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Professor of Psychology and Medicine

NCI New Grantee Workshop
October 2023

Career Trajectory...

1999

PhD
Clinical
Health Psychology

2000

Assistant
Professor

SCCC Member

2006

Associate
Professor
Tenured

Program Theme
Leader

2012

Full
Professor Tenured

Program Leader

Survivorship
Director

Endowed Chair

2018

Full
Professor Tenured

Associate Director
Survivorship/
Population
Sciences

Supportive
Care &
Survivorship
Director

Endowed Chair

UNIVERSITY
OF MIAMI
DEPARTMENT of PSYCHOLOGY



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OF MIAMI
DEPARTMENT of PSYCHOLOGY



Northwestern
University



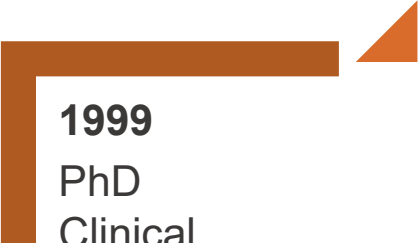
Cancer Survivorship Institute
Enhancing Life Beyond Cancer

UNIVERSITY
OF MIAMI
DEPARTMENT of PSYCHOLOGY

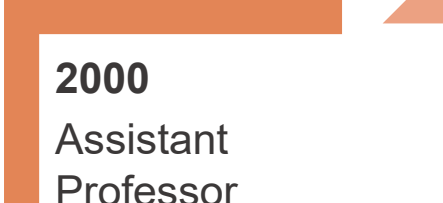


CANCER SURVIVORSHIP & TRANSLATIONAL
BEHAVIORAL SCIENCES

External Roles Highlights...

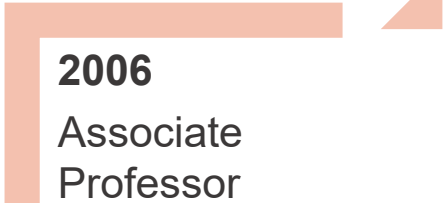


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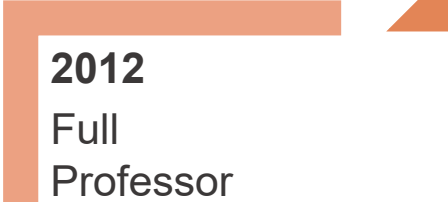
2000
Assistant
Professor

Editorial Board
Reviewer
K Study Section | NCI



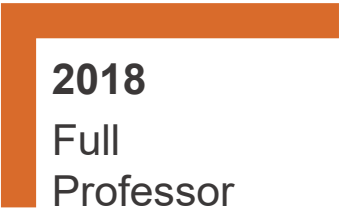
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Professor
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Editorial Board
BMIO Study Section
Program Chair | SBM
Secretary | ISBM



2012
Full
Professor

Associate Editor
BMIO Ad Hoc
President | ISBM



2018
Full
Professor

Sr. Associate Editor
BMIO Ad Hoc
NRG Oncology
T32 Ad Hoc | NINR
Diversity Inst | SBM
Mbr. At Large | ISBM
NIMHD Council

