



CCR Fellows & Young Investigators Newsletter

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CCR-FYI Newsletter
Team

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Spring has finally started blossoming all around us and you, Fellow Reader, can enjoy some inspiring and entertaining new articles about the career and the life of scientists! In this edition of the Newsletter, we share tips on informational interviews, opportunities to connect with other scientists through public speaking and music, highlights on NIH initiatives for Women’s History Month, and much more!! ... And don’t forget to check out the flyers at the end of this document for all the ways you can be involved in all the exciting and enriching activities of the CCR-FYI.

I hope you enjoy reading the Spring 2022 Newsletter. – Alida Palmisano (Editor-In-Chief)

(Background image created with BioRender.com and photo by Jeremy Bezanger on Unsplash. Personal pictures from Editorial Team and people included in various articles.)

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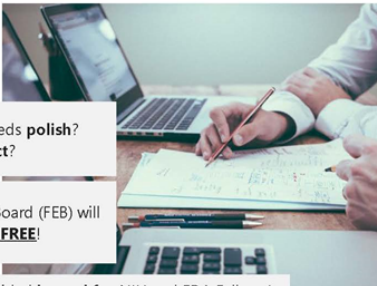


Important resources: Spotlight

- Dr. Norman “Ned” Sharpless decided to step down from his position as director of the National Cancer Institute (NCI), a position he has held since 2017. “Working at the National Cancer Institute has been the highlight of my career, and I am honored to have had the chance to serve my country in this role, alongside so many talented scientists and administrators,” Dr. Sharpless said. “I leave this job knowing that the talent and passion present at NCI, across the Biden–Harris Administration and throughout the cancer research community, will continue to fuel tremendous progress for people with cancer in the years ahead.” Read more at [Norman Sharpless steps down as director of the National Cancer Institute](#).
- “Many women in science, technology, engineering and mathematics (STEM) need to make decisions about marital name change, and have to consider how this might affect their publication record and future career.”– V. Bala Chaudhary. Read more about this important topic in Dr. Chaudhary’s article “*A scientist by any other name*,” Nat Microbiol 7, 351 (2022). <https://doi.org/10.1038/s41564-022-01067-2>.
- [Following the fellowship experience with CCR fellow Martha Teke, M.D.](#) In this Q&A, Dr. Teke shares her experience as a clinical fellow at CCR and what kind of impact she hopes to leave in the world of science.
- [Living with and learning about neuroendocrine tumors: A conversation with Dr. Jaydira Del Rivero](#). In this Q&A, Dr. Del Rivero and Nan Fuhrman, a participant in the natural history study and an advocate for survivors of neuroendocrine tumors, discuss the study and the need to increase awareness of these tumors.

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Promoting Diversity

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Celebrate diversity and inclusion on the Frederick campus
Promote productivity, work-life balance and career satisfaction

Meetings:
every 3rd Friday of the month at 1pm

Benefits:
Personal and Professional Development
Career Exploration and Enrichment
Networking | Mentorship

More information can be found at
<https://ncifrederick.cancer.gov/Diversity>

An Introduction to Informational Interviews

by: Omar Jose

Knowing what type of job you are looking to transition to after the end of your postdoctoral fellowship sometimes can be stressful and frustrating. The best way to narrow down your list of options is to reach out to a few professionals working in roles or companies that interest you and see if you can conduct an informational interview with them. Thanks to their experience in the position(s) that you are interested in, the information provided by those professionals will help you make an informed decision.

What are informational interviews?

An informational interview is a brief meeting (usually twenty or thirty minutes) between a person who wants to investigate a career and a person already working in that career. These meetings are helpful to get firsthand and relevant information about an industry or company that you are considering joining and are also a great way to network and develop contacts in your field of interest. Some other benefits of performing informational interviews are:

- Learning about career paths you didn't know existed.
- Focusing your career goals.
- Getting advice on how to prepare for and land your next career position.

You can prepare for an informational interview following the next steps:

1. **Identify the occupation or field that you want to learn about.** To do an informational interview properly, first you should research the positions and companies that interest you. The more information you gather, the more

confidence you will acquire to ask questions during the interview.

2. **Prepare for the interview.** Read all you can about the field prior to the interview and remember that you should be prepared to lead the meeting. To properly do that, prepare a list of open-ended questions. Here are some examples:

- How did you get your job?
- Can you tell me about the hiring process you went through?
- What are the salary ranges for the different levels in this field?
- What kind of relevant experience is desirable to acquire before joining this field?
- What skills do I need to be competitive in this field?
- What does a typical day look like in your job?
- How is the work-life balance in your job?
- What do you like most and least about your job?
- How would you describe the culture of your company?
- What has been your career progression?
- What are the career growth opportunities in this field?
- What kind of advice would you give a person entering this field?

