



CAREER TRAJECTORY

NCI NEW GRANTEE WORKSHOP

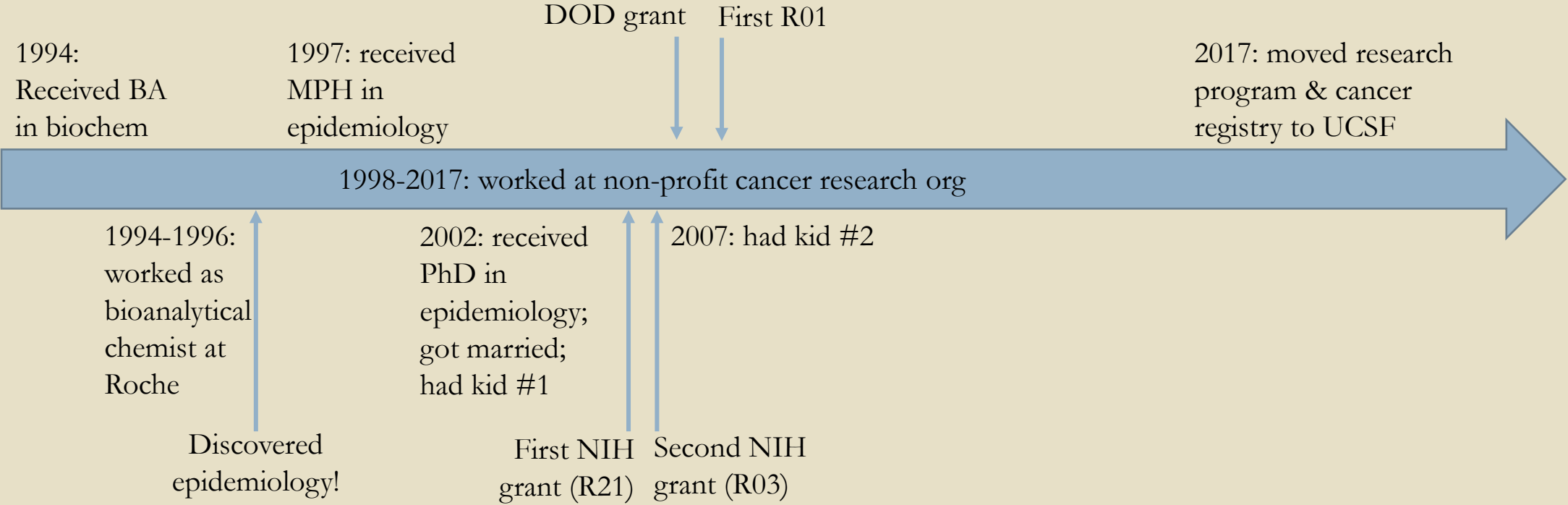
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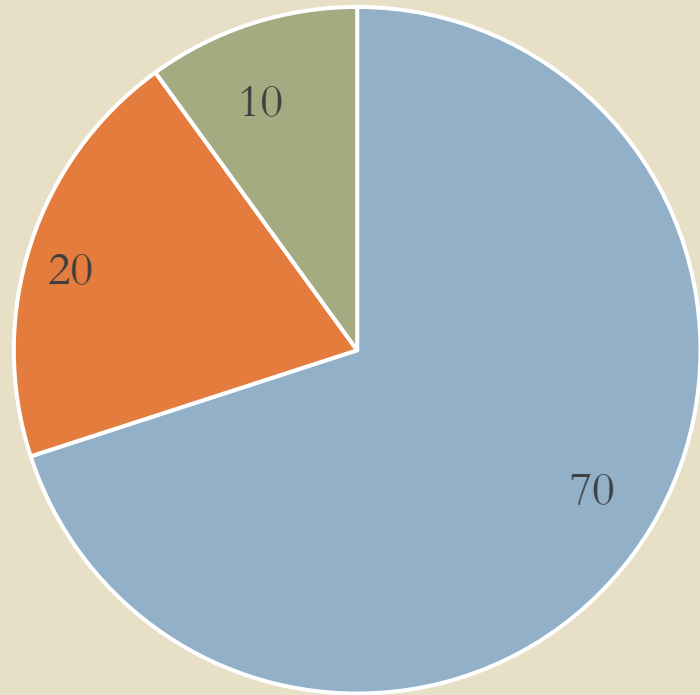
Overview

- MPH and PhD in Epidemiology
- Research interests in health disparities
 - Structural and social determinants of health
 - Asian American health
 - Neighborhood research
 - Cancer surveillance research
- Roles
 - Professor & Vice Chair for Faculty Development, Department of Epidemiology & Biostatistics
 - Director, Greater Bay Area Cancer Registry
 - Co-Leader, Cancer Control Program, Helen Diller Family Comprehensive Cancer Center
- Have always been in 100% soft money positions