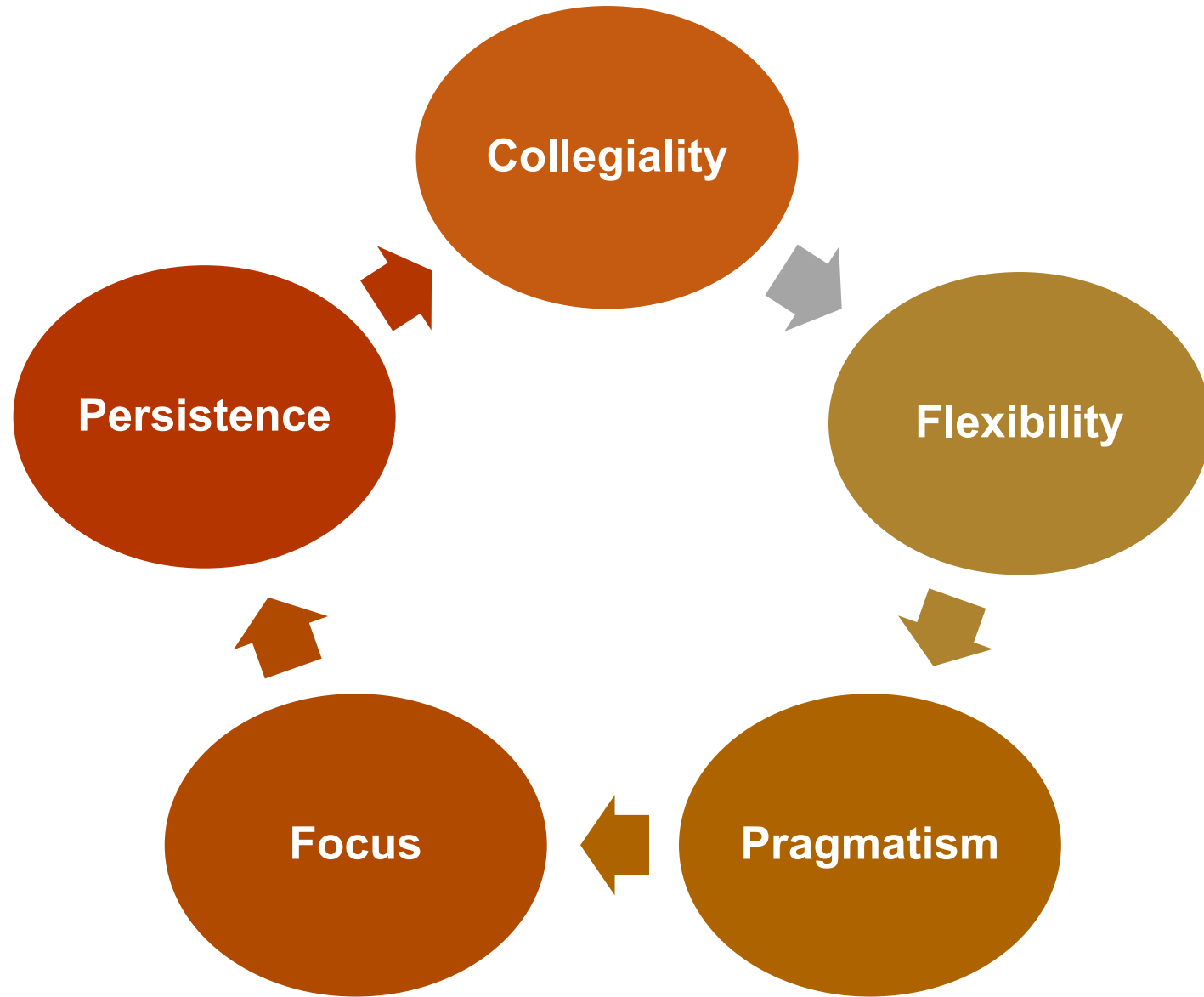
Current Grants...



Collaborative Grants...



Qualities for Success...



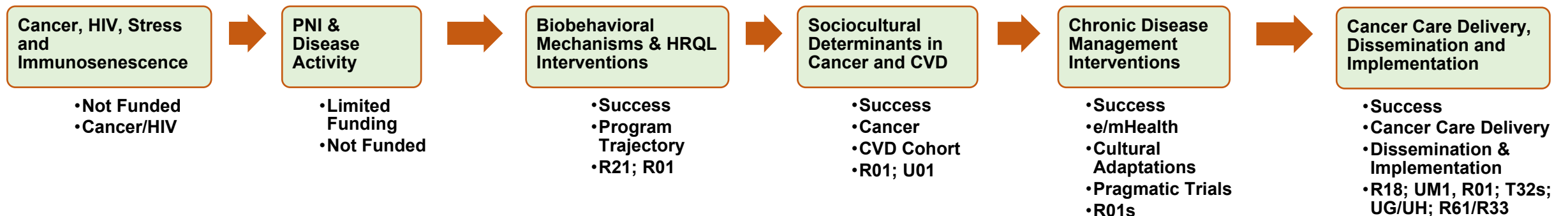
Collegiality

- Goes beyond just being friendly...
 - Collaborative
 - Open to novel exposures/groups/disciplines
- What can you offer?
 - Publications
 - Mentoring
 - Didactics
- It is bidirectional—do potential gains fall in line with your priorities
- Open to criticism—request it and don't take it personal
 - Mentee example

