

The NICHD Connection

January 2017

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"Life Outside Lab" photos
courtesy of the Adult and
Pediatric Endocrinology
Training Programs

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NICHD Office of Education Resources

SUPPORTING THE PROFESSIONAL NEEDS OF INTRAMURAL TRAINEES AT ALL LEVELS

By Yvette Pittman, PhD

As we start a new year, I want to take this opportunity to remind you of the resources the Office of Education has to offer you, our trainee population. In addition to the primary research experience you will gain in the laboratory or clinic, we want to prepare you for the next steps in your career and help you to obtain a skill set that will expand your job opportunities. *We offer a range of activities throughout the year from which you may benefit.*

FOR POSTDOCS, CLINICAL FELLOWS, AND GRADUATE STUDENTS

The Office of Education professional development workshops focus on several relevant topics, including grant writing, job interviewing, networking, scientific writing and publishing, and developing oral and poster presentation skills. We even offer a three-week training course each summer for college teaching and curriculum development associated with the University of Maryland.

For public speaking, our annual Three-Minute Talks (TmT) and Graduate Student Talks programs emphasize the importance of communicating research findings to a general scientific audience while explaining your work's significance to human health. If you are preparing for an upcoming job talk or interview, we provide individual sessions to practice with a public speaking coach. And don't forget our Fellows Retreat, which occurs every spring. It allows you to step away from the lab for a day to network, participate in a career exploration session and, of course, to learn more about recent developments in the institute's intramural research programs with a full day of talks and posters.

FOR POSTBACS

The Office of Education provides individual consulting on school selections, editing of personal statements, mock interviews for graduate and medical school, and volunteer shadowing opportunities related to genetics, neurology, and endocrinology.

FOR ALL FELLOWS

Remember, we are always available for one-on-one advising regarding mentoring challenges, review of job application materials, and career transitions. We also offer several lunchtime sessions for various career paths, such as science policy, industry, and academia, to broaden your career options and to network with NICHD alumni. The goal while you are training at NICHD is to build your portfolio of skills and abilities.

