NSF Graduate Research Fellowships: Enhancing your Competitiveness
Thurs./Sept. 5 from 12-1:30 pm in MBRB G202

In this workshop presented by Dr. Ashalla Freeman and other NSF GRFP reviewers, you will learn about the NSF GRFP application process and what reviewers are looking for in your application. A panel of application reviewers and fellowship awardees will share their insights about developing and reviewing competitive applications. Of the students who attended this workshop last year, 6 won NSF GRFs. Workshop attendees who choose to apply for this NSF fellowship may receive feedback on their application by one of our NSF GRFP reviewers (dependent upon reviewer discipline and availability).

To register: http://tinyurl.com/nj3eecal

TIBBS Pie Social: Fri./Sept. 13 at noon on the MBRB Lawn

Join your fellow grad students for an assortment of delicious in-season fruit pies, made from scratch at Weaver Street Market! Top your pie with ice cream or whipped cream, and enjoy the last taste of summer with your friends. No registration is necessary.

WinS Meet and Mingle
Wed./Sept. 18 from 3 - 4:30 pm at the Beach Cafe (outside tables)

Join us for our first Women in Science (WinS) event of the semester! The WinS Meet and Mingle, co-hosted by WISE. Over the course of an hour, you will be able to enjoy light refreshments in a casual outdoor setting while chatting with female UNC faculty of your choosing. Faculty are attending from a variety of disciplines including the bio/biomedical sciences, engineering, chemistry, and physics. You will have the chance to talk with as many as 6 professors in a small group setting.

The last 30 minutes of the event will be an informal mingling session in which you will have the opportunity to chat with all the faculty participants and event attendees.

Weather permitting, we will be holding this event outdoors at the tables outside the Beach Cafe (rain location: inside the Beach Cafe), and light refreshments will be served. This is a great way to meet women faculty and expand your network of scientists on campus. Grad students, postdocs, faculty, and staff of all genders are invited. We hope you can join us!

To register: http://tinyurl.com/ldkka5c

Meredith Mentored Research Program Information Session
Thurs./Sept. 26th from 3:30 - 4:30 pm in Bondurant G074

Dr. Erin Lindquist and Dr. Francie Cuffney, professors of Biology at Meredith College in Raleigh, will be on campus to explain the Meredith Cooperative Mentoring Research Program CMRP. The CMRP is a great way to build the mentoring/teaching section of your CV. Dr. Lindquist and Cuffney will explain the time commitment, application process, compensation and goals of the program. Previous postdoc and graduate student mentors from UNC will talk about how the program benefitted them. Refreshments will be available.

All mentors will receive a stipend of $500, payable at the end of the semester.

Complete details available at http://meredith.edu/biology/cmr/default.htm

To register: http://tinyurl.com/my5maln

Join the TiBBS community!

Follow us on Facebook + Twitter
Supporting and Promoting Women Scientists at UNC

Meet and Mingle
Co-hosted with Women in Science and Engineering

When? Sept. 18, 2013 3:00-4:30pm  Where? Beach Café

Dr. Virginia L. Miller, Micro & Immuno
Dr. Kristina Abel, Micro & Immuno
Dr. Victoria Bautch, Biology

Dr. Jillian Dempsey, Chemistry
Dr. Laurie McNeil, Physics
Dr. Ann Taylor, BioMedical Eng.

In time for fall, let us take science outdoors & meet female scientists from around campus!
Light refreshments will be served!

Register at http://tinyurl.com/lndka5c
Space is limited!
SPAG is the graduate student's Science Policy Advocacy Group. During our first year we produced a successful speaker series that included luminaries in the field of science policy such as Dr. Paula Stephan (Science person of the year 2012) and Dr. Subhashini Chandrasekharan (from Duke Institute for Genome Sciences and Policy).

We are proud to be launching SPAG’s second year! We are currently accepting applications for the following positions:

**Community outreach Chair**
To partner with local organizations (i.e. libraries, museums, community centers) to host seminars about scientific research & education for the public.

**Professional development Chair**
To organize a science policy career fair/networking event (with invited speakers & panelists), a CV/resume workshop, and a science communication seminar/workshop

**Lunch Discussion and Networking series Chair**
The Topic Discussion subcommittee will aid SPAG members in learning about and developing their understanding of science policy issues. To this end, the subcommittee will be in charge of setting up dates and coordinating locations for our lunch series. Selection of the topic and direction of the discussion will also be the responsibility of the chair. Invited guests can be included in the lunch series and will be responsibility of the chair to coordinate invited guests.

Please communicate your interest before Tuesday Sept. 3rd with a short couple of sentences describing your interest and your status (e.g. program, year) to danielroj@unc.edu.
The Discussion Section

-- Thoughts and Opinions from UNC’s Graduate Students --

The Future of Scientific Publishing, Part II: Measuring Scientific Impact of Journal Articles in a Digital Age and Moving Beyond Impact Factor

by Luke Roode

In an ideal world, scientists could simply “do good science” and then communicate their findings to the world by publishing them in any journal available. However, the cold reality of limited grant funding, jobs, and promotions requires scientists to compete for these prizes. To win the grant/job/promotion, publishing high-impact science is key, but the question is: how do we judge the importance of one person’s contributions to science and compare that to another’s? How do we decide that one particular paper is more important to the field than another?

Conventionally, “impact factor” is the main assessment metric that scientists use to evaluate the quality of a journal. The impact factor is calculated by dividing the number of times an article from a journal was cited in all available literature by the number of articles published by that journal. The general idea behind impact factor is that the most impactful scholarship is frequently cited in other articles, while less impactful work typically goes uncited.

Three problems exist with this metric. The first is that the article type introduces bias, as review articles are more likely to be cited. The second is that knowing this can cause some “gaming” of the system whereby journals self-cite or selectively publish large amounts of reviews in order to increase their impact factor. While not a problem for all journals, this past year a record large amounts of reviews in order to increase their impact factor journal does not mean that an individual article is of superior influence. It would seem that separate metrics have to be created to assess the quality of an individual article.

Some such metrics do exist, like the H-index. The H-index attempts to quantify the productivity and impact of a single researcher based on quality and quantity of publications. However, the flaw in these types of quantitative analyses is that they also are based on counting citations, leading to biases based on career stage (e.g., late stage scientists simply have more citations and papers, leading to higher H-indices) and article types (e.g., reviews garnering more citations than regular research articles).

Layered upon this ongoing debate is the change in the way scientists communicate their findings. With the advent of the web and digital communication of science, it is possible to count the number of downloads of an article, the number of times an article is added to Mendeley, or the number of discussion postings about a particular article. Coupling the digital revolution to a desire for better individual article metrics has led to an outburst of “altmetrics” or “article-level metrics”. Altmetrics seek to use these digital-based quantifications in order to assess the scholarly impact for a given research article.

One such leader in the creation of the altmetrics field is a PhD student in the UNC Chapel Hill School for Library and Information Science, Jason Priem. In a recent Nature article, Priem lays a conceptual foundation for why altmetrics should be the wave of the future.

Although the concept of altmetrics is certainly is hip and exciting, altmetrics have some serious questions of their own. Foremost is simply what do altmetrics plan to measure? Depending on the metric, it may depend on public input (e.g., tweets, Facebook discussion posts). This may mean that more sensational articles about the link between vaccines and autism or the Loch Ness Monster would register as more impactful than the discovery of siRNA. Moreover, if we use a metric like an article’s number pdf downloads, there could be shameless gaming of the system. I suspect that for any metric, there is and will be cheating. We see it now with impact factor, and with altmetrics, nothing will be any different.

The strength of altmetrics is the ability to generate and compare multiple measures of impact. If a paper is downloaded a large number of times and there are a significant number of tweets about it, it would stand to reason that the scientific article generated a lot of interest and discussion. However, seeing large

(continued on p. 6)
Career Networking Lunch with Dr. Dana Peles: Industrial Postdoctoral Fellow at GlaxoSmithKline

**by Megan Meyer**

**Biography:** Dr. Dana Peles works for Stiefel, serving as an analytical representative for the dry skin franchise. Stiefel is a global dermatological pharmaceutical company and was acquired by GlaxoSmithKline (GSK) in July 2009. Dr. Peles obtained her PhD in Biophysical Chemistry from Duke University in 2009 and was a North Carolina Biotechnology Center (NCBC) Industrial Fellow for 2 years. As an NCBC Fellow, she worked at GSK in the Global Manufacturing and Supply division.

**Summary:** Dr. Peles provided the audience with a candid look into industry postdoctoral positions at GSK. She imparted knowledge on how to prepare for careers in industry, indicated the pros and cons of working in industry, and gave insight into the hiring process for an industry position. She also shared information about her role as an analytical representative at Stiefel and conveyed to the audience various ways to identify and seek out good mentors.

**Points of interest:**

**How to prepare for careers in industry:**

- Start looking for fellowships and positions 8-10 months before graduation.
- Join organizations such as Women in Bio or attend Triangle Biotech Tuesdays to broaden networking experiences and expand future career opportunities.
- Develop and strengthen behavioral, administrative, and management skills.
- NC Biotechnology Center (NCBC) is a fantastic resource that offers an Industrial Fellowship Program, which provides applicants who obtained their PhD from a NC institution with an opportunity to gain industry experience and enables companies to benefit from new talent and expertise. NCBC acts as a third party matchmaker, scheduling and connecting fellows with companies, but ultimately, it is the company’s decision to extend the job offer. The Industrial Fellowship Program provides two years of funding for a scientist to work as an employee at a sponsoring company. A sponsoring company is a biotechnology R&D or contract research company with research operations in North Carolina.
- During the 2 year program, fellows are able to 1) Contribute to the R&D or developmental efforts of the sponsoring company, 2) Gain a working knowledge of relevant business drivers (e.g., intellectual property, regulation, investors), deadlines, deliverables and team behavior, 3) Improve skills and contacts to attain a more permanent industry position, and 4) Act as a fully-integrated employee who is involved in key meetings and discussions.

**Pros and cons of a postdoc position in industry:**

- Publications tend to be technical memos instead of peer-reviewed articles.
- This type of position is very new, so there is not much precedence to define expectations or outcomes of the position. Likewise, there are not many people who have held this position and thus few people to ask for advice.
- Work pace can be slower (and often frustrating) due to strict rules and regulations of the company.
- Flexible hours, but must be accommodating (i.e., 6 am meetings) if working for a global company.
- Structured environment but can be difficult to determine to whom you should communicate your findings and report your results.

**Hiring process used by many industry companies (such as GSK):**

STAR format for behavioral based interview: The interviewer presents a challenge and situation. You are asked to respond to the challenge/situation using the following format:

- **Situation:** What was the challenge that you faced? The interviewer needs some background information to give context to the rest of your response.
- **Task:** What did you have to achieve? The interviewer wants to evaluate what you were trying to achieve from the chal-

(Continued on p. 6)
Career Networking Lunch with Dr. Peles, cont’d
(Continued from p. .5)

- **Action**: What did you do? The interviewer wants to examine what you did, why you did it and what the alternatives were.
- **Results**: What was the outcome of your actions? What did you achieve through your actions and did you meet your objectives? What did you learn from this experience and have you used this learning since?

**Role of analytical representative at Stiefel:**
- Qualify raw materials
- Draft technical documents to test materials
- Determine the problem
- Understand the instrumentation
- Develop and design experiments to test the problem
- Outsource test materials to contract resource organization

Seek out mentors to assist you in navigating your industry position and professional goals:
- Make sure boss/mentors are aware of career goals.
- Attend workshops and webinars.

- Have a mix of mentors: the +2 network (i.e., mentors that are about 2 years older than you) as well as more senior mentors. This mix of mentors will give you access to a network of people who have varying experiences and perspectives.

**The bottom line**: Industry postdoc positions are becoming more attractive and popular positions. As such, various opportunities such as NCBC Industrial Fellowship Program can offer fellows exposure to working in industry positions. These positions can be very rewarding for individuals who want to work outside of the academic environment and who enjoy identifying questions, developing projects, and managing teams.

**About the author**: Megan Meyer is a doctoral candidate in the Department of Microbiology and Immunology at the University of North Carolina at Chapel Hill and works in the laboratory of Ilona Jaspers. Her research interests involve understanding how nutrition and respiratory conditions modify the innate immune response to influenza infection.

**Editor’s note**: The NCBC Industrial Fellowship Program is unfortunately being terminated this year due to severe state budget cuts. For more information, click here.

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The Future of Scientific Publishing, Part II: Measuring Scientific Impact of Journal Articles in a Digital Age and Moving Beyond Impact Factor
(Continued from p. 4)

amounts of tweets, but no downloads, may suggest that only the general public is interested and the scholarly content may not be as refined.

A second question involves extrapolating to the future. Presently, science is very much based in the digital world. This stands in contrast to the previous 200+ years of scientific communication in a physical paper-based world. What will future scientific communication look like? Will it still be based on the Internet? Will that future have Mendeley and Twitter around to be measured by altmetrics? Or will some new technology replace all of this?

History would suggest that new technologies will replace the current ones, but how will altmetrics deal with that new reality? At some point, will all the older scientists who have metrics based on Facebook likes and Mendeley additions be obsolete and unable to compete? This question is not unlike a problem I see altmetrics facing currently. Until things like pdf downloads start to be widely tracked and used as a metric, it may be difficult for scientists who follow the conventional model of publishing (based on journal impact factor) to gain credit by the new metrics. In a sense, if altmetrics suddenly becomes a new way of keeping the “score,” how do you give credit to those people who “scored” before you started keeping track?

No matter what the future evaluation metrics are, there will always be limitations and arguments. I think the question for the future of assessing scholarship is how do we best compliment impact factor to better assess the quality of individual scholarship? Altmetrics may be the best way forward, but the debate as to what that constitutes or what metrics best reflect article quality will rage on for years to come.

**References**


**About the author**: Luke Roode is a graduate student in the Division of Molecular Pharmaceutics in the School of Pharmacy at the University of North Carolina at Chapel Hill. His research is focused on understanding the interplay between PRINT Nanoparticle properties and their resulting biodistribution.
Bioinformatics and Systems Biology: Why I Chose This Field

by Rebecca Bauer

Bioinformatics and systems biology are rapidly growing fields that bring together biology and computer science to analyze biological data. In this article, I explore why I chose bioinformatics and systems biology as a career path.

What is your position in the field? As a research scientist, I work on developing computational models to understand biological systems. My work involves analyzing large datasets from experiments and integrating data from multiple sources.

What path led you to working in this field? I was inspired by my undergraduate experiences in molecular biology and the use of computational tools to analyze biological data. I pursued a master's degree in bioinformatics and then a Ph.D. in systems biology. My research has focused on understanding the dynamics of gene regulatory networks.

What challenges have you faced in this field? One challenge is the need for a strong background in both biology and computer science. Another challenge is keeping up with the rapid pace of technological advancements in the field.

How did you manage graduate school and your interest in this field? Managing my time and balancing coursework with research projects was challenging. I found it helpful to create a schedule that included dedicated time for both academic and research activities.

What advice do you have for someone interested in this field? Pursue internships and research opportunities to gain hands-on experience. Joining professional organizations and attending conferences can also help you stay informed about the latest developments in the field.

Summary: This article provides an overview of the exciting field of bioinformatics and systems biology, highlighting the challenges and opportunities associated with this career path.
Is formal training in education necessary for a career in science? Dr. Weintraub did not feel that his participation in education and outreach during graduate school affected his dissertation research—he managed to graduate on time and with several papers. It may have helped that he had several years of experience working as a lab technician before graduate school. While Dr. Weintraub felt that his PI did not particularly understand his interest in pursuing a teaching/outreach career, he was generally accepting of it, provided that he still maintained research productivity while a graduate student.

What are some skills necessary for a career in science outreach? According to Dr. Weintraub, the most important skills for a career in science outreach are the following: ability to multi-task and handle multiple projects, excellent communication skills (you still have to write grants!), networking skills, and leadership skills. Many of these skills can be learned during graduate school and your postdoc. You can start by organizing an event like a career fair, joining committees to gain leadership skills, juggling multiple projects in the lab, forming collaborations, and always continuing to write and present. The most important thing, according to Dr. Weintraub, is having a true passion for teaching/outreach. If you love the work, you will be successful.

What is the benefit of having a Ph.D. for a career science outreach? While Dr. Weintraub admits that he no longer uses most of the immunology he learned in graduate school, he believes that having a Ph.D. is beneficial for his career in science outreach. In addition to learning about science, a Ph.D. gives you experience in multi-tasking, starting and managing projects, writing and communication, and working with data. However, in Dr. Weintraub’s mind another compelling reason to have a Ph.D. is because it gives you credibility as a scientist and opens doors for many positions.

What are the best avenues to gain experience in science outreach and education? Dr. Weintraub encourages graduate students interested in outreach and education to consider a teaching-focused postdoc. Many of these postdocs are offered by the NIH-funded IRACDA program, including UNC’s SPIRE postdoctoral fellowship program. The IRACDA program offers a teaching-research hybrid postdoctoral experience. Typically programs partner with primarily undergraduate institutions and historically black colleges and universities for the teaching component of the fellowship. It is also helpful to pursue as many volunteer opportunities as possible in science education/outreach, both formally and informally. This could involve contacting local K-12 schools and offering to give guest presentations, volunteering at a local museum or science center, judging local science fairs, or anything other activity that gives you an opportunity to interact with K-12 students and teachers and the general public. Pursue any/all opportunities to practice communicating your passion for science.

How do you deal with promoting science and research when you yourself stepped away from the bench? Dr. Weintraub does not seek to make everyone a scientist, but rather his goal in science outreach is to inform students about opportunities in science and to show them that a science career is attainable. A major issue in science education is that students, especially those from underrepresented groups, often do not feel that they will have the opportunity to become scientists. It is Dr. Weintraub’s hope that he can make an impact on the students who have a real passion for science and show them that careers in science are achievable. If in the process other students find out that science isn’t for them, Dr. Weintraub counts that as a success, too.

What opportunities are there for advancement? Dr. Weintraub knew when he took his position at NESCent that science outreach was a career built on “soft money.” That being said, most careers, including industry and academia (if you do not have tenure), do not offer complete job security. After eight years, Dr. Weintraub feels that his participation in education and outreach during graduate school affected his dissertation research—he managed to graduate on time and with several papers. It may have helped that he had several years of experience working as a lab technician before graduate school. While Dr. Weintraub felt that his PI did not particularly understand his interest in pursuing a teaching/outreach career, he was generally accepting of it, provided that he still maintained research productivity while a graduate student.

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Session 5 | Interactive Undergraduate Laboratories

by Dana Walsh

Summary: Dr. Johnson discussed how undergraduate laboratory classes are often in a “cookbook” format in which students perform an experiment where the hypothesis, procedure, and sometimes even the expected results are given to them. This makes the lab boring and gives students an unrealistic impression of true scientific research. Instead, he promotes an inquiry-based approach, in which you, the instructor, can take a traditional “cookbook” lab and re-formulate it to get the students asking questions and making conclusions from the data they generate.

As a member of the teaching faculty of an institution, you will likely be tasked with overseeing a laboratory course that is already in place. Unfortunately, courses like this tend to follow a set formula in which the students are given all the information they will need to perform the experiment and what results they should expect. This format does not engage the students with the material and makes the course boring. This session taught attendees how to improve courses like this by making the labs active and engaging the students. Read more...

Session 6 | Responding to Feedback with Dr. Bailey

by Megan Meyer

Biography: Dr. Donna Bailey is an adjunct assistant professor in the School of Nursing at University of North Carolina-Chapel Hill. She received her PhD from the University of North Carolina-Chapel Hill in the School of Nursing as well as a master’s degree from The University of South Carolina. Additionally, Dr. Bailey works at the Center for Faculty Excellence, serving as a Teaching and Learning Consultant where she provides workshops on teaching-related topics, individual consultations, and other forms of support and assistance to various groups of UNC instructors and staff. Dr. Bailey strives to provide resources to instructors and staff to make their work more effective and efficient.

Summary: Dr. Bailey provided the audience with information regarding sources of feedback, types of feedback, and times to ask for feedback. Additionally, she communicated the various ways to achieve feedback that is indicative of successful teaching. During the remainder of the session, she stressed the importance of obtaining feedback frequently and provided interactive examples to help the audience better understand ways to generate, analyze, and respond to feedback. Read more...

Session 7 | Teaching Our First Undergraduate Course

by Dana Walsh

Summary: Former and present fellows of the Seeding Postdoctoral Innovators in Research and Education (SPIRE) program gave an overview of their experiences teaching at the undergraduate level as well as the SPIRE program and their current jobs as teachers.

The SPIRE program was created in response to the growing need for science educators who are trained in pedagogy. It was one of the first programs to receive funding through the Institutional Research and Academic Career Development Award (IRACDA) program, which you can read more about here. The program provides training in an outstanding research environment along with undergraduate and graduate-level teaching experiences and professional development activities. SPIRE postdoctoral fellows are guaranteed three years of secure funding. Fellows spend the entire first year in the lab doing research, as well as visiting partner schools in order to determine where they will spend their second year teaching. Fellows give brief talks at these schools and then go through a matching process to determine where they will teach during their second year of the SPIRE program. Fellows then begin teaching in the spring semester of the second year, and they have the option to teach an established course or design their own. The final year of the SPIRE program is spent in the lab full-time. Learn more about SPIRE at spire.unc.edu. Read more...

(Continued on p. 10)
2013 TIBBS Certificate in Teaching Series

Session 8 | Teaching Statements and Portfolios

by Rebecca Bauer

Biography: Dr. Brian Rybarczyk is the Director of Academic and Professional Development for the Graduate School at UNC Chapel Hill, where he coordinates professional development and academic training for graduate students. Dr. Rybarczyk received a Ph.D. in Pathology & Laboratory Medicine from the University of Rochester. Following graduate school, Dr. Rybarczyk was a postdoctoral fellow in the Seeding Postdoctoral Innovators in Research and Education (SPIRE) program at UNC Chapel Hill. In addition to serving as Director of Academic and Professional Development, he is currently a Director of the Preparing International Teaching Assistant’s Program (PITAP), Program Coordinator for the SPIRE program at UNC Chapel Hill, and Lecturer in the Department of Biology.

Synopsis: For the eighth and final session of the TIBBS Summer Teaching Series, Dr. Rybarczyk led an interactive workshop on how to prepare a teaching statement and portfolio for the higher education job market. The goals for this session were to: (1) discuss the necessary components of an application for a job in education; (2) learn how to assess teaching style and identity; (3) learn how to communicate your approach to teaching and learning in a teaching statement; and (4) begin outlining a teaching portfolio. A summary of the session is provided below. Read more...

Pioneering Postdoc Programs

NCI-FDA Joint Fellowship Training Program

The National Cancer Institute (NCI), National Institutes of Health, and U.S. Food and Drug Administration (FDA), U.S. Department Health and Human Services (DHHS) are offering fellowship training for Ph.D.s, M.D.s, and M.D./Ph.D.s or their equivalents in cancer-related scientific research and research-related regulatory review. The objective of the NCI-FDA fellowships is to train a cadre of scientists in research and research-related regulatory review, policies, and regulations so that they develop a skill set that bridge the two disparate processes. Fellows will learn to build awareness of regulatory requirements into the early stages of the medical product development process and will develop strategies to improve planning throughout research and regulatory review.

Fellows will be trained in preclinical oncology research, cancer prevention, clinical trials methodology, medical product, and other regulatory research and review. By combining training in cancer-related scientific research and research-related regulatory review, this program will help fellows learn to bridge the development and review processes. Fellows will also learn to build awareness of regulatory requirements into the early stages of medical product development and to improve planning throughout both processes. Graduates of this program will develop skills of value to academia, the pharmaceutical industry, and government agencies. Programs include 1) Clinical Oncology Product Research/Review for Oncology Fellows, 2) Clinical Oncology Product Research/Review for Board Certified (BC) Oncologist, 3) Oncology Product Research/Review for Fellows, and 4) Cancer Prevention Fellows. An overview of the program is available here.
years, Dr. Weintraub’s time at NESCent may be coming to an end as grant funding is running out. He will likely be looking for outreach or policy jobs at one of the many societies that offer these kinds of positions. Concerning advancement, Dr. Weintraub shared that professional advancement is not his highest priority if it comes at the expense of allowing him to do the direct, hands-on work that he loves. As with most careers, advancing in science outreach means transitioning from direct interaction with students and teachers to administration and management, and this is something each individual must decide if he or she wants. At NESCent, Dr. Weintraub is the only person in charge of outreach, and he has been able to build programs and maintain on-the-ground involvement.

Any final advice?
Find your passion. A Ph.D. and education experience may be helpful, but what really makes you a good fit for science outreach is a true passion for science education. Be opportunistic and open to new ideas. Apply for opportunities that you do not think you are qualified for, because you never know if you actually are the best fit. Dr. Weintraub never thought that he would be offered the job at NESCent— he had no experience with evolutionary biology, but it turns out that his passion for outreach and experience working with underrepresented students was exactly what they were seeking.

About the Author: Rebecca Bauer is a doctoral student in the Curriculum in Toxicology at the University of North Carolina at Chapel Hill and works in the laboratory of Dr. Ilona Jaspers. Her research is focused on understanding the mechanisms by which airway diseases and air pollution alter lung immunology.

TIBBS Trivia Contest: Name That Scientist!

Let’s exercise our brains with some TIBBS trivia! The first UNC graduate student with a correct response will win a UNC T-shirt! Five runners up will receive a delicious candy bar! Here’s how to play:

1. Like us on Facebook
2. The trivia question will be posted on our wall a few minutes after distributing the TIBBS Times.
3. Email your answer to erin_hopper@unc.edu. Good luck!

Where my best ideas usually come from

IDEAS

SITTING IN MY OFFICE  DOING THE DISHES  WALKING TO LUNCH  TALKING TO SOMEONE  TAKING A SHOWER  DOING TWO OR MORE OF THOSE THINGS AT THE SAME TIME

www.phdcomics.com

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Click here to view seminars, workshops/events, and TIBBS events on our TIBBS calendar.

Cheap Things

Groupon
Groupon is a website that offers deals on things to do, services, and places to eat in your area.

Living Social
Offers one deal every day with discounts of up to 90% at local restaurants, bars, spas, theaters, and more.

Our Local Deals
Deals for the Greater Chapel Hill, Carrboro and Orange County Communities

SEPTEMBER EVENTS:
Things to Make Sure You Do in 2013-

Playmakers Theater
http://www.playmakersrep.org/

Carolina Union Activities Board:
Different activities organized by the CUAB. Free films are shown during the school year.
http://cuab.web.unc.edu/category/films/
Chapel Hill/Carrboro events:
http://chapelboro.com/calendar/

Raleigh Festivals this Month:
http://eventful.com/raleigh/events/categories/festivals_parades

Triangle Film Events this Month:
http://eventful.com/raleigh/events/categories/movies_film/this-month

Thorough List of Local Events by Category:
http://eventful.com/raleigh/events

LOCAL EVENTS CALENDARS

Chapel Hill Event Calendar:
http://events.triangle.com/search?city=Chapel+Hill&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days
http://www.visitchapelhill.org/calendar/events/index.php?year=2011&month=11&day=1

http://www.visitchapelhill.org/calendar/events/index.php?year=2011&month=11&day=1

Durham Event Calendar:
http://events.triangle.com/search?city=Durham&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days
http://www.durham-nc.com/visitors/event_cal.php

http://www.durham-nc.com/visitors/event_cal.php

Carrboro Citizen:
http://twitter.com/#!/CarrboroCitizen
http://www.carrborocitizen.com

Raleigh Carrboro Events
http://events.triangle.com/raleigh-nc/events/carrboro+events

Independent Weekly:
http://www.indyweek.com
http://twitter.com/#!/indyweek

ATHLETIC EVENTS:

Full Schedules available for every sport: http://www.goheels.com/

UNC Campus Recreation Intramural Sports
http://campusrec.unc.edu/getting-involved

Runs:
For a complete list of local runs and races: http://runwellnc.com/
Fleet Feet in Carrboro has weekly free Pub Runs, yoga, and 4, 10, ½ marathon, and marathon training workouts: http://www.fleetfeetcarrboro.com/
Some races in Chapel Hill:

9/14/2013, 9am: Get Heeled Family 5k Event - The Get Heeled 5K supports active living, community outreach and families affected by childhood cancer at UNC Lineberger’s Pediatric Oncology Clinic. We are dedicated to giving 100% of the funds raised through registration, fundraising and donations back to the Families at UNC. [http://www.getheeled5k.com/](http://www.getheeled5k.com/)

9/21/2013, 9am: Dozen Donut Dash - The Dozen Doughnut Dash is a four-mile run with a sweet surprise in the middle — participants will eat one dozen doughnuts at the 2.5 mark and then attempt to finish the race. How can it get any better than having the chance to eat dessert while exercising?

All proceeds of the event go to the UNC Lineberger Center. This innovative research center treats cancer patients, conducts research into the causes of cancer and searches for new treatments, develops and directs statewide programs in cancer prevention, and train future physicians, nurses, scientists and public health professionals. [http://unclineberger.org/waystohelp/attend/signature-events/past-events/dozen-doughnut-dash](http://unclineberger.org/waystohelp/attend/signature-events/past-events/dozen-doughnut-dash)

THE ARTS AND SCIENCE:

Carolina Performing Arts:
[http://www.carolinaperformingarts.org/genres/all](http://www.carolinaperformingarts.org/genres/all)

Shows at Cat’s Cradle, Carrboro:

UNC Music Department Performances and Events:
[http://music.unc.edu/events](http://music.unc.edu/events)

UNC Ackland Art Gallery Calendar:
[http://ackland.org/events-programs/](http://ackland.org/events-programs/)

Morehead Planetarium
250 E. Franklin St, Chapel Hill

Museum of Life and Science, Durham
[http://www.ncmls.org/visit](http://www.ncmls.org/visit)
$14 adults, $10.95 seniors 65+, $10 children (3-12)

DSI Comedy Theatre
Upcoming shows: [http://www.dsicomedytheater.com/calendar/?year=2013&month=2](http://www.dsicomedytheater.com/calendar/?year=2013&month=2)

Carrboro Artscenter:
Craft workshops, dance classes, and live music: [http://www.artscenterlive.org/](http://www.artscenterlive.org/)

Carolina Theatre’s Calendar:
[http://www.carolinatheatre.org/events](http://www.carolinatheatre.org/events)

Varsity Theatre on Franklin St.
The Varsity Theatre has been a landmark of Chapel Hill and Franklin Street for over 50 years. Since the Sorrell building was built in 1927, it has always housed a movie theater, starting with the original Carolina Theater and then the Village Theater before becoming home to the Varsity.
Wine and Design: You’ll follow along with a local artist who will give you stroke-by-stroke instructions on how to paint your chosen art piece. At the end of the night, you go home with your handmade masterpiece along with lots of great memories to share! For more information: [http://www.wineanddesignus.com/Chapel_Hill.html](http://www.wineanddesignus.com/Chapel_Hill.html)

Carrboro Farmers’ Market
301 W. Main St., [www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)
Summer Hours: Saturdays 7am – noon
Wednesdays 3:30-6:30pm
Here is what is currently in season:
Basil, butter beans, cantaloupe, cucumbers, egg plant, field peas, garlic, green beans, okra, peppers, potatoes, squash, sweet corn, swiss chard, tomatoes, watermelons, blackberries, blueberries, and fresh cut flowers.

Directory of pick-your-own Farms

[http://www.pickyourown.org/NCpiedmont.htm](http://www.pickyourown.org/NCpiedmont.htm)

CH Bar Specials:
Frequently updated nightly bar specials in Chapel Hill
[https://twitter.com/#!/CHBarSpecials](https://twitter.com/#!/CHBarSpecials)

The Stagger- Chapel Hill/Durham/Raleigh area drink specials. [www.thestagger.com](http://www.thestagger.com)

Rise Biscuits and Donuts
Have you tried Rise Biscuits and Donuts yet? Gourmet donuts and biscuits sound good to you? Check this place out; you will be sorry you hadn’t found it sooner! In Durham, near the Southpoint Target. [http://risebiscuitsdonuts.com](http://risebiscuitsdonuts.com)

Give Durham a Try!
If you haven’t figured it out already, Durham has an up and coming food/beverage scene. A good blog to read to find new places to try is [www.carpedurham.com](http://www.carpedurham.com). Check it out!

Tylers Taproom, Carrboro/Durham/Apex:
[http://www.tylertaproom.com/happenings](http://www.tylertaproom.com/happenings)

Rockfish Southpoint:
1/2 price bottles every Monday and Saturday
$2 all drafts and free glass for featured beer every Thursday at 6pm and free appetizers 9pm-11pm.
[https://twitter.com/#!/RockfishNC](https://twitter.com/#!/RockfishNC)

First Fridays, Downtown Raleigh
Art, Food, Music for free in downtown Raleigh
Carolina Brewery:
http://www.carolinabrewery.com/carolina_brewery_news.html

City Beverage, Durham
http://www.citybeverage-durham.com/

Broadstreet Cafe, Durham
http://www.thebroadstreetcafe.com/events.html

Bull City Homebrew:
http://www.brewmasterstore.com/

Fifth Season Gardening Co., Carrboro:
Gardening, Home, and Beer/Wine making supplies
http://www.fifthseasongardening.com/

VOLUNTEER OPPORTUNITIES

UNC Hospitals Volunteer Information
http://www.unchealthcare.org/site/volunteers/adult_volunteers

United Way:
Requires creating an account. Once registered, search by zip code for nearby volunteer events.
http://volunteer.truist.com/triangle/user/login/?return_url=%2ftriangle%2fvolunteer%2fhome%2f&f&type=&__flash_message_=The+page+you+are+trying+to+reach+requires+you+to+log+in+or+register&_hs.flash_message_=ad9b4f32ce0331b664cebe2f1caae8fd2ab92f46

Habitat for Humanity:
Orange County:
http://www.orangehabitat.org/volunteer/

Durham:
http://durhamhabitat.org/volunteer/volunteer-worksite.html

Orange County Animal Shelter:
http://www.co.orange.nc.us/animalservices/volunteers.asp