Flexibility

- Do not be set in your ways...but balance high risk/high reward with funding priorities aligned with your capacity
- Success highly correlated with flexible attitudes...also a characteristic of wisdom!
- We all have an ideal self-perspective BUT we must learn to adjust.
- Stress, immunosenescence and HIV/cancer progression...not a priority at the time.
- Be ready to evolve as opportunities, priorities and resources shift...

Research Evolution (Interests, Capacity & Priorities)



Pragmatism

- Theory/thought vs. practical application...
- Do not overlook capacity
- Be realistic
 - From sample to scope of work to allocated effort
- Capacity relative to expectations
 - Available expertise
 - Available resources (intellectual, tangible)
 - Sustainability of resources
 - Logical steps

Focus

- Probably the toughest...
- Balance
 - Overly collaborative
 - Overly excited
- Cannot deliver quality products or foster quality collaborations if over involved/extended
- Something has to give...

Persistence

- Pays off...
- 7 tries before first NIH award

“Overly Ambitious”

“Typical First Try”

“Unrealistic”

“Baffling Exclusions”

“Naïve”

- But persisted and continue to...
- Not Discussed...happens at any stage—learn from it and move on!

Marketing

- Research T-Shirt, Elevator Pitch, Billboard, etc. – marketing does matter!
- Be always ready to clearly and succinctly articulate what you do, and why.
- Do not overhype but do brag about your work and accomplishments, others will notice

Leadership Roles



- Be mindful of your time
- Enjoyable role vs. taking one for the team, or both
- Do not overcommit
- Research program and productivity are the priorities

Other Considerations

- Surround yourself with established investigators but infuse new talent—it will pay off!
- Monitor your budget...
- Communicate diligently and often with your PO—no surprises!
- Lots of hard work and a little bit of luck...yes, at times the stars must align.

Mentoring & Networking

- Lifelong mentors...will contribute at any stage of your career
- Stakeholder, community, family...do not overlook their contributions
- Unexpected mentors...e.g., administration, care delivery leaders
- Networking throughout your career is critical...



Mike Antoni, PhD



Amelie Ramirez, DrPH



Neil Schneiderman, PhD

Find Your Academic Homes and Networks!



