**TIBBS Career Blitz Career Profile Questionnaire**

1. **Please provide your name and employer**: Liz Albertorio, Institute for Trauma Recovery at UNC, and Epicypher (starting November 8th)
2. **What is your current title and how long have you worked in your current job?** Research Technician, 2 years. Will become Research Associate II starting November 8th at Epicypher.
3. **Where did you get your PhD and what discipline was it in?** I started a PhD program but left with a master’s degree to pursue a different career pathway. University of Rochester School of Medicine, Microbiology/Immunology.
4. **Did you do a postdoc?** No.
5. **What are your main daily responsibilities?**

Wear many hats; bench scientist performing experiments, troubleshooting and optimizing assays, mentoring undergraduates and graduates students, purchasing, budgeting, procurement of equipment and assays, fix equipment, write papers, review papers and plan ahead.

1. **What are the keys to success in your career field?**

Creativity-find solutions and gather ideas to solve issues.

Resourcefulness-often times you need to do a lot with little budget, knowledge etc.

Boundaries- knowing that personal time is the foundation for work time.

Good manager/boss- an understanding boss/mentor makes a huge difference in the experience.

1. **What were the most important factors in choosing your career path and current employer?**

The mission (understand chronic pain) was dear and personal to me. The institute and my current boss mission inspired me, so I wanted to support their efforts. For my next position, the idea of starting a new project from t he ground and evolving it in an industry position was very interesting and exciting.

1. **What activities (if any) did you participate in that helped you be successful in obtaining your job?**

I am a collection of all my past experiences, so all the experiences where I struggled, thrived, taught, and sacrificed prepared me for this job. It showed in my interview along my passion for the topic.

1. **What 1 or 2 pieces of advice do you have for people who want to land a job like yours?**

Struggling in a project/topic/position is important, because it means it is challenging. Is from this struggle that you learn resourcefulness and other skills that will help you in any job. Do not confuse challenging with toxicity. Make sure that the struggle is for the betterment for you and your goals. Never compromise your integrity or personal life for a paycheck or a degree.

1. **How is the work/life balance in your career field and how much of a factor was that in your career choice?**

I can only speak for me. Work like balance is the number one priority for me. I cannot thrive in an environment where I cannot disconnect and enjoy what gives meaning to my life. My current position and future position, both encourage this balance. It is the most important thing, and I have missed opportunities because I do not want to give away the ability to disconnect from work.