

JeffPost

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Chris Miciek, Director of the Jefferson Career Development Center

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Building your career strategy at the Jefferson Career Development Center

by Valentina Minieri

The Jefferson Career Development Center provides free assistance on all aspects of the job search to Postdocs, Students and Alumni. The Center's services include guidance with self-assessment, definition of career goals, and help designing effective job search strategies. Individuals can book appointments to develop CVs, targeted resumes, and cover letters. The Center also offers incomparable support in strengthening interviewing skills and in negotiating offers.

Chris Miciek, Director of the Career Development Center, met with JeffPost for an interview:

Chris, could you introduce your professional background to Jefferson postdocs?

I have a Bachelor's and a Master's degree in Psychology. My background was in history, systems, and research psychology. I look at the big picture and how people are impacted by it. Coming out of my graduate program, I found myself in the career development field. In my first leadership role I had the opportunity to create the first 100% online career development office in the US. That was a very gratifying experience, since we were exploring online technology at the very beginning of social media. In 5 years, we built a department from scratch. We made the choice not to allow the technology to control our life, but instead, being in control of the technology. Later, I worked in a number of institutions, mostly in career development roles. As Director of the Graduate Students Admissions at The University of the Sciences, in Philadelphia, I had the possibility to better understand what it is like to be at the bench and what faculty are looking for. I finally came to Jefferson, which is probably my favorite job because the students and postdocs I work with have a dedication, drive, and focus mostly channeled to helping people.

What is the most useful advice you can give to all of us?

We are at a point now, in both industry and academia, where continuous learning is essential. Progress and new technology are going to change the way we do our job, and the job itself. We need to adapt, taking the idea of lifelong education and integrating that into our life and career plan. It's important to focus on skill development that will keep you as an asset in your company or university. Is it a communication tool? Is it a new way to do research? Look also outside your field intentionally! That mind set may not immediately have a direct impact on what you are doing, but it will keep the brain engaged and allow breakthroughs to happen. That is one way to navigate the incremental changes that will help you reach and keep a satisfying, exciting career.

So your job is not only CV and cover letter review. How do you help people to identify the next step, and then succeed in their job search?

We need to work for the job we want. Connecting with people will help to identify what the next position looks like and what you need to learn in order to achieve it. Reaching out to people, having conversations, learning about things, and exploring, are the first steps. I first help with these aspects, since they could be especially difficult for introverts. You need to intentionally build professional communities around you. Later, during the job application process, I help in identifying the needs of the audience and how they match with what the applicant has to offer. It is important to communicate that clearly, effectively, and compellingly. Being strategic in your thinking and knowing where you want to be in 5-10 years are essential. Also, I help in identifying and keeping in your mind what truly motivates you in your work, beside the financial reward. Getting a position where you thrive will let you excel.

Opportunities to learn:

Jefferson Postdoctoral Association (JPA)

Events Agenda

Open Meeting

Information about 403bs and retirement savings

Thursday, May 17th, 1:00-2:00 PM, JAH M61

Technical Skills Seminar Series

Molecular Imaging at TJU:

Visualizing Biological Processes In-Vivo

Tuesday, July 10th, 1:00-2:00 PM, M24 JAH

Suggested Webinar

Horizon 2020 Grants

Research and Clinical topics for the next call

Thursday, May 17th, 9:00 AM-10:30 AM, Scott 636

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Career Management Series

By Valentina Minieri



Chris Miciek discussing practical strategies during the "Getting LinkedIn" class of the Career Management Series (photo by Fabio Quaglia).

This spring, the Jefferson Postdoctoral Association (JPA) in collaboration with the Career Development Center and the Office of Postdoctoral Affairs presented a workshop series created to prepare postdocs and PhD students to explore career opportunities, build strong professional networks, and succeed during interviews. The series is open to the entire Jefferson community and is a wonderful opportunity to get ready for the Career Lunch Roundtable, to be held on June 7th, during the Postdoctoral Research Symposium (PRS).

CAREER MANAGEMENT SERIES

- **Self Assessment** - Monday, April 9, 1-2 pm, Hamilton Building 208-209
- **Professional Messaging** - Monday, April 23, 1-2 pm, Hamilton Building 208-209
- **CVs and Resumes: How, When and Which** - Monday, April 30, 1-2 pm, Hamilton Building 208-209
- **Getting LinkedIn** - Monday, May 7, 1-2 pm Scott Library, Computer Room 306
- **Hacking the Interview** - Monday, May 14, 1-2 pm, College 201
- **Building Professional Communities: Networking and Informational Interviews** - May 21, 1-2 pm, Hamilton Building 208-209

Seats are limited. Reserve yours for the last classes using the QR code or go to: <https://www.eventbrite.com/e/career-management-series-tickets-44449738364>



Jefferson Postdoctoral Research Symposium (PRS)

By Fabio Quaglia

The Office of Postdoctoral Affairs and the Jefferson Postdoctoral Association (JPA) are pleased to present the 12th Postdoctoral Research Symposium (PRS) on June 7th, 2018. The event will take place in Hamilton Building, Lobby and Auditorium. Jefferson postdocs will present their research project in one of three categories: regular poster, Early Discoveries poster, or oral presentation. The “Early Discoveries” section of the poster session is specifically dedicated to new postdoctoral fellows who began their project at Jefferson less than 1 year ago, or postdoctoral fellows who started a new study in the last 6 months. PRS is a perfect occasion to see the research that others are doing and receive feedback on your project ideas and preliminary results. All sessions will be judged and the best works will be rewarded with monetary prizes. During the day-long event, Dr. Katherine High will present a keynote address, and the “Distinguished Mentor” and “Friend of the JPA” awards will be announced.