CANCER
SURVIVORSHIP & TRANSLATIONAL
BEHAVIORAL
SCIENCES

SUPPORT / RESEARCH / THRIVE

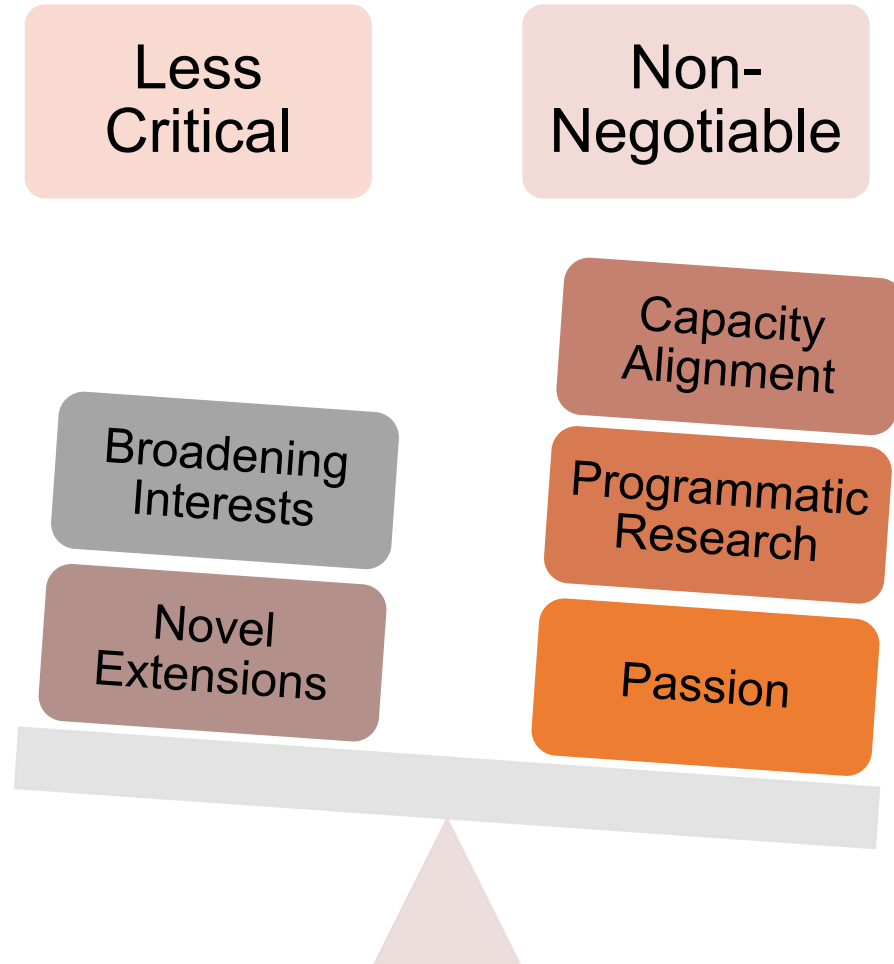
Thank You!

frank.penedo@miami.edu



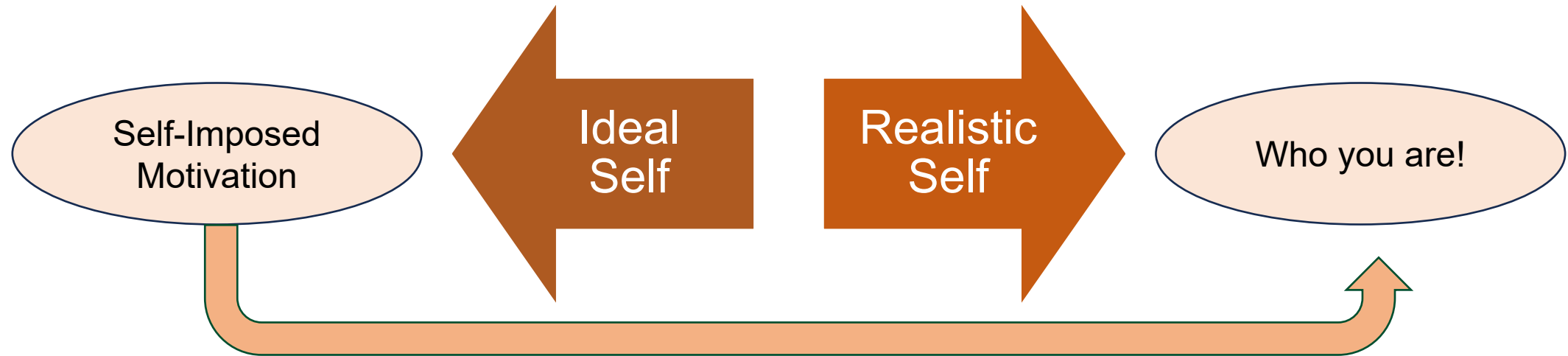
A Cancer Center Designated by the
National Cancer Institute

Must haves...



- It is a balancing act...
- Determine what you must have...
- And what you can live without
- Don't lose sight of your passion
- Independent, sustainable and programmatic research is the priority

Self-Actualizing Forces



- Work to harmonize both, have realistic expectations
- Ideal Self Perception – Strive & Thrive, it is not a bad thing...
- But, unnecessary pressures as well
- Put effort into getting grounded, focused, prioritizing your research program
- Key is aligning forces and reaching a self-actualized academic identity

(Higgins 1987; Rogers 1959)