Career trajectory timeline



My current job

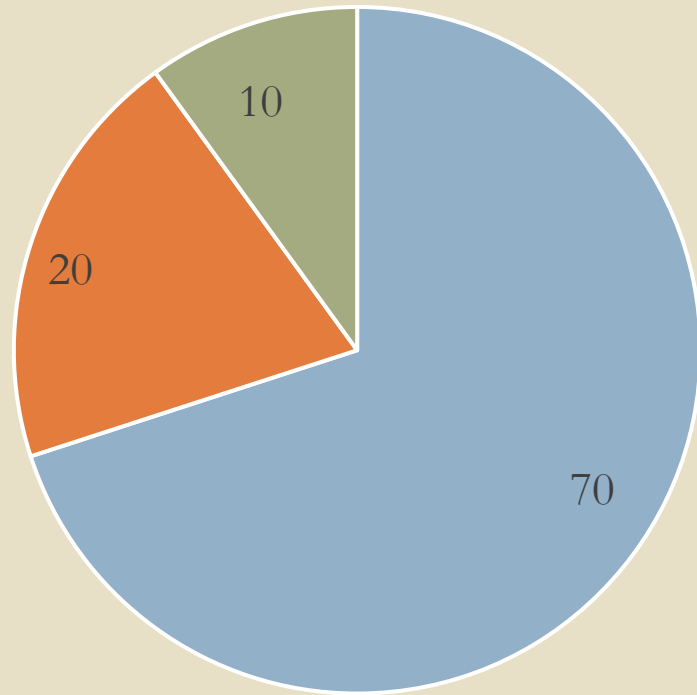


■ research

■ administration

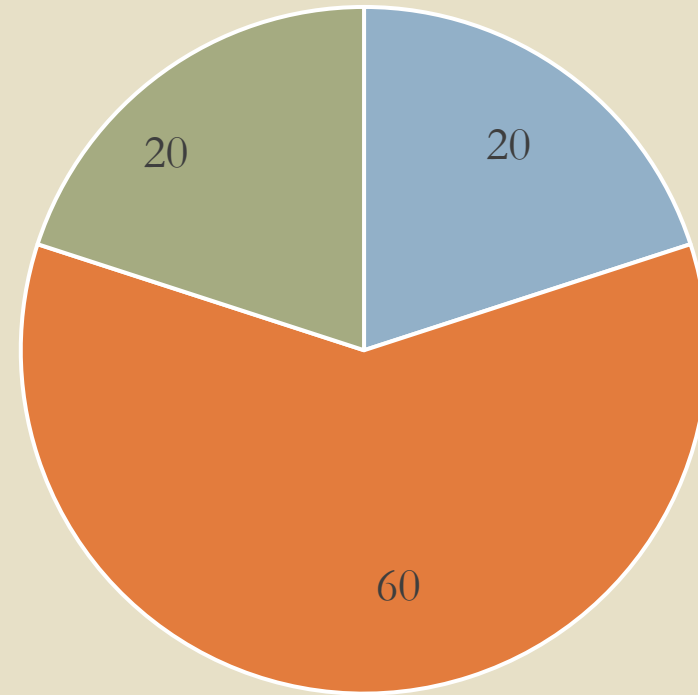
■ mentoring/teaching

My current job



- research
- administration
- mentoring/teaching

What “research” really looks like



- running studies
- delegating
- admin/personnel

Reflections: grant-writing

- Start earlier than you think is necessary
- Aims page is key
 - Take the time to get every word right
 - Have lots of people review, including people outside of immediate discipline
- Put yourself in the shoes of a (tired) reviewer who has many other grants to read
 - Don't use uncommonly used abbreviations
 - Don't shrink figures and tables to the point of being unreadable
 - Emphasize key points and required criteria – use bold, underline, boxes, etc.
 - Maintain white space
 - Don't sneak research plan materials into other sections of the grant – e.g., facilities
- Give collaborators plenty of time to review and provide their sections
- Engage biostatisticians early and often
- Know your study section members

Reflections: mentoring

- World-famous scientists may not always make the best mentors
- Find mentors with common values & life experiences
- Find mentor who is an excellent writer and who is willing to take the time to review things you write (papers, grants, etc.)
- Observe and learn from mid-career and senior investigators

Reflections: general

- Write, write, write
- Grit & persistence are necessary
- Grant reviews
 - Try to serve on study section if you can
 - Don't take reviews personally
- Be kind to admin people, but don't be afraid to be a polite squeaky wheel if needed
- Time management
 - Don't let emails dictate your schedule
 - Set aside email- and meeting-free writing sabbatical times (at least once/week) – schedule this into your calendar
 - Recognize diminishing returns on time spent on work
- Focus on team/lab members' mental well-being
- Focus on self mental well-being!