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Letter from the Editor

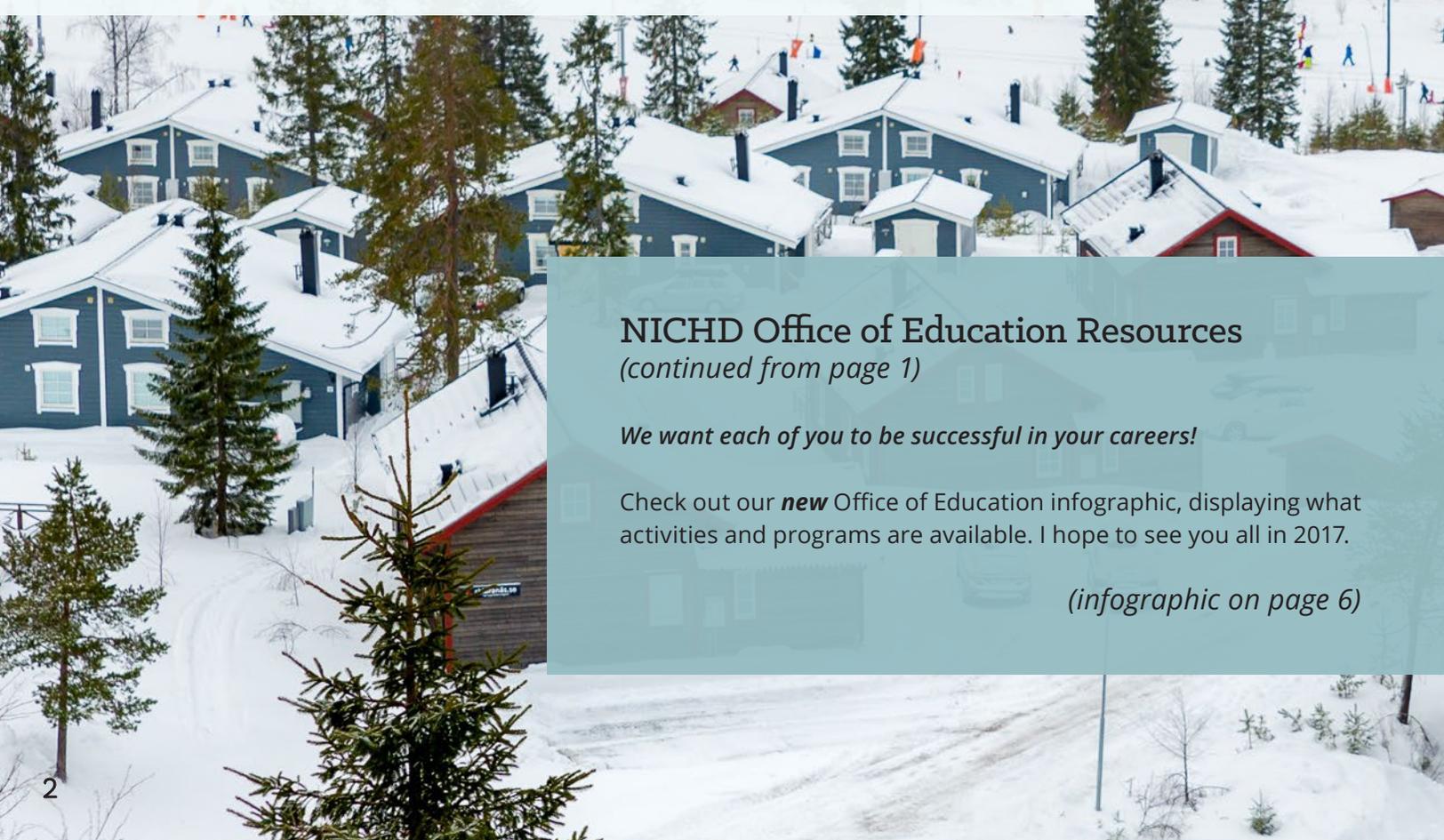
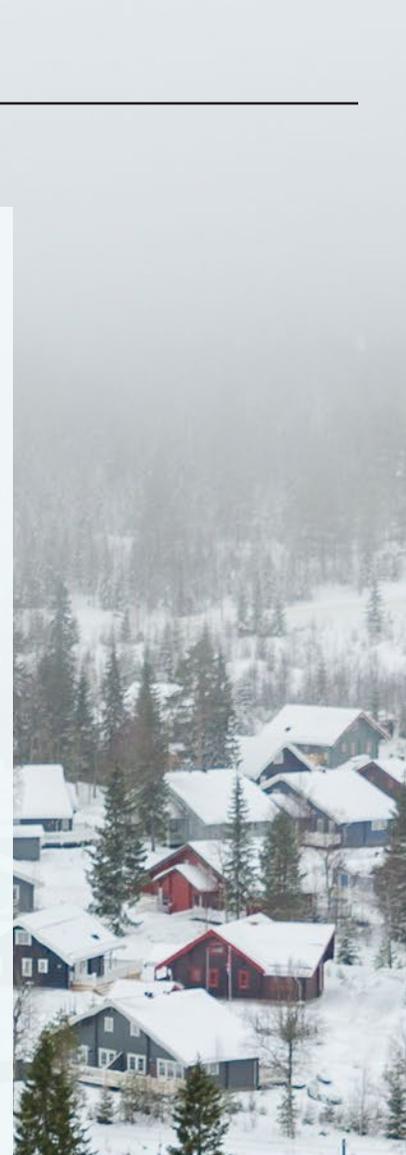
On my fireplace mantle sits a small clock, the kind with an audible click accompanying each movement of the second hand. The soft tick-tock begs for attention, reminding the listener that time never stands still. Sometimes I want to throw the clock out the window. Other times, I appreciate the reminder to do something with the seconds at hand. For the first issue of 2017, we focus on opportunities that make the most of your time at the NIH.

Inside, you'll find our **new infographic** covering NICHD Office of Education resources available to fellows, important dates for the **upcoming Three-minute-Talk (TmT) competition**, and event details for the **Individual Development Plan (IDP) workshop** occurring later this month. Plus, we present several fun snapshots from the **Adult and Pediatric Endocrinology Training Program 2016 Holiday Party**.

I'll stop here to keep my words brief, saving you a few minutes of time. Looking forward to another great year!

Your Editor in Chief,
Shana R. Spindler, PhD

Please send questions, comments, and ideas to Shana.Spindler@gmail.com.



NICHD Office of Education Resources *(continued from page 1)*

We want each of you to be successful in your careers!

Check out our ***new*** Office of Education infographic, displaying what activities and programs are available. I hope to see you all in 2017.

(infographic on page 6)

Three-minute Talks (TmT) Competition 2017

NOW SEEKING FELLOWS: SCIENCE COMMUNICATION TRAINING AND AWARDS PROGRAM

Learn how to explain your research, in three minutes or less, in a way that's meaningful to a broad scientific audience.

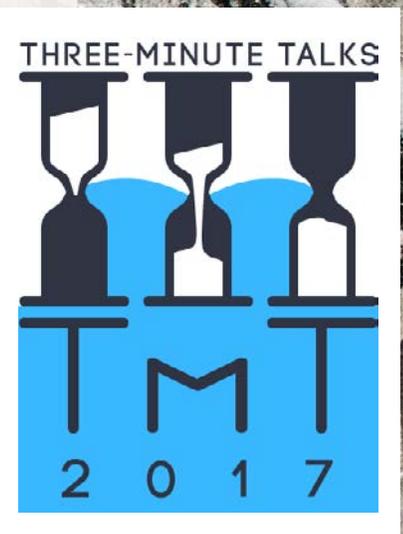
BENEFITS OF PARTICIPATION

- » Professional training in speech development and presentation delivery
- » One-on-one coaching and feedback in a supportive environment
- » The opportunity to showcase your research for NICHD leaders and the public
- » The chance to win up to \$1,000 for approved training or travel to a scientific meeting
- » For finalists: A professionally produced video of your talk for NICHD promotional efforts and your own use

“Participating in the NICHD Three-minute Talk Competition was electrifying. All the participants created dynamic talks to showcase their research; it was a thrill to be a part of this competition. The workshops helped me tailor my research into an engaging and relevant story, which I can now summon when talking with researchers at conferences, potential collaborators, and members of the general public. The one-on-one practice sessions strengthened my presentation delivery. In addition, the video clip of my talk is a remarkable tool to broadcast my research to the community. I encourage others wishing to energize people with their own research to participate in this competition.”

~Dr. Kathryn Tabor, 2015 1st place winner (check out her [winning video](#))

(continued on page 4)



Three-minute Talks (TmT) Competition 2017

(continued from page 3)

2017 PROGRAM TIMELINE AND DETAILS

Fellows should be committed to participating in the full TmT Competition program, including the workshop trainings, NICHD TmT competition, and—if selected as finalists—the NIH TmT competition.

FRIDAY, FEBRUARY 3

DEADLINE TO ENTER

To enter, email your completed submission form to **yvette.pittman@nih.gov**, which includes the title of your talk and a brief description of your research (2–3 sentences max).

Up to 15 DIR fellows (predoctoral, postdoctoral, visiting, and clinical) will be invited to join the TmT Competition program. All 2016 finalists are also welcome to participate.

Submission form can be found at the **[Three-Minute Talks Webpage](#)**

FEBRUARY 6

“SPEAKING ABOUT SCIENCE” WORKSHOP

Led by public speaking coach Scott Morgan. This workshop will offer tips on storytelling and delivery, speaking in plain language, and creating an effective visual aid.

MARCH 10 AND 22

INDIVIDUAL COACHING SESSIONS

You will have the opportunity to participate in a group coaching session with Scott Morgan and up to two one-on-one coaching sessions with NICHD communications staff. These practice sessions will provide you with additional help and feedback on speech development and delivery.

APRIL 11

NICHD TmT COMPETITION*

Of the NICHD’s 15 contestants, five finalists will advance to the next round, be awarded \$500 for approved training or travel, and have the opportunity to present their three-minute talks at the 13th Annual Fellows Retreat on May 1st.

JUNE 29

NICHD TmT COMPETITION*

Of all NIH finalists, 1st, 2nd, and 3rd place winners will receive an additional \$500 training/travel support and the opportunity to have their talk professionally produced for video.

**Competition rules and judging criteria are available at <https://science.nichd.nih.gov/confluence/display/fellows/Three-Minute+Talks>*



From left to right: Rachel Gafni, Christina Tatsi with her husband Harris and baby Odysseus, Kannan Kasturi with baby Madhura, Marissa Lightbourne with daughter Maria, Youn Hee Lee, Maya Lodish with daughter Talia, Cemre Robinson, Constantine Stratakis, Abdulhalim and Hillal Sekizardes (Pediatric Endocrinology Training Program).



Life Outside Lab

Adult and Pediatric Endocrinology
Training Program 2016 Holiday Party

◀ From left to right: Back row, Katherine Araque Triana, Mike Collins, Alan Decherney, Andrew Demidowich, Constantine Stratakis, Lee Weinstein. Front row, Jenny Blau, Maya Lodish with daughter Talia, Brittney Davis, Mari Suzuki, Marissa Lightbourne with daughter Maria, and Fady Hannah-Shmouni (Adult Endocrinology Fellowship Program).



From left to right: Jenny Blau, Emi Stratakis, Constantine Stratakis, Andrew Demidowich (Adult Endocrinology Fellowship Program)



From left to right: Constantine Stratakis, Abdulhalim Sekizardes, Hillal Sekizardes, and Maya Lodish (Pediatric Endocrinology Training Program)

NICHD OFFICE OF EDUCATION

Activities, Programs, and Professional Development

LEADERSHIP AND MANAGEMENT

- Project management for scientists
- Organizational dynamics and supervisory skills
- Setting expectations and goals
- Improving lab communication

RESEARCH AWARDS

- Annual Fellows Award for Research Excellence (FARE)
- K99/R00, Pathway to Independence Award
- NIGMS Postdoctoral Research Associate (PRAT) Program
- National Research Service Award (NRSA), individual predoc and postdoc fellowships
- Intramural Research Fellowships for NICHD postdoc and clinical fellows

TEACHING

- Skills workshops on curriculum design and active learning
- Six-week college teaching workshop series, each summer
- "Becoming an Effective Scientist" course for postbac fellows, an eleven-week lecture and journal club series taught by postdocs and clinical fellows

RESEARCH ETHICS

- An established training plan for all fellows
- 8-hour requirement, within the initial two years of training
- Completed by the fellow or facilitated by the mentor or Office of Education

MEDICAL AND GRAD SCHOOL PREPARATION

- Individual consulting
- Mock interviews
- Shadowing opportunities

CAREERS

- Job interview preparation
- Alumni speakers and panels from various career paths
- Editing of job application materials (c.v., cover letter, resume, teaching/research statement)
- Guidance for IDPs/Annual Progress Reviews
- One-on-one advising and career counseling

WRITING AND PUBLISHING

- Editorial service
- Grant preparation
- Online classes for scientific writing
- Getting published: strategies and approaches

ANNUAL FELLOWS RETREAT

- This year's retreat: May 1, 2017
- Postdocs, clinical fellows, graduate students retreat
- Off campus, one day event
- Current scientific topics, keynote addresses, fellow talks, posters, networking, and career events

SCIENCE COMMUNICATION

- Presentation skills (oral, poster, and chalk talks)
- Annual Three-Minute Talks (TmT) Competition
- Graduate student talks
- Individual sessions with a public speaking coach

GRANTS

- Grant writing/review workshops
- Mock study sections
- Individualized coaching for the NIH application process
- NICHD Fellows Intramural Grants Supplement (FIGS) Award

January Announcements

CALLING ALL FELLOWS OF NICHD—IT'S IMAGE COMPETITION TIME!

The 13th Annual NICHD Fellows Meeting will be held on May 1, 2017, and we are looking for an image to feature.

The winning image, chosen by the Retreat Steering Committee, will be showcased on the retreat website, on posters, and used as the front cover of the event program. Also, to highlight everyone's imagery, all submissions we receive will be used to produce a collage posted on the 2017 retreat website. You can always take a look at the image submissions from previous years at <http://retreat.nichd.nih.gov>.

In addition to image resolution and quality, selection criteria include the relevance to our institute's mission and artistic view of the image. All submissions (at the highest possible resolution) should be sent to Nicki Swan (jonasnic@mail.nih.gov) by **Friday, January 13**, with a brief caption for the image.

January Events

FRIDAY, JANUARY 6, 3:30 – 4:30 PM

Brenda Hanning's Retirement Celebration

Building 31, Room 6C6, 3:30 – 4:30 p.m.

Join us for a celebration to honor Brenda Hanning upon her retirement from the NIH. Light refreshments will be served. Please contact Francie Kitzmiller at franciek@mail.nih.gov or Sara King at mullends@mail.nih.gov with questions.

