

Roadshow Catalog



BEST

Broadening Experiences in Scientific Training

Coming to a College or University Near You!!

The BEST consortium is proud to present the BEST Roadshow. All of our 17 institutions have tested numerous workshops at their school. By using student surveys and interview they have learned what works and what doesn't. Now they are ready to take the workshops on the road!

This booklet contains a list and description of all the workshops available for delivery. It is like Grub-hub for your career center. If your career office is like most and operates on a very tight budget; you will be pleased to know many of the institutions can offer advice for giving inexpensive workshops. In fact, you can request PowPoint Slides for a handful of these workshops.

Browse our catalog and let us know if you are interested in having any of the workshops at your school. The cost of the roadshow could include travel expenses and/or an honorarium. Details will be decided upon by the roadshow presenter and the roadshow host.

Below is a list of the currently available workshops, broken down both by title and Institution.

Roadshow Titles

Acing the Video Interview	8
Annual Career Blitz	6
Beyond The Bench: The Business of Running a Lab	4
Birkman Self-Assessment with the Birkman Method	2
Com-Sci-Con	1
Elevator Pitch Competition	3
Finding Your Research Voice	1
From Square 1 to Never Done	5
Grad Student & Postdoc TED-style Talks	4
Individual Development Plan and Speed Mentoring	7
Leveraging LinkedIn	8
Postdoc Bootcamp	6
Pre-Seed Workshop	2
Science in Surprising Spaces	3
Science of Storytelling: Communicating Yourself and Your Work Through Stories	3
Speed Mentoring	5
The Art of the Follow Up	8
The Art of the Informational Interview: Cold Emails and Hot Coffee	6
The Fantasy, The Ideal, and The Reality	4
The Science of Great Ideas: Fostering The Creative Process	7
Using Workforce Data to Guide Career Development	1
Visual Communication in Science	9

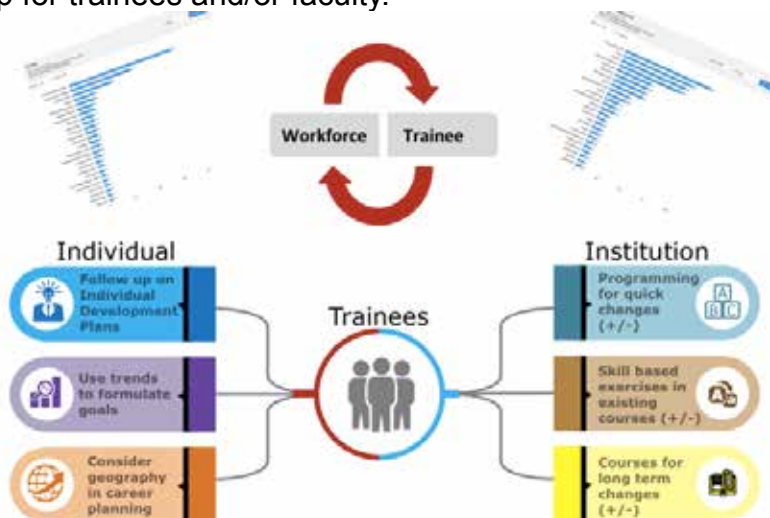
Institutions

Boston University	1
Cornell University	1
Emory University and Georgia Institute of Technology	2
Michigan State University	3
University of California - Irvine	3
University of California - San Francisco	4
University of Chicago	4
University of Colorado Denver Anschutz Medical Campus	5
University of North Carolina Chapel Hill	6
University of Rochester	6
Vanderbilt University	8
Wayne State	9

Boston University

[Using Workforce Data to Guide Career Development](#)

A case-based workshop for trainees and/or faculty.



Many Ph.D. trainees are unaware of careers options available to them. Moreover, once identifying a career goal, many are uncertain as to what skills they must master to successfully secure positions. As the biomedical workforce continues to evolve, it is incumbent upon training programs to enable trainees to pursue the diverse pathways that are available to those with Ph.D.s in biomedical disciplines. We present a process by which we help our trainees through their career exploration by generating workforce data using Labor Insight™ software to help them make informed career decisions. Faculty and administrators learn how we use the data to inform curriculum development so as to enable trainees to fulfill their career goals skills.

Duration: 2 hours

Cornell University

[Com-Sci-Con](#)

A trainee-run hands-on event to practice writing for broad audiences, includes exposure to communication careers. Canned format; requires substantial outreach to speakers & solicitation of applicants; can be cost-neutral if you fundraise.