3. **Identify and contact people to interview.** Start with people you already know: friends, co-workers, supervisors, etc. Another excellent way to contact people already working in the

field is LinkedIn, and you could send an email like this one:

Subject:

[Your name] - Informational interview request

Dear [Name of recipient with proper prefix to reflect position/title (e. g., Dr.)],

[Write how you heard about the company or recipient]. I find the work you perform very interesting and would like to know more about what you do.

I would greatly appreciate learning about [insert what you want to know].

I know you are probably busy, but would you be available for an informational interview [suggest at least one day and time]? Or please let me know if there is a better day and time for you.

I appreciate your time and thank you in advance.

Sincerely,

[Your name]

[Your contact information]

Note: If you are planning on using LinkedIn to contact other people, first make sure that your profile looks as professional as possible. Here is an article with some helpful tips to improve your LinkedIn profile: [20 steps to a better LinkedIn profile in 2022](#).

4. **Conduct the interview.** Although an informational interview is not a job interview, professional behavior will increase the odds of getting the information you want. Dress according to the position you are seeking and

respect the professional's schedule by showing up on time. Remember, the interviewee is not meeting you as a professional duty but as a favor to you. This is an excellent opportunity to network as well; use the final minutes of your interview to ask them to recommend two or three people who can help you gather more information.

5. **Follow up.** Sending a thank-you note to your contact after the interview is always a good idea as it allows you to express your appreciation for the time and information given. Keep in touch with the person, especially if you had a particularly good interaction. This person might become an important part of your network.

You may have to perform several informational interviews before deciding which path you will take as your next career step, but if you follow these steps, you will get all the necessary information to decide where you want to work.

Finally, it is worth mentioning that OITE has multiple resources that can help you not only to prepare an informational interview, but also to navigate the whole process of getting ready for the job hunt. You can find more information on this link: [Career Services Center: About Us - Office of Intramural Training & Education at the National Institutes of Health \(nih.gov\)](#)

Good luck on the next step of your career!

NIH IRP SciBites Series: Perspectives and Lessons Learned

by: Dilorom (Delia) Sass

In this article, I would like to share my experience participating in the NIH Intramural Research Program's (IRP) SciBites video series by providing a brief background about this initiative, how I was given an opportunity to contribute to the series, and lessons learned through this experience.

The SciBites series launched in September 2019 with the goal of educating a lay audience about research conducted at NIH and showcasing the diverse, passionate trainees of all backgrounds working under the mentorship of senior IRP scientists. The series' creators also hoped the videos would spark younger students' desire to pursue careers in science. Each video is one- to two-minutes long and features an IRP postbaccalaureate fellow, graduate student, or postdoctoral fellow talking about his or her research. Since the launch, the SciBites videos have garnered wide audience attention. New videos are posted roughly once a month on the NIH IRP YouTube channel and the IRP website at <https://irp.nih.gov/scibites>.

My connection to the SciBites video series was rather fortuitous. In the early Spring of 2019, I signed up to participate in the Graduate Students Council Elevator Pitch Competition at NIH. My goal at the time was to challenge myself, as I struggle greatly with public speaking and have insecurities about my accent and English not being my native language. To my great surprise and elation, after practicing with my NIH mentors, Drs. Pamela Tamez and Leorey Saligan, and my family members, I received first place at the elevator pitch competition. A few months later, because of this experience, I received an email inviting me to participate in a

SciBites video from NIH IRP and to prepare a roughly one-minute video overview of my research. Once again, I thought the opportunity would help me to further grow as scientist and learn how to communicate my science more effectively. This was particularly important to me as a nurse scientist with a focus on patient-reported outcomes (e.g., fatigue, sleep disturbances, mood disturbances) that I frequently witnessed at the bedside and often felt were forgotten or undertreated. My SciBites talk was titled "Investigating the Mystery of Cancer-Related Fatigue" and discussed my work using extracellular vesicles (EVs) as potential biomarkers of fatigue in cancer survivors. Brandon Levy, a science writer and health communication specialist at NIH IRP, led me through the process of scripting the content of my talk by providing much-needed feedback on my early drafts to ensure the talk was easily understood by a layperson. In addition, I worked with my training director, Dr. Tamez, on writing and practicing the talk for SciBites.