PROGRAM AGENDA

9:00-10:00 AM	Poster Set Up/Coffee
10:00-11:30 AM	Oral Presentation Session I
11:30 AM-1:00 PM	Career Lunch Roundtables
1:00-2:30 PM	Oral Presentation Session II
2:30-3:45 PM	Poster Presentation and Judging
3:30-4:00 PM	Coffee Break
4:00-5:00 PM	Keynote Speaker Address
5:00-5:30 PM	Distinguished Mentor Award
	Friend of the JPA Award
	Oral Presentation and Poster Award
5:30-6:30 PM	Reception



Dr. Katherine High, MD, PhD
Keynote Speaker
12th Postdoctoral Research Symposium

Dr. Katherine High, hematologist, was a Professor at the Perelman School of Medicine at the University of Pennsylvania for 22 years. During this time, she was also an Investigator of the Howard Hughes Medical Institute, and the Founding Director of the Center for Cellular and Molecular Therapeutics at the Children’s Hospital of Philadelphia. Dr. High has a long-standing interest in gene therapy for genetic disease, and has pioneered its safe and effective translation to clinical studies in inherited retinal dystrophies and in hemophilia. In 2013, she helped co-found a gene therapy company, Spark Therapeutics, where she currently serves as President and Head of R&D. Spark is focused on discovering, developing, and delivering gene therapies for genetic disease. Under Dr. High’s leadership, Spark has received Breakthrough Therapy Designation for three programs: one for hemophilia A, one for hemophilia B, and one for a rare form of congenital blindness. In 2017, the FDA approved Spark Therapeutics’ Luxturna®, an AAV vector for the treatment of a rare form of congenital blindness. Dr. High is an elected member of the National Academy of Medicine and the American Academy of Arts and Sciences. She has published over 200 scientific papers and holds a number of patents related to gene therapy.

Career Lunch Roundtable

By Fabio Quaglia



Jefferson Postdocs discuss job opportunities and explore career paths with invited professionals during the 2017 PRS Career Lunch Roundtable

On June 7, 2018, the PRS Planning Committee has organized a Career Lunch Roundtable. This will be a great opportunity for postdoctoral fellows and graduate students to meet and network with professionals from a variety of career paths, including biotech, pharma, medical science liaison, start-up, data scientist, faculty teaching, faculty research, consulting, non-profits, and medical writing.

For more information and to reserve your seat, please scan the QR code or go to: <https://www.eventbrite.com/e/career-roundtable-lunch-tickets-45038430157> Lunch will be available for those presenting the free ticket for the event.



Balancing life and work: is that possible?

By Rodolfo Thome

If you research the issue of life and work balance, you will find many articles that discuss positive and innovative ways to increase productivity and maintain a healthy mental state. You will find some good suggestions in these articles, but I felt that they missed something important: life and work balance is not really a matter of taking a positive attitude while working, rather it is having a very good personal life and still being productive at work.

For me, the most important aspect to achieving a better life and work balance is determining **what your purpose is**. What motivates you to get out of bed, leave your family, and go to work? When I started my graduate program, I was a complete workaholic, and I liked it. I was able to multitask and excel in my lab work and teaching activities. I came to realize, however, that I was alone. I was making some money, but I did not have time to spend it. I had no friends to get together with, and I felt empty.

So I conducted a self-assessment, and I found that, if I continued on that road, by the time I would achieve faculty level (that for many of us, including me at that time, is considered the endgame - the final victory), I would continue to be alone with few personal gains beyond work.

To change my path, I first determined that my purpose and motivation to work was going to be my family. Then I made the tough-at-first-but-easy-over-time decision that I would **establish boundaries between work and personal life**. That meant no more working on weekends, no more late night email checking, no more paper writing or experiment designing during family events, and so on.

At first, my PIs, and even I, were afraid that I would reduce my productivity. I was surprised that it had the opposite effect: I became **more productive!** By establishing that my work hours are limited, I started to make them more worthwhile. Every minute spent in the lab counted. Every experiment started to be meticulously calculated to yield definite and clearer results. Be it grant or paper writing or ongoing experiments, they had to have a start and an end time. If I could not complete them in regular hours, I would



Created by Carlotta Teruzzi

definitely do that in the next day with a clear mind and rested body. Over time, my results were better and my experimental designs were more conceptually innovative, and this was reflected in the increasing quality of my publications.

I completed my master's, PhD, and postdoc training before moving to Jefferson. At Jefferson, I have been productive in my professional life: I conduct my lab work, I publish papers, I was awarded a fellowship, I was able to serve the JPA for two years, and I helped Jefferson postdocs in their needs. But I was also productive in my personal life: I had dated, gotten engaged, and wed while being a master's student, PhD student and postdoc fellow, and now I have a daughter, Helena, a happy baby who was born last November.

When I determined what my purpose was and I protected it from outside interferences, I became more aware of my personal life and my job and never felt empty again. No matter what you decide your purpose is, I strongly recommend that you use it to guide your path toward a healthy life and work balance. To do that you can start by answering this simple question: **What motivates you?**

CONTACTS:

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Book career counseling appointments with Chris Miciek at:
<https://Jefferson-csm.symplicity.com>

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