Duration: 2 one-day session

[Finding Your Research Voice](#)

This workshop exposes participants to techniques like improvisation, physical and vocal exercises, and incorporates multiple presentation assignments to help them find their scientific voice when speaking to fellow scientists, funding agents, and the lay public. An applied series of 6-10 practice sessions to improve the first 10 minutes of a talk to scientific audiences, incorporating performance, trying on new beginnings, peer critique, video feedback, and reworking visuals to engage the audience.



See the promo video here: [Scientific Voice](#) 10 minute Promo from [Melanie Dreyer](#) on [Vimeo](#).

Duration: 6-10 two-hour sessions

[Pre-Seed Workshop](#)

Pre-Seed Workshop to evaluate university-based technology for commercial potential: a hands-on fast-paced opportunity for trainees to learn and practice applying business and entrepreneurial skills alongside professionals.

Two Fridays; canned format; requires a contract with facilitators and substantial contact network with licensing officers, tech transfer specialists, intellectual property law firms, and seasoned entrepreneurs. Fundraising recommended for covering the bulk of the cost.

The value is in an overview of the long road to commercialization; the process of asking “20 questions” and incorporating research results into the presentation of the technical idea that is pitched to mock investors.

Duration: 2.5 days

Emory University and Georgia Institute of Technology

[Birkman Self-Assessment with the Birkman Method](#)

Birkman Method is very powerful to help trainees and faculty on a variety of topics such as career exploration and development, mentoring, individual development planning, leadership development, and team building.

The Birkman Method is a scientifically developed self-assessment tool that creates personalized reports. These reports give participants data and insights to improve self-awareness and self-management through exploring their effective work styles, motivations, and strengths. Insights can also be applied to improve understanding of different approaches others have to success. Birkman teaches us that our perception of ourselves and of others actually influences how we manage people, projects, and most importantly ourselves. Therefore, becoming more self-aware is the first step to setting up the path to success.

Participants gain insight to:

- Diverse communication and work styles
- Different approaches to success
- The role of mindsets and emotional intelligence
- How to align roles to boost productivity
- Developing careers and exploring interests that drive motivation



Birkman stands out over other assessment tools because it has been in practice since the 1950s, is data-driven, and integrates a framework around self-awareness that allows participants to understand three dimensions of mindsets and behaviors: 1) your usual style (strengths), 2) your needs (expectations/view of others), 3) and your stress (when expectations are not met). Other assessments don't speak to these dimensions in the way that the Birkman Method can.

\$75/per person for the assessment – we can talk about reports to use
20-30 people/session – even more ideal if they all know each other, lab-based
Could do multiple sessions labs/faculty/students
Duration: 3 hours

Michigan State University

[Science in Surprising Spaces](#)

For many graduate students and postdocs, science outreach is a gratifying experience: the chance to share one's love of science and engineering with others, especially those who don't work "in" science. It's also great to include on a resume or CV! More importantly, developing an activity for outreach enhances teaching skills and evidence entrepreneurial thinking. In this workshop, I take participants through several exercises over about 2 hours, to help them uncover their particular interests in outreach, identify potential community partners, and develop a program to serve their target audience. At the end of the workshop, participants will have a solid "product" to pitch and the skills to work with community partners to make it happen.

Duration: 2 hours

Group size: 20-30 people

Space: A classroom with flexible seating/tables for small group work

[Science of Storytelling: Communicating Yourself and Your Work Through Stories](#)

Stories are memorable. Stories connect people. In this session, participants will learn skills to incorporate stories into their science communication, to help people engage with and connect with their work, and to them as scientists and engineers. More than just communicating science, this is a chance to learn skills to help people connect with science. At the end of this workshop, participants will have several "signature" stories that they can use in interviews to sell themselves, and to connect with non-scientists or to expand the impact of the ways they communicate their work in other media.

Group size: serve 20-30 people

Space: A classroom with flexible seating/tables for small group work

Duration: 2 hours

University of California - Irvine

[Elevator Pitch Competition](#)



The Elevator Pitch Competition is presented as a three-part series. The first two one-hour sessions, Building Your Brand and Perfecting Your Pitch, trainees are taught how to give an effective elevator pitch. The last session is the three-hour Elevator Pitch Competition.

Duration: 2 one-hour sessions to prepare trainees for the pitch competition and a 3-hour Pitch competition

[Grad Student & Postdoc TED-style Talks](#)

In efforts to centralize science communication training at UCI, our BEST program supports the student-led Science Communications group (Brews & Brains) and funds a 10-wk course that helps trainees craft and perform TED-style talks. Trainees who complete the course are invited to present their TED-talks at celebratory events (e.g., Holiday TED-talks, Collaboration through Communication, End of Year Sci Comm Celebration). We aim to support quarterly events featuring 5-6 trainee TED-talks.

If you are interested in learning more about the 10-week course and how you can help train your graduate students and postdocs email us at contact@nihbest.org.

Duration: 10-week course

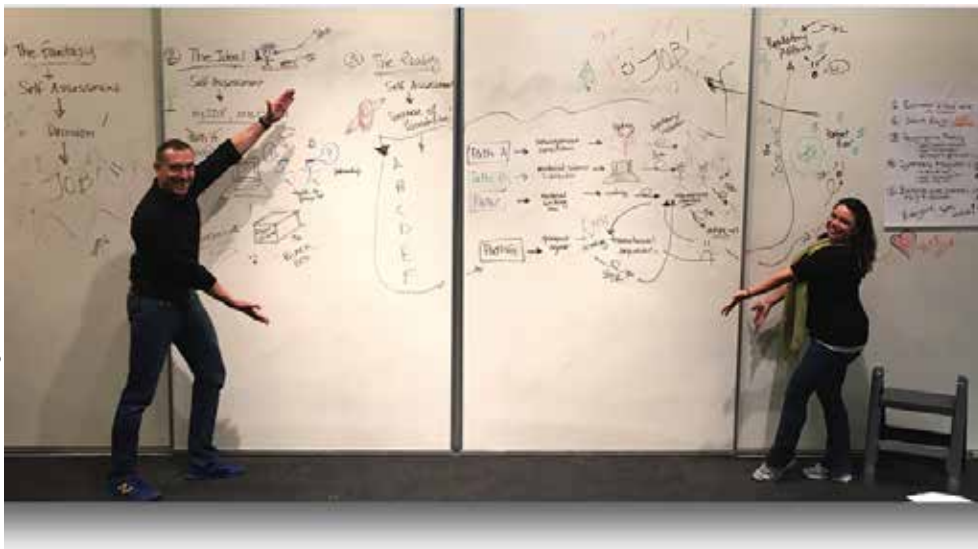
University of California - San Fransisco

[The Fantasy, The Ideal, and The Reality](#)

A Ph.D.'s Transition from Dissatisfaction to Career Renewal

This interactive, chalk-talk presentation outlines the process of career exploration, based on the real story of “John the trainee”. This workshop reviews the trials and tribulations that trainees commonly navigate during this process, and highlights the skills and self-assessment tools that can catalyze the momentum to the finish line.

Duration: 30 min chalk talk



University of Chicago

[Beyond The Bench: The Business of Running a Lab](#)

This mini-course was designed for trainees who are interested in the academic path to address some of the most pressing concerns that postdocs face as they consider the practical aspects of starting their own lab.

Each of the four 1.5 hour sessions is a moderated panel discussion, structured around four primary topics:

- Time management for the new PI
- Negotiating, budgeting, and spending your start-up
- Getting your first grant
- Hiring, firing, mentoring, and lab management
- Faculty panelists are selected to reflect multiple disciplines and sizes of labs; sessions are moderated by an administrator. Course participants are welcomed to submit questions before the class begins. After 30 minutes of moderated conversation, the floor is opened to Q&A.

Duration: Four 1.5-hour panel discussions

Speed Mentoring

Six to eight different tables are staffed by two professionals at each table; trainee participants pre-register for topics that interest them and then cycle between their assigned topics during four 15-minute speed mentoring sessions. The event is moderated with a gong and strict time limits. This event provides the opportunity to bring together and highlight campus resources that may not be known to trainees. Some of our collaborators have included the center for teaching, the STEM career services office, local alumni, the counseling center, and current faculty.

Some potential topics include:

- Making the academic to industry transition
- Secrets of a good chalk talk
- Differences in cover letters for liberal arts vs R1 positions
- Stress management strategies
- How to choose a postdoc that supports your career trajectory
- Budgeting your start-up package
- Structuring your informational interview & networking
- Managing your mentor
- Demystifying the CV vs Resume differences in structure & content

Duration: 2 hours and a networking dinner

University of Colorado Denver|Anschutz Medical Campus

From Square 1 to Never Done

The journey to broaden experiences in biomedical and scholarly training

To be more inclusive and reflect the many different processes and procedures in biomedical sciences, including the computation and data sciences, we renamed the BEST program into the BESST Program for Broadening Scientific and Scholarly Experiences.

Our BESST (<https://gs.ucdenver.edu/besst/index.php>) program is structured along the life cycle of a Ph.D. student in the biomedical sciences and, as such, starts with an annual Graduate and Professional Skills Orientation (GPS) for incoming PhD students, and ends with an annual Milestones of Success Celebration (MOS) for all trainees, faculty, and staff. Between the two bookends, the GPS Orientation and the Milestones of Success Celebration, CU's BESST Program offers interactive workshops designed according to skill deficiencies that employers report missing in trainees who join the workforce fresh out of the university. These professional/career development workshops are divided into two main subject areas 1) Thinking and Communicating and 2) Leading and Managing.

While the BESST funding is not renewable, the BESST spirit will remain! So far four of the CU BESST workshops have been converted into course-shops, and the new Career Development Office offers short training units and develops new offerings adjusting to changing needs. - From Square 1 to Never Done

This presentation would give an overview of how everyone, with some dedication and imagination, can get a professional/career development started from square 1. The message is that a lot can be done without the much funding.

Duration: 1 hour

University of North Carolina Chapel Hill

[Annual Career Blitz](#)

UNC puts on a Career Blitz every year. They have as many as two dozen Ph.D.-trained scientists from different career tracks on hand in a casual setting to answer your questions about what they do, how they navigated their career paths, and how you can follow in their footsteps. Light refreshments are served while you network with the speakers during the 3-hour come-and-go event. More info can be found [here](#).

Duration: 1 hour

[Postdoc Bootcamp](#)

Postdoc Bootcamp is for senior grad students who want to stay in a research-intensive track in industry or academia and plan to do a postdoc.



What students will learn:

- How to plan strategically for a postdoc that will get you on the right path to your preferred career
- How to best apply for advertised and unadvertised positions
- How to effectively navigate your postdoctoral training so you finish on your own chosen time line

Duration: 7.5 hours

University of Rochester

[The Art of the Informational Interview: Cold Emails and Hot Coffee](#)

Based on AAAS Albert Chen's idea. One hour lecture to introduce trainees to the concept of how to find people to interview, how to conduct an informational interview, and challenging them to contact five people they "kind of" know and five people they don't know. Two weeks later, gather for a one hour debrief to hear how they did. They are always surprised and have good stories to share. I can share my slides so you can do this yourself if you are good at getting audience participation. If not, I can present this session once, and you'll understand how to do this in the future.

Duration: 2 hours



Vanderbilt University

[Acing the Video Interview](#)



The use of video interviews as a first step in the interviewing process is a growing trend, both in industry and academia, that can't be taken for granted. According to the National Association of Colleges and Employers (NACE) 2016 Recruiting Trends report, there has been a 50 % increase in the use of video interviewing in the past year making it highly likely you will encounter a video interview at some point in your job search process. This session will describe different types of common video interviews, why organizations are doing them, what some major pitfalls are in doing one and how you can avoid these and make the best impression possible. The latter half of the session will move to a Q&A format and be devoted to taking a deep dive into the types of interview questions you should expect, what they are really asking, and ideas about how to answer them.

Duration: 1 hours

[Leveraging LinkedIn](#)

You DO have a LinkedIn profile, right? Discover why LinkedIn is the social media tool of choice for over 250 million professionals around the world! In this session, you'll learn how LinkedIn can help you create a professional online presence, build your professional network, explore career paths, research companies and industries, and find job opportunities.

Bring your laptop and we will work together to enhance and improve your profile on the spot. We will look at some of the most important places you can make simple improvements, and discuss ways to better use your account to grow your network and start preparing for the next step in your career.

Duration: 1.5 – 2 hours

[The Art of the Follow Up](#)

I Met Somebody New, Now What?

You may be thinking, "Sure, I'm not so bad at networking and meeting new people, but what do I do after I meet them?" In this session, we will talk about what you can do after that initial meeting to move the relationship forward without feeling phony or being too pushy. We will discuss strategies for appropriate, timely follow-up, identify useful tools that are available to you, and explore ways to maintain and strengthen relationships over time.

Duration: 1 hour

Map of Participating Institutions



Institutions

Boston University.....	1
Cornell University	1
Emory University and Georgia Institute of Technology.....	3
Michigan State University	3
University of California - Irvine.....	4
University of California - San Fransisco	5
University of Chicago.....	6
University of North Carolina Chapel Hill	7
University of Rochester	8
Vanderbilt University.....	9
Wayne State	11