I took away several lessons through the valuable experience of preparing and recording for the video series. The first lesson was that writing a short layperson-friendly script is quite challenging, despite the fact that I was used to talking to patients at the bedside. I relied heavily on my mentors and SciBites science writer, Mr. Levy, to prepare a succinct, pithy, accessible message including background and implications for translational science. Second, the use of props and animations can help communicate often complex bench science ideas. For example, in my video we used glass bowls to illustrate cells and plastic sacs filled with different color beads to illustrate EVs packed

with genetic and protein cargo. Third, practice the speech out loud and record yourself enunciating each word with emphasis and intention. It was particularly important to me as I worried about my accent and have been told in the past that I sound quiet when speaking. Fourth, give yourself plenty of time to practice and be patient. Despite many practice sessions at home, on the day of video recording the 60-90 second video took several takes. And lastly, have FUN and enjoy the process! I found the preparation, while a bit stressful, fun and it provided me growth and confidence. Most

importantly, it provided a platform to add to the rich diversity of nurse scientists and hopefully inspired a few others to pursue career in science.

For more information about the SciBites series, or if you would like to participate in the initiative, please contact Brandon Levy at brandon.levy@nih.gov

Acknowledgement: We would like to acknowledge Brandon Levy for providing background information and fact-checking for the essay.

Explore your future with NCI's Career Development Seminar Series (CDSS)

by: Kate Elfer and Zeinab Farhat

Where do you want to be in 2032? How did you get there? What does your work-life look like?

As an NCI trainee, it can be difficult to remember that where you are now will very likely not be where you want to be ten years from now. Some of us know exactly what we want to be doing five, ten, thirty years down the road. Many of us are discovering that we want to explore areas we never previously considered. Each NCI training experience is unique because each one of us wants to orchestrate our current experience and knowledge into a career path that is just right for us.

The NCI Career Development Seminar Series (CDSS), began in 2006 to provide practical information and guidance to advance participants' careers. CDSS events include a constantly developing set of workshops (Mapping Your Creative CV), panels (Careers at Research Institutions; Building Your Research Team), and seminars (Navigating USA Jobs;

Wellness as a Trainee). Unlike events organized by NIH and NCI staff, all CDSS events are fellow-initiated and fellow-led. Fellows take complete ownership of suggested topic or field of interest including organization, speaker request, hosting, logistic support, and much more, providing unique leadership and networking opportunities to fellows.

One such event, "NCI Fellows Panel: Careers at Research Institutions," was hosted this past January 2021. The organizers, Drs. Kaitlyn Lewis-Hardell, Zeinab Farhat, and Kate Elfer, all identified an interest in learning more about working for a cancer-research institution. Using the networks of the CDSS planning committee members, they invited four panelists to answer the most pressing questions from the committee: Dr. Jada Hamilton (Memorial Sloan Kettering), Dr. Elizabeth Siembida (Feinstein Institutes for Medical Research), Dr. Megan Herr (Roswell Park Comprehensive Cancer Center), and Dr. Doratha "Armen" Byrd (Moffitt Cancer Center).

With over 80 attendees it did not take long for additional questions to come in from the audience.

- *How did you find your first position out of your fellowship?*
- *What can a fellow do to prepare for this career?*
- *What opportunities do you have to support diversity and community engagement in your job?*
- *What did your fellowship to first job timeline look like?*
- *How do the compensation and benefits compare to similar positions?*
- *What do you wish you had done as a fellow?*

The answers to these questions, including the full panel, and many of the other recorded CDSS events, can be found on the CDSS Teams

Page: [CPFP-NCI Career Development Seminar Series](#). Fellows are encouraged to join the Team, attend planning meetings, and suggest ideas for future events.

The CDSS planning committee meets regularly to suggest future events, assist the organizers of upcoming events, and review the outcomes of past events. CDSS welcomes attendance, participation, and contributions from trainees of all levels throughout the NCI and other NIH institutes at both monthly events and CDSS planning committee meetings. CDSS sends invites out to all NCI fellow-listservs, but to receive direct invites you may contact the 2022-23 CDSS Co-Charis: Dr. Naomi Greene (naomi.greene@nih.gov) and Dr. Courtney Dill (courtney.dill@nih.gov).

Corona Concerts: Embracing a Virtual Reality

by: Barbara Benowitz

The past two years of a global pandemic have presented a new series of challenges for everyone as many found themselves suddenly juggling teleworking, home-schooling, and managing virtual Zoom schedules. These adjustments proved especially challenging for incoming NIH trainees, such as postbac Barbara Benowitz who started her research experience in the summer of 2020 during the height of the pandemic. Additionally, Benowitz is a trained classical musician with a passion for sharing her love of music with others. She recalls how she spent the first couple months of her laboratory experience completely remote, and she felt it was quite difficult to make friends or form a community. The flutist recalls that upon her arrival at NIH, "I didn't know anyone yet and I really wanted to see if there was a way that I could continue performing music alongside doing my science." In the midst of the

pandemic, she found connection and community at NIH through musical collaboration.

Determined to meet new postbacs who also love performing music in their free time, Benowitz formed the Post-Bachs, a group of NIH postbaccalaureate fellows who arrange, perform and produce songs in a completely virtual format.



The group is open to musicians of all skill levels, and there are no auditions to join. They perform a wide range of repertoire from Disney to Broadway, Jazz to Folk, and Classical to movie soundtracks. You might be wondering how this is possible, especially during a global pandemic! Benowitz explains, “Everyone in the group votes on songs to perform. We then have our musicians sign up for songs and our arranger composes the music accordingly. Using a free software program known as Soundtrap, everyone records their parts separately, but uploads it to the same file.” Benowitz describes the collaborative nature of the software like a Google Doc for music. She also shares, “The piece then gets edited by our sound engineers for high-quality recordings. Lastly, we have our members videotape themselves and then those videos get spliced together with the sound recording to create the final product that gets [uploaded onto YouTube.](#)”

The Post-Bachs musical group also serves as a social hub and a place where friendships bloom and mature. It’s hard enough beginning a new job but doing so during a global pandemic with limited in-person contact with anyone else also starting out is a unique challenge. Fortunately, through virtual collaboration, the Post-Bachs group allowed first-year postbacs to meet new people who share a passion for music as well as science. Benowitz agreed, saying, “I would honestly say that my best friends here are the people I’ve met from this music group.” The Post-Bachs also engage in social activities outside of making music such as hiking, movie nights, karaoke, trips to DC, birthday celebrations, and more. Additionally, as COVID-19 cases continue to decline, the group is transitioning to an in-person format this spring for rehearsals and performances.

In addition to leading the Post-Bachs, Benowitz shares her love of music with and currently

sings in NIH’s resident a cappella group: Nerds in Harmony.



Nerds in Harmony was formed in 2004 by Intramural Research Training Award fellows and is currently a mix of trainees and employees at all stages in their careers. Pre-pandemic, the vocal group remained quite active with rehearsals two times a week in the Clinical Center chapel and performances at several on-campus and off-campus venues. The group performs at events such as “Music at the Metro”, Zoo Lights, retirement parties, and Music in the Atrium. They also perform in the Children’s Inn as well as in various locations around Bethesda and DC. Alex Zhu, a post-bac at NIDDK, is the current director of Nerds in Harmony. He is a classically trained violin player who always wanted to try a cappella but worried about his lack of experience singing. Much to his surprise, Zhu found that “it’s a great group for anyone who wants to sing, regardless of their experience.”

The pandemic brought many unique challenges to Nerds in Harmony as safety measures stunted in-person gatherings. The group faced a difficult choice: halt performances or resume in a virtual format. Dr. Brian Ondov, an experienced and tech savvy post-doctoral fellow in the group, tackled this challenge with determination and enthusiasm. It was clear from the start that Zoom would not work for rehearsing or performing. Dr. Ondov worried that “if [they]

didn't find another way to make music fast, [the group] would all lose touch. People would move on from the NIH and it would be hard to start up again whenever things got back to normal." To solve this problem, he found an app called Acapella that lets you record each part right from a phone, with audio and video. The benefit of this virtual format was the ability to bring together past and present members. "We got a great response from alumni. It was almost like a reunion" Dr. Ondov recalled.

One of the first videos Nerds performed virtually was [Sweet Dreams by Eurythmics](#). After that success, Dr. Ondov took over as Director and started figuring out how to pivot to being a fully virtual group. Instead of rehearsals, he started doing one-on-one Zoom coaching sessions with members to learn music, an idea he developed from taking voice lessons over Zoom. At times it was tough to keep people engaged, which is understandable given how stressful a time it was. However, having the videos online to watch forever was one advantage of being virtual. As the world plunged deeper into the pandemic, and everyone felt more disconnected, "It felt like something positive we could send out into the world when people really needed it," Dr. Ondov reflected.

In the summer of 2021, with all the group's members vaccinated and COVID cases waning, the Nerds tentatively started rehearsing in-person again, with masks on and maintaining social distance. In August 2021 they gathered in front of the main NIH entrance to perform their first concert since 2019, singing to a small but enthusiastic crowd. Through promotion with the videos the group had recorded, the Nerds managed to get a lot of interest from new NIH trainees. Since then, Dr. Ondov handed the role

of Director off to new member Alex Zhu but remains an active member in the group. Ondov reflected on his time in the group "This group has meant a lot to me during my time at the NIH, and I'm proud to have played a role in keeping it going."



In addition to rehearsing and performing, Nerds in Harmony has frequent socials and get-to-know-each-other events outside of the busy work life. "It can be a really stressful environment...[so] it's really nice for us to have something else going on," explained Brandon Levy, a health communications specialist at IRP and the administrator for Nerds in Harmony.

As Benowitz finishes up her last two months at the NIH, she reflects on her time as a postbac. "Being a part of these two musical groups on campus has completely transformed my experience," the musician recalls. "It was a ton of fun and I leave here with a boatload of incredible memories and life-long friends."

To learn more about Nerds in Harmony: <https://sites.google.com/view/nerds-in-harmony> and [their YouTube channel](#).

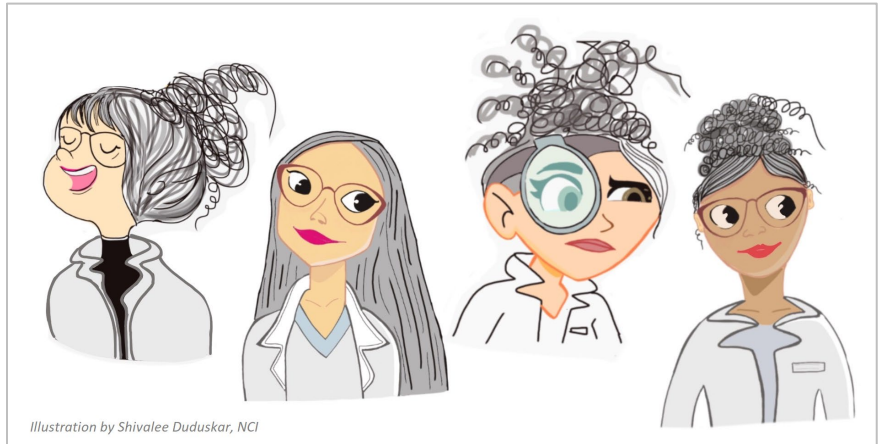
Women's History Month at the NIH

by: Sierra C. Marker and
Tania López Silva

"The history of women in the United States seemed to be written in invisible ink."

Molly Murphy MacGregor.

Where are the Women? Education Summit, UNLADYLIKE2020 ¹



Women's History Month is an opportunity to honor, reflect, and learn about women's contributions to American history. Before the late 1970s, historians overlooked the role of women in shaping American society and were focused on a "great man" narrative. The underrepresentation and lack of recognition of influential women in history inspired Molly Murphy MacGregor and the education task force of Sonoma County, California, to create the first Women's History Week in 1978. This celebration expanded nationally thanks to the efforts of the National Women's History Project group (now called National Women's History Alliance). ²

In 1980, President Jimmy Carter declared the National Women's History Week to be honored on the week of March 8th to include the International Women's Day celebration. The events organized during Women's History Week contributed to equity efforts in education and honored the extraordinary achievements of women. By 1987, March was declared the National Women's History Month, to be celebrated perpetually. ³⁻⁵

In this edition of Women in Science, we describe the events that celebrated Women's History Month 2022 and highlight groups and resources supporting women at the NIH.

How the NIH Celebrates Women's History Month (WHM):

NIH Office of Equity, Diversity, and Inclusion

In the observance of WHM 2022, the Office of Equity, Diversity, and Inclusion (EDI) led the celebration at the NIH by creating a campaign focused on Why Representation Matters. The acting EDI director, Shelma Middleton Little, Ph.D., explained that representation empowers and creates a sense of belonging, which is essential to the NIH community. You can read her message to commemorate WHM 2022 here: [A Message from the Acting EDI Director | Office of Equity, Diversity and Inclusion \(nih.gov\)](#)

What Does Representation Mean to Me?

As part of the WHM 2022 celebration, the EDI created the series: *What Does Representation Mean to Me?*, in which eight women directors at the NIH shared their thoughts about

representation. Here are some quotes we highlight from their answers:

"It [representation] can serve as a means of support and validation, it illustrates what is possible, and it helps to break down stereotypes." - *Dr. Tara Schwetz, Acting Principal Deputy Director, NIH*

"For me, there is warmth and a sense of belonging when I can attend meetings and see other women, particularly women of color, leading them, contributing to them, and helping to shape the outcomes that will inevitably follow." - *Dr. Courtney F. Aklin, Acting Associate Deputy Director, NIH*

"It takes a real generosity of spirit for someone to go beyond what is required for their own success and offer support and community to those around them, but at times, this has been the critical element that kept me moving forward." - *Dr. Lisa L. Cunningham, Scientific Director, NIDCD*

"I hope the current generation of aspiring physician scientists appreciate the doors that were opened by our predecessors." - *Dr. Marie A. Bernard, Chief Officer, Scientific Workforce Diversity*

"To borrow from the vernacular: if you can see her, you can be her." - *Dr. Jennifer Cyriaque-Webster, Deputy Director, NIDCR*

"Knowing that becoming the person I was meant to be required being purposeful, intentional, and resilient but always able to embrace serendipity and the magic that intersections of ideas bring." - *Dr. Rena D'Souza, Director, NIDCR*

"For as long as I can remember, a woman has always encouraged and helped me be my best." - *Dr. Tonia Awoniyi, Director NIH Ethics Office*

"I believe it is now my responsibility as a female and minority leader to also nurture other NIH employees in expanding their opportunities, while celebrating their diverse backgrounds, to help them reach their career goals." - *Olga Acosta, Executive Director, NINR*

Read the full answers in the article at the link: [What Does Representation Mean to Me? | Office of Equity, Diversity and Inclusion \(nih.gov\)](#)

Women Who Lead NIH's COVID Response

The EDI also celebrated influential women leading the NIH COVID response. The campaign, Women Who Lead NIH's COVID Response, contains short interviews of women leaders at the NIH and their contributions during the pandemic, hoping to inspire and open career possibilities to other women and girls.

Among the recognized women leaders are:

- Julie Berko, Chief People Officer at the NIH. She led the NIH workforce response during COVID-19, including developing the Return To Physical Workspace plan and transitioning to a virtual NIH training center.
- Dr. Emmie de Wit, Chief of the Molecular Pathogenesis Section in the Laboratory of Virology at NIAID. She has led research on the SARS-CoV-2 virus and developed animal models to study COVID infection and disease. Her lab contributed to evaluating the efficacy of remdesivir and vaccines in animal models before their use in clinical trials.
- Dr. Monica Webb Hooper, Deputy Director of the NIMHD. She is leading initiatives to reduce the pandemic's social, economic, and behavioral impacts in underserved and vulnerable communities. She also contributed to increasing COVID testing and fighting misinformation in these communities.

- Dr. Jessica M. McCormick-Ell, Director of the Division of Occupational Health and Safety. She led the NIH safe practices and recommendations during COVID. She contributed to creating COVID safety and response protocols after COVID-positive cases and coordinating vaccinations for the NIH community.
- Colleen McGowan, Director of the Office of Research Services. Her office has led the NIH COVID-19 response by creating structures to oversee operations during the pandemic, emergency responses, return to work safety guidelines, programs to reduce COVID stress, and organize vaccinations at the NIH.
- Dr. Sharon Milgram, Director of the Office of Intramural Training and Education (OITE). She has led efforts to help trainees and students during the pandemic, such as adapting the OITE programs for a remote environment with the mentality of "change it, don't cancel it." She has also led the development of workshops to encourage resilience, build a virtual community, and promote policy changes in the fellowships to reduce the impact of COVID on the trainees.
- Renate Myles, Deputy Director for Public Affairs in the NIH Office of Communications and Public Liaison. She has led the communication for the NIH COVID response to the staff and public, by launching the NIH Guidance for Staff on COVID to facilitate access to resources and critical information. Her team is responsible for all the NIH Director's news, media, and social media activities, and as such, has worked on hosting virtual town halls, creating videos, and supporting messages from the NIH Director.
- Dr. Tara Schwetz, Associate Deputy Director of NIH. She has led the Rapid Acceleration of Diagnostics Underserved Populations (RADx-

UP) and Radical (RADx-rad) programs. She is a member of the COVID-19 Response Team.

You can read the full interviews at: [NIH's Women Who Lead | Office of Equity, Diversity and Inclusion](#)

Lecture Series Empowerment of Under-Represented Researchers

The NIH Clinical Center, Center for Interventional Oncology, hosts a lecture series called the Empowerment of Under-Represented Researchers. This monthly lecture series is dedicated to highlighting the accomplishments of women and other underrepresented minorities in various fields. The honorary lecture series focuses on topics such as mentoring, challenges, career building, inclusivity within science, and empowerment. For WHM, this lecture series highlighted the life and work of Diane Baker. Diane is genetic counselor by training, but she discusses what her current role is as the spouse of the former NIH Director, Francis Collins. She describes her NIH role as an "inward one," where she participates in various activities, such as Bike-to-Work Day or Take-a-Hike Day. Thanks to this role, she connected with wonderful people and these interactions helped her understand how to shape her outward-facing role. As the spouse of an NIH Director, Diane mentioned that she would have three jobs. She would (1) work during NIH events, not just attend, (2) "suit up" for these events by bringing "flexibility, humor, empathy, and curiosity," and (3) "stand in her secret power," using her interests and underlying skills, such as stopping a toddler from having a temper tantrum, to be an empowering force. She arms herself with all the knowledge she can: knowing where NIH funds go, the science conducted at the NIH, and even the daily news. She challenges people to look beyond their CV

or resume; and ask themselves what are the qualities that helped earn a fellowship, degree, or internship. She says those qualities or traits are your superpowers. In this candid talk, Diane also shares her favorite and not so favorite memories she has had at these events. Her genuine nature and thoughtful advice make her a wonderful speaker for Women's History Month and every month. Diane's talk titled, "Activist Without a Portfolio," was aired on March 15th, and you can view her archived lecture here: [NIH VideoCast - Empowerment for Under-represented Researchers: "Activist without Portfolio"](#)

Division of Cancer Control and Population Sciences - Dr. Katrina Goddard

A short video tweeted by NCI Cancer Control highlights Dr. Katrina Goddard, the DCCPS Director. Dr. Goddard shares how her dedication and passion for music helps her as a scientist. At first, she played the flute, but she saw a better opportunity to stand out in a crowd by being the sole bassoon player. She looks back at this decision and states how it relates to her life as scientist, by learning how to make her scientific discoveries and interests unique and "be the bassoon." Watch her full video at: [National Cancer Institute on Twitter: "RT @NCICancerCtrl: On International Women's Day, DCCPS celebrates women in science. See how DCCPS Director Dr. Katrina Goddard followed her..." / Twitter](#)

#IfThenSheCan - Dr. Lataisia Jones

In addition to NIH groups showing their support this month, Institutes and Centers recognized the outstanding contributions that women in the National Institute for Neurological Disorders and Stroke (NINDS) have made over the last

year. They highlight Dr. Lataisia Jones, the NINDS Scientific Review Officer who was featured in the #IfThenSheCan campaign. This exhibit contains 120 3D-printed, life-size sculptures of women in STEM careers. Read more information about outstanding women mentors and how the NINDS/NIH is making strides to ensure female recognition by narrowing the gender gap in the article at this link: [NINDS Recognizes 2022 Women's History Month: Vital contributions of women to science | National Institute of Neurological Disorders and Stroke \(nih.gov\)](#)

NIH Groups and Resources Supporting Women All-Year Round

Along with the initiatives and campaigns mentioned above, the following are also excellent resources for women at the NIH:

- ❖ Women of Color Research Network (WOCRN) is an online community started by the NIH Working Group on Women in Biomedical Careers to help facilitate the careers of women of color. They provide information about the NIH grant process, career advice, and networking. Their LinkedIn Group creates an environment to discuss challenges, offer solutions, share ideas and resources, and generally promotes inclusivity and diversity in workplaces. For more information about the group visit: [Women of Color Research Network \(WOCRN\) | Women in Science \(nih.gov\)](#)
- ❖ Pearls of Wisdom is a short video series produced and funded by the NIH Office of Research on Women's Health (ORWH). Female faculty, both scientists and physicians, discuss their words of wisdom and inspirations, with hopes to inspire young

female scientists in their career pursuits. Pearls of Wisdom also aims to generate new videos featuring both female and male leaders that are working to eliminate barriers that women face while achieving their career goals. Check out these words of wisdom at: [Pearls of Wisdom | Women in Science \(nih.gov\)](#)

- ❖ Women Scientists Advisors (WSA) committee was originally formed in 1993 to address a task force recommendation of the then NIH Director, Dr. Bernadine Healy. The recommendation stated that each Institute or Center would have an elected Woman Scientist Advisor with the purpose of representing women's interest at the NIH. Since then, their goal has remained to address challenges women face at the NIH and work to overcome these issues and improve representation. WSA leaders are selected by their institute or center and must be a senior scientist who is familiar with the NIH. Each WSA leader serves for a 2-year term, with the option of being elected for a second term. The WSA started the Anita B. Roberts Lecture Series which highlights women scientists at the NIH and the NIH/WSA Scholar Award that is given to outstanding women postdoctoral fellows who are selected from the Fellow Award for

Research Excellence (FARE) pool. Learn more about your program's WSA leader and how they support fellow NIH women scientists at: [Women Scientists Advisors \(WSA\) | NIH Scientific Interest Groups](#)

- ❖ Women in Chemistry (WiC) is a postdoctoral-fellow run group for women within the CCR and Chemical Biology Laboratory (CBL) at NCI-Frederick. This group was originally started by a former postdoctoral fellow, Dr. Molly Congdon, who wanted to increase the representation, resources, and community of women fellows. The group is open to both women and men fellows who are interested in creating an inclusive and diverse learning environment within the CBL and CCR. The group meets monthly to discuss events for fellows, write articles for the CCR-FYI Newsletter, and run the Careers in Science Seminar Series featuring outstanding women in science. This year WiC is working to establish the first CBL/CCR Scientific Career Fair that would provide an opportunity for fellows to network with scientists from various fields and develop connections that can be used in their work at the NIH and in future endeavors. Learn more and get involved at: [Women in Chemistry | Center for Cancer Research](#).

References:

- 1) UNLADYLIKE2020. Where are the women? Education Summit. Examining why women are missing from the social studies curriculum. 2020 <https://www.youtube.com/watch?v=6geLUaGBJ8I>
- 2) <https://nationalwomenshistoryalliance.org/>
- 3) <https://nationalwomenshistoryalliance.org/womens-history-month/womens-history-month-history/>
- 4) <https://www.womenshistory.org/womens-history/womens-history-month>
- 5) <https://www.whitehouse.gov/briefing-room/presidential-actions/2022/02/28/a-proclamation-on-womens-history-month-2022/>

Activities of interest for FELLOWS!



Sallie Rosen Kaplan Postdoctoral Fellowship for Women Scientists in Cancer Research (SRK Program)

**What happens during the transition from trainee to Independence?
How do we better retain and advance the careers of women in science?
How can we better face the competitive nature of the job market?**

SRK Program Provides

- Leadership skills • Confidence building • Additional mentorship • Networking Opportunities
- Peer-to-peer connections

SRK Program Elements

- 30-week professional coaching with customized program • Monthly meeting with second mentor selected from senior women in government, academia, or industry • Additional workshops by NCI Office of Workforce and Professional Development • Additional coaching on presentation and communication skills • Career development panel discussion • Grantsmanship seminar

Applications open in the Fall - For more information:

<https://www.cancer.gov/grants-training/training/at-nci/srk>



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

Open positions:

Writer • Editor • Advertisement Designer

Skills:

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

Benefits:

- Supportive team environment • Flexible writing topics • Gain writing experience
 - Networking with fellows beyond your group and branch
 - Positively influence the training experience with valuable information

Providing a voice for CCR Fellows

For more information, please contact: alida.palmisano@nih.gov

NPA Goals:

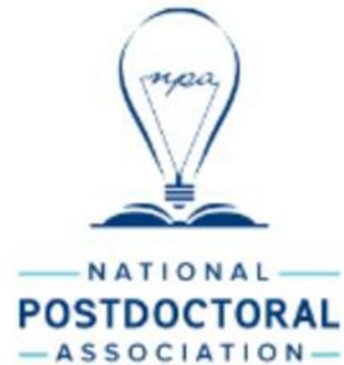
- Promote positive change in the postdoctoral experience
- Develop and provide resources that postdoctoral scholars and administrators need for success
- Provide opportunities for the postdoctoral community to connect

Join the NPA:

- Visit www.nationalpostdoc.org
- *Membership is free for NIH fellows*

NPA Membership Benefits:

- Leadership and professional development opportunities through volunteer service
- Opportunities to make your voice heard on national postdoctoral issues
- Subscriptions to the NPA e-alerts and The POSTDOCKET (quarterly newsletter)
- Reduced meeting registration fees, as well as other discounts
- Access to members-only Web content
- The Elsevier Foundation New Scholars Grant
- Recommendations for postdoctoral policies and practices
- Resources for developing mentoring plans for postdocs
- International postdoc survival guide
- Responsible conduct of research toolkit
- PDA and PDO toolkits



Providing a National Voice and Seeking Positive Change

Join the CCR Fellows and Young Investigators Steering Committee!



Are you interested in networking with other fellows, exploring alternative careers in science, gaining marketable skills, or giving back to the community?

Join the CCR-FYI SC! Meetings are held monthly on the last Thursday of the month at 11am.

Due to current guidelines meetings are held on MS Teams.



Providing Valuable Training Experiences for CCR Fellows

For more information, please contact: marygrace.katusiime@nih.gov and wangw20@mail.nih.gov