she found hope in the face of a devastating diagnosis.

Every year we request feedback from the attendees on their overall experience at the annual colloquium. This feedback is important because it informs which types of workshops and panels will be on the following year's schedule. Based on last year's suggestions from attendees we have planned the following workshops: Scientific Management, Mentoring Up, and preparing for Career Fairs. We have also planned three science panels with invited guests from all over the spectrum of environments, many of which are NIH alumni and are therefore able to relate to our experiences getting ready for the job market. The three science panels this year are Industry, Science Administration, and Academia.

As I write this article, the Outstanding Postdoctoral Fellow nominations are underway and will be announced in January 2018. The Outstanding Postdoctoral Fellow will give the keynote talk on Thursday afternoon, March 1st, 2018. The fellow will be honored by having their work featured to the CCR community.

On Friday afternoon, March 2nd 2018, we will announce our 2018 Outstanding Post-Graduate Fellow. This fellow will have presented their work during the break-out oral presentation sessions, and will have impressed the selection committee with their thoughtful

work and clear communication about the impact of their studies on public health. To qualify for this award, the Outstanding Post-Graduate must have a bachelor's degree and may be in a post-baccalaureate fellowship position or a graduate student position and selected for an oral presentation.

In addition to accessing all the late-breaking and impactful science occurring at the CCR, we will be awarding eight travel awards, four to poster presenters and four to oral presenters. Each Travel Award is worth one thousand dollars and can be used to attend a conference during the next fiscal year. This is a wonderful opportunity to plump up your resume while completing your fellowship.

On behalf of the colloquium planning committee, I invite NCI fellows of all levels and research backgrounds to attend and participate in the 18th Annual CCR-FYI Colloquium. Abstract submission closes December 21st, so hurry and submit your abstract today!



NCI Center for Cancer Research
Fellows & Young Investigators



18th Annual CCR-FYI Colloquium
**Working Together to Break Through
the Barriers of Cancer Research**

Thursday - Friday, March 1st - 2nd, 2018
NCI Shady Grove Campus, Rockville, MD

**Online Registration Closes
Friday, February 2nd, 2018**

Register at

<https://ncifrederick.cancer.gov/events/CcrFellows2018/default.asp>

Oral and Poster Presentations
Career Networking and Development Workshops
Outstanding Postdoctoral Fellow Speaker
Keynote Speakers
Cancer Survivorship Speaker
\$1000 Travel Awards

Providing support for fellows at CCR
CCR-FYI Committee is supported by the CCT Office of Training and Education
and CCR Office of the Director



NCI Center for Cancer Research
Fellows & Young Investigators



18th Annual Colloquium
Working Together to Break Through the Barriers of
Cancer Research
Keynote Speakers



Nikhil Wagle, M.D.
Dana-Farber Cancer Institute
Deputy Director, Center for
Cancer Precision Medicine
Assist. Prof. of Medicine,
Harvard Medical School



Sara Courtneidge, Ph.D.
Oregon Health and Science
University
Assoc. Dir. For Translational
Sciences, Knight Cancer
Institute
Prof. Depts. of Cell,
Development and Cancer
Biology and Biomedical
Engineering



Michael Gottesman, M.D.
NIH
Chief, Laboratory of Cell
Biology
Head, Multidrug Resistance
Section
Deputy Director of Intramural
Research



Kandice Tanner, Ph.D.
NIH
Laboratory of Cell Biology,
Chief, Tissue
Morphodynamics Unit
NIH Stadtman Investigator

**Thursday - Friday,
March 1st - 2nd, 2018**

**NCI Shady Grove
Campus, Rockville,
MD**

**Abstract Submission
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Providing support for fellows at CCR
CCR-FYI Committee is supported by the CCT Office of Training and Education
and CCR Office of the Director

Join the Colloquium Planning Committee!



Do you want to network with extramural scientists, explore alternative careers in science, or give back to the community? Join the 2019 Colloquium Planning Committee!

The 2019 planning committee forms in May 2018. To join, begin attending the CCR-FYI monthly meetings on the last Thursday of the month, at 11am. Meetings take place in Bethesda and Frederick. Next meeting is January 25th, 2018.

Subcommittees and descriptions:

- **Schedule** – plans and maintains the meeting schedule
- **Theme** - selects the theme for the colloquium
- **Survey** – manages surveys to vote for speakers, themes, and workshop/panel topics
- **Keynote speakers** – invites extramural and intramural speakers, the survivorship speaker, and the training directors for opening and closing remarks
- **Panels and Workshops** – invites panelists and presenters
- **Abstract Book** – prepares the abstract book
- **Abstract Judging** – manages abstract judging and notifies selected abstracts for oral and poster presentations
- **Logistics and publicity** – raises awareness to the community about deadlines for abstract submission and registration. Improves awareness with the CCR community to engage attendance and participation.
- **Awards** – manages judging for Outstanding Postdoctoral Fellow, Outstanding Postgraduate Fellow, and travel awards.

Providing a Valuable Training Experiences for Fellows in the Center for Cancer Research

For more information, please contact:
 Molly.Congdon@nih.gov and Sarwat.Naz@nih.gov

Upcoming NCI Training Opportunities

Be sure to register for the mandatory **Ethics in Research Training for Postdocs** course given by OITE, if you have not already done so. Please visit the following link for a description: https://www.training.nih.gov/ethics_for_postdocs

A new course, **Fellows Leadership Forum**, was developed in collaboration with NCI Office of Workforce Planning and Development to provide leadership skills, build confidence, and a network of peers. Part of the application process includes a proposal for a leadership activity that one can complete during the program to put the lessons learned into practice. A small cohort will be accepted to this pilot program. An email advertising the course was recently sent out; applications are due December 8th. For more information please contact Erika Ginsburg (ginsbure@mail.nih.gov).

A **Business of Science for Scientists** course will run in February. This SciPhD certificate program (<http://sciphd.com/onsite-programs/>) will help you get business-ready by teaching skills valued by professional organizations. Stay tuned for an email advertising the program and how to register for this exciting opportunity.

The winter/spring **Preparing for Science-Based Non-Traditional Careers** will be accepting registrations beginning in January. Presentations will run from the middle of February through the first week of June. Check out this link for more information: <https://ccr.cancer.gov/training/trainee-resources/courses-workshops/ppsc>

K-grant Working Group will take place March 28 - May 31, 2018. It will be offered weekly for 2 hours both in Bethesda as well as in Frederick and assists fellows in preparing K22 and K99/R00 applications. Please contact Dr. Terry Moody (moodyt@bprb.nci.nih.gov) for further information.

The **NCI Explore On-Site (EXPOSE) Program** combines preparatory workshops with external site visits to local companies and organizations for those who wish to explore non-academic research career tracks. Applications will open late February-early March and the program will begin in early April and run through June. For program related questions, please contact Erika Ginsburg (ginsbure@mail.nih.gov).

The **NCI Graduate Student Recruiting Program** seeks to recruit postdoctoral fellows from underrepresented and/or disadvantaged backgrounds to complete their training at NCI. Up to twenty-five graduate students will visit NIH on May 2-3, 2018. Please consider volunteering to engage in conversations regarding housing, schools, living in the area, and life at NIH with the candidates. The program has scheduled a lunch to provide a forum for this interaction. More information may be found here: <https://www.cancer.gov/grants-training/training/idwb/student-recruiting-program> or contact Dr. Ofelia Olivero at oliveroo@exchange.nih.gov.

The CCT is partnering with BioHealth Innovation and WorkSource Montgomery for an **Industry Hiring Fair for Fellows** tentatively slated for June 2018. We will hold several preparatory workshops in advance of this activity beginning in March and at the CCR-FYI Colloquium.



Join the CCR-FYI Newsletter Team!

Are you interested in a career in science journalism or mass media communication? Join the CCR-FYI Newsletter Team to gain valuable experiences and skills!

Open positions:

- Editor – proofread and copyedit articles
- Writer – suggest article ideas and spearhead article writing
- Advertisement Designer – recruit and design adverts for the CCR

Skills:

- Professional writing
- Presenting academic information in a popular manner
- Non-science investigatory writing
- Communicating non-science related topics to the public

Benefits:

- Supportive team environment
- Flexible writing topics
- Network with fellows outside of your group
- Positively change the training experience with valuable information
- Plump up your resume
- Gain experience in non-scientific writing
- Share your personal experiences to benefit other fellows

**Providing a Voice for Fellows
in the Center for Cancer Research**

To join, please contact: Manasi.Apte@nih.gov



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- Develop and provide resources that postdoctoral scholars and administrators need for success.
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NPA Highlights:

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- Reduced meeting registration fees, as well as other discounts
- Access to members-only Web content

**Providing a National Voice and
Seeking Positive Change**

To join the NPA, please visit: www.nationalpostdoc.org