WEDNESDAY, JANUARY 25, 12:00 – 1:30 PM

Lunchtime Individual Development Plan (IDP) Workshop

For NICHD postdocs, graduate students, and postbacs who are interested in the PhD track

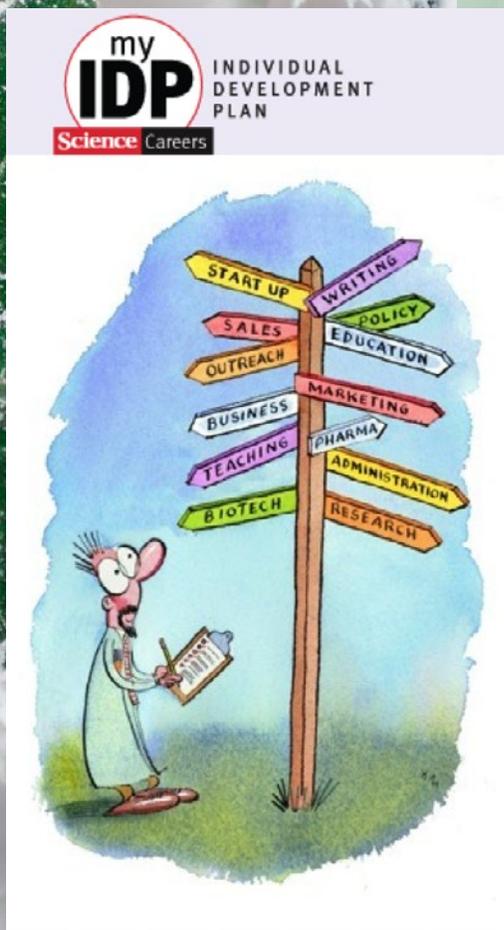
An Individual Development Plan (IDP) is a must-have item that can guide you into a fulfilling and productive career. The Office of Education will lead a 90-minute workshop, focusing on what an IDP entails and ways to get started. Improve your career planning process by using two online systems: **myIDP Science Careers** and the **Annual Progress Review (APR)** for NICHD fellows.

Remember, an APR report is required for postdocs each year, at the time of your fellowship renewal date.

The myIDP website can help you set professional goals and identify careers paths that align with your interests and values. The APR report will document your progress for the past year, help you set achievable goals for the coming year, and encourage you to think about your career plans.

With interactive group exercises, we will discuss the importance of self-assessment while taking a closer look at both the myIDP and APR systems and how they can be used to maximize your training experience here at NICHD.

If you would like to attend, please contact Yvette Pittman at yvette.pittman@nih.gov.



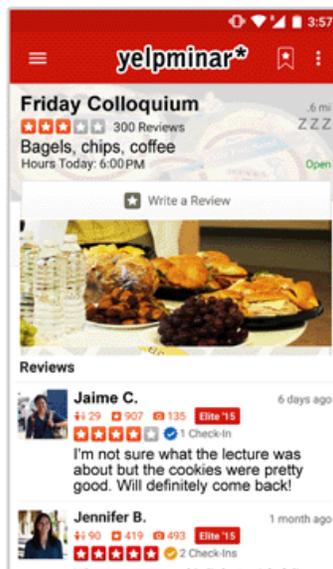
PHD Comics

Handy Academic Apps

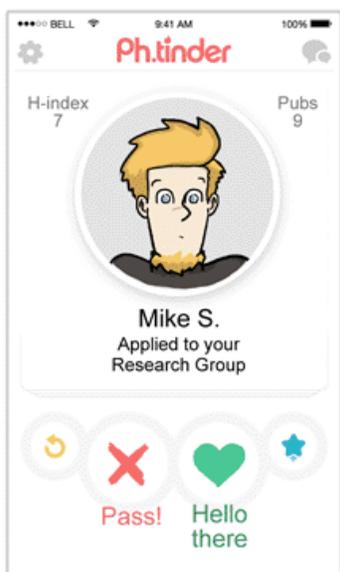
Find My Professor



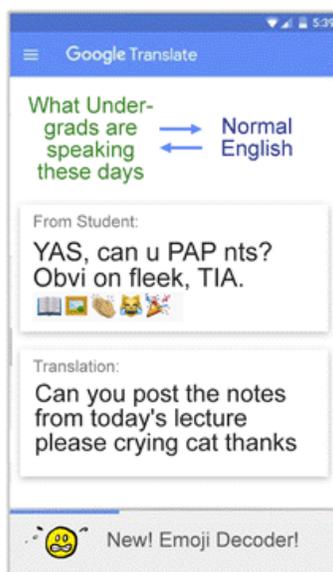
Seminar Yelp



Postdoc Tinder



Undergrad Translator



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