With no further ado, I want to introduce Doctor Melinda Irwin and Diana Lowry, so Doctor Irwin is the associate Dean of Research, a professor of Epidemiology at the Yale School of Public Health, and she has been the PI of the training grant for the TREC workshop and has really let it flourish under her leadership and I think is something that all participants agree is a really important and career building opportunity for them. She’s also has many grants of her own. She has many externally funded projects.
and it’s focused on the benefits of exercise for cancer survivors, particularly looking at both quality of life, patient reported outcomes as well as biomarker outcomes. So she is well qualified to be leading this training experience. Diana Lowery is the program director for the Truck Training Workshop she makes. She makes things happen. She brings the ideas to life. So she has been a professional and aims in her work to have a meaningful impact.
impact with investigators on the lives of people with or at risk of cancer. So I love that you have that.

Diana, so I think all of those who participated in Trek can attest that she’s really the glue that holds all the activities together. So I look forward to hearing from them a little bit about Trek and then we’ll hear from some of our previous Trek fellows from MD Anderson and I’ll introduce them after Diane and Linda have spoken. Great,
00:01:57.030 --> 00:01:58.206 well thank you Karen.

00:01:58.206 --> 00:02:00.828 This is such a great idea to do this forum and to hear from the TREC fellows and hopefully inspire others to consider applying and participating.

00:02:02.735 --> 00:02:05.115 So as you mentioned, we've just completed or were in the midst of the 4th year because the check program has a week long workshop, usually in residence.

00:02:08.892 --> 00:02:11.397 But this past year it had to be done virtually, but then we like to stay in touch with you over the course of the year where you're paired with them.
Mentor or two to help.

Cultivate year your research ideas into a grant submission or papers being submitted.

This year we implemented a peer mentoring mechanism which we think has gone really well. Where a new fellow is peer ed is matched with a previous fellow, but we have just really enjoyed the past four years.

Is this training program would not be possible without the over 20 plus? Faculty that are all international experts in energy bouncing cancer who really give a lot of their
time and attention to training.

The most important aspect we think about this workshop is the OR.

This training program is the transdisciplinary approach, so we encourage basic scientists, clinical scientists and population scientists to apply and then learn from each other at the workshop. And thereafter, so we've had some success.

Today we submitted a competitive renewal this past.

When was it September 25th and will it be reviewed in February.
But in doing so we had to really look at the past four years in the success, but also the challenges to date. But lots of successes with over 200 plus papers published by the TREC Fellows. 65 of those publications had were related to the Trek program in the sense that they were with a trek fellow or faculty collaborator, and these were. After the workshop a curd and then over think was 31 grants that were awarded to the first three year cohort of the truck program. But some challenges we have learned every year from the feedback that
The fellows have provided us into how to make it better, how to network better, how to collaborate better, how to learn better about the discipline you’re not directly in, and so this year the workshop will be changed. Significantly, whether it’s virtual or in person, and it’s also what we’ve proposed for the renewal of funded. That’s all I will say, but I’m so thankful to the fellows and the faculty participating.
And yes, none of this would be possible without Diana. I like to affectionately say that she is the mother to 97. Incredible check Fellows, thank you, Diane. If I have any additional comments. No, thank you all in this really been an honor to be here. Karen Ann. Looking forward to meeting more of your wonderful early career investigators if we can. So I did. Just want to mention one logistical thing just so nobody worries. So technically the notices...
00:05:31.590 --> 00:05:33.098 of intent to apply.
00:05:33.100 --> 00:05:34.982 Where do earlier this week
00:05:34.982 --> 00:05:37.242 at the soft deadline and so
00:05:37.242 --> 00:05:39.510 do not let that worry you.
00:05:39.510 --> 00:05:40.638 Anybody who’s thinking
00:05:40.638 --> 00:05:42.518 about applying. It’s not too
00:05:42.520 --> 00:05:45.540 late to send in your notice of intent.
00:05:49.340 --> 00:05:51.044 Great thank you and it’s
00:05:51.044 --> 00:05:52.749 good to know about that.
00:05:52.750 --> 00:05:54.455 Thank you for making the
00:05:54.455 --> 00:05:55.819 announce about the deadline,
00:05:55.820 --> 00:05:58.298 so I I should say like that
00:05:58.298 --> 00:06:00.249 letter of intent is a very.
00:06:00.250 --> 00:06:01.960 It’s not very involved right?
00:06:01.960 --> 00:06:04.006 It’s basically just an email saying
I’m interested in applying. It’s an email to me and it literally will take you 3 seconds to send. I don’t need an official letter on letterhead. You know, it’s really meant to be easy on your time.

OK great. Thank you and I have to say you look much too young to be the mother of 97. That would age me much more than it has you clearly.

Excellent thanks and so, um, what we’re going to do now is have you meet each of the.
Each of five fellows for these folks participated in the past year, and one participated the year before. So you can hear about the virtual experience as well as an in person one, and I will just ask each of them briefly to introduce themselves and then. Talk a little bit about an important takeaway from the workshop for them, and then we are open to your questions I have. I will ask some questions, but please if you’re in the audience,
00:07:13.290 --> 00:07:15.432 put your questions in the Q&A or
NOTE Confidence: 0.8203966
00:07:15.432 --> 00:07:17.811 the chat and Antoine will like poke
NOTE Confidence: 0.8203966
00:07:17.811 --> 00:07:20.305 me virtually and let me know that
NOTE Confidence: 0.8203966
00:07:20.305 --> 00:07:22.685 you’ve asked that you have a question
NOTE Confidence: 0.8203966
00:07:22.685 --> 00:07:25.386 or will speak up and read your question.
NOTE Confidence: 0.8203966
00:07:25.390 --> 00:07:27.441 Or if you want to raise your
NOTE Confidence: 0.8203966
00:07:27.441 --> 00:07:29.748 hand and ask your question live,
NOTE Confidence: 0.8203966
00:07:29.750 --> 00:07:31.174 that is fine too.
NOTE Confidence: 0.8203966
00:07:31.174 --> 00:07:34.475 So we have 5 folks who are here to
NOTE Confidence: 0.8203966
00:07:34.475 --> 00:07:37.532 talk to you and you can also ask
NOTE Confidence: 0.8203966
00:07:37.532 --> 00:07:40.808 questions of Doctor One and and Diana.
NOTE Confidence: 0.8203966
00:07:40.810 --> 00:07:43.072 They will be happy to answer
NOTE Confidence: 0.8203966
00:07:43.072 --> 00:07:44.580 your questions as well.
NOTE Confidence: 0.8203966
00:07:44.580 --> 00:07:46.911 So we have 5 past Trek fellows
NOTE Confidence: 0.8203966
00:07:46.911 --> 00:07:48.730 carry shadler from Pediatrics,
NOTE Confidence: 0.8203966
00:07:48.730 --> 00:07:50.230 Nate Parker from behavioral
00:07:50.230 --> 00:07:51.355 science Natalia Heredia, formerly of Health Disparities now at the School Public Health. She can tell you about that an Maggie raber from behavioral Science and Ivan moved from health disparities.

00:08:01.920 --> 00:08:03.156 So let’s start.

00:08:03.156 --> 00:08:03.980 With Kerry

00:08:06.830 --> 00:08:09.158 OK. Hi, I’m Carrie shadler.

00:08:09.158 --> 00:08:11.960 I’m an assistant professor in Pediatrics I’m an assistant professor in Pediatrics

00:08:12.039 --> 00:08:13.719 research as Karen said.

00:08:13.720 --> 00:08:16.468 So really I’m a basic or translational scientist.

00:08:16.468 --> 00:08:17.384 I do animal models and trying to understand how exercise impacts tumor biology,
00:08:23.350 --> 00:08:24.553 specifically tumor vasculature.
NOTE Confidence: 0.8081142
00:08:24.553 --> 00:08:27.360 And I guess my takeaway from Trek
NOTE Confidence: 0.8081142
00:08:27.428 --> 00:08:29.278 is that relationships matter and
NOTE Confidence: 0.8081142
00:08:29.278 --> 00:08:31.555 that getting to know people outside
NOTE Confidence: 0.8081142
00:08:31.555 --> 00:08:34.061 of your bubble or your field is
NOTE Confidence: 0.8081142
00:08:34.061 --> 00:08:35.440 incredibly helpful for career
NOTE Confidence: 0.8081142
00:08:35.440 --> 00:08:37.090 development and for thinking of
NOTE Confidence: 0.8081142
00:08:37.090 --> 00:08:39.240 good ideas and doing good science.
NOTE Confidence: 0.8081142
00:08:39.240 --> 00:08:41.872 And I think that the nice thing about
NOTE Confidence: 0.8081142
00:08:41.872 --> 00:08:43.860 the check training program was that
NOTE Confidence: 0.8081142
00:08:43.860 --> 00:08:46.562 you know to go to a meeting outside
NOTE Confidence: 0.8081142
00:08:46.562 --> 00:08:49.159 of your field to meet people when
NOTE Confidence: 0.8081142
00:08:49.159 --> 00:08:51.212 you don’t yet have an abstract,
NOTE Confidence: 0.8081142
00:08:51.212 --> 00:08:53.494 or you don’t yet know what you’re
NOTE Confidence: 0.8081142
00:08:53.494 --> 00:08:55.658 going to present at that meeting
NOTE Confidence: 0.8081142
00:08:55.658 --> 00:08:57.078 is a little challenging,
and this is a way to kind of. Get to know more people outside of your field without having to be ready to contribute a fully put together idea. Thanks, Kerry, let’s go to Nate next. Everybody, I’m Nate Parker. I’m an instructor in the Department of Real Science. My research focuses in using resistance training to improve quality of life for cancer survivors. My main takeaway from Trek was really just having my eyes open to the breadth of potential collaborators on experts in different aspects of
of energetics and cancer and sort
of brainstorming and finding ways
that my kind of little silo of
research can fit into those.
Collaborations and truly translational work.
Thanks mate. Um Natalia
My name is Natalia Heredia,
formally postdoc in the Department
of Health Disparities Research.
As Karen mentioned now,
as assistant professor at the school,
you T Health School, public health.
My research is in physical
activity and nutrition promotion,
and Hispanic Latino communities
in the management of non alcoholic
fatty liver disease with weight loss,
physical activity and nutrition.
And I think my main takeaway
is similar to kind of.
It's the track is a great way to
get to know a lot of people that
are specifically interested in
something you're also interested,
so it's kind of like.
Quick a quick way to network rather
than going to a conference in
trying to pick the specific people.
This is a great way where they're
just all together at one time and
you’re getting to know them getting to know about their research while also learning new aspects of the field of energetics in cancer that you may not have been tuned into.

Great thank you Natalia Maggie. Hi Maggie raber, I’m occurrence postdoc in behavioral science and I have a background in nutrition and work on culinary medicine and nutrition programming for cancer survivors and high risk populations. I think my biggest takeaway I get a little intimidated with sort of fancy professors. You know that I cite a lot and track would really help me understand that like people will talk to you if you reach out
to them and are excited to talk to you.
So I really kind of taken that with me since Trek and gotten to really form relationships that are much stronger that I probably wouldn’t have taken the initiative.

Great thank you Maggie, Ivan.
Good morning everybody.
My name is Ivan Mama, currently a postdoc in Department health disparities research, working with.
Um, you know, I’m actually a training clinical psychologist and they started studying how insufficient sleep activity increased risk for obesity.
Calculations three years ago, when it came to MD Anderson. Um Antrectomy was at first will intimidating because you know, I don’t even in this unlike some other colleagues have been doing this for many more years. Tonight this was somewhat wants a new field, but you know I had set of our narrow area what I was interested in. Sufficient sleep, your physical activity, right? And so check for me was this great buffet? Almost seeing the breath and the depth of how different folks approach the problem. And so it was kind of wonderful to see
how many angles we can look at this and so for me I love generating new ideas and so for me it was kind of like fireworks all over the place at the same time it was fun to get lost in the depth of how people you know when they presented their project, how far down. The rabbit hole you can go and how quickly I get lost in some of the talks. I also want to echo the networking. Part 2 is now that I know have a sense of who is setting what through trek. It’s almost as if I want if I want to look at this one area,
00:13:29.390 --> 00:13:31.694 I could contact this person and we already
NOTE Confidence: 0.7742319
00:13:31.694 --> 00:13:33.640 would have this shared commonality.
NOTE Confidence: 0.7742319
00:13:33.640 --> 00:13:36.257 So wouldn’t be exactly a cold call, right?
NOTE Confidence: 0.7742319
00:13:36.257 --> 00:13:39.200 Which is kind of difficult for some of us.
NOTE Confidence: 0.7742319
00:13:39.200 --> 00:13:39.527 Younger,
NOTE Confidence: 0.7742319
00:13:39.527 --> 00:13:41.489 more junior folks in the field.
NOTE Confidence: 0.7742319
00:13:41.490 --> 00:13:43.779 So overall it was a great experience.
NOTE Confidence: 0.8537798
00:13:47.490 --> 00:13:49.058 Great, thank you. Um,
NOTE Confidence: 0.8537798
00:13:49.058 --> 00:13:52.015 so I’m going to direct some specific
NOTE Confidence: 0.8537798
00:13:52.015 --> 00:13:55.655 questions to different people on the panel,
NOTE Confidence: 0.8537798
00:13:55.660 --> 00:13:58.516 so I’d like to start out by asking
NOTE Confidence: 0.8537798
00:13:58.516 --> 00:14:00.734 first Carrie and then Natalia to
NOTE Confidence: 0.8537798
00:14:00.734 --> 00:14:03.395 sort of expand a little bit more
NOTE Confidence: 0.8537798
00:14:03.395 --> 00:14:05.610 on your track Trek experience.
NOTE Confidence: 0.8537798
00:14:05.610 --> 00:14:07.530 Sort of. What did you?
NOTE Confidence: 0.8537798
00:14:07.530 --> 00:14:09.828 What did you gain from it?
How did it change the way you are doing your work?
And that sort of thing.

So you know one big positive for me as someone who is.

Kind of more on the basic science side of things is that I have struggled with really understanding. How can I contribute to clinical research related to energy balance and through trek.

This past year I was able to meet several people who do incredibly impressive biomarker type research, so these are people who are...
sort of lab scientists like me, but they are able to provide the biomarker component of some energetics research. And I think I was. It was a little bit of a poke to like do a little better because they’re doing some really innovative biomarkers, right? It’s not just the same old like, let’s do a panel of 25 inflammatory markers. It’s much much more innovative than that, and it really inspired me to try to think more. Broadly, outside of what I’ve always done, and it also helped me to identify kind of. A route Tord away to be involved in clinical research.
Even though I'm a basic scientist, and so you know, the outcome of that, was that this past October I was part of two clinical are ones where I'll be the biomarker person on both of them so.

OK, thanks Natalia. What about you? How did Trek sort of shift your world in your research?

Yeah, so I learned a lot about the biological aspects of obesity and energetics that I didn’t know before. So I was. I'm a behavioral scientist and kind of in my...
working with clinicians and.

So it kind of expanded the way I think about a project,

and even if I’m going to be collecting,

you know the behavioral data and you

know some clinical outcomes expand

the way I could think about our

project to be able to involve other

collaborators where you know just

adding a few things at the beginning

and talking to a few people at the

start could make it more robust and

also kind of like provide a way to

collaborate with these folks that

I wouldn’t otherwise have had.

Um, so I really like that.
And as I mentioned, I really liked having this this network, so it’s changed just the way I think about like who I can even talk to now, right? So now I just have a wider array of people that I can reach out to and say, hey, can you look at this? hey, what do you think about this? So and that’s very helpful as well. Great thank you and so in Italian, the workshop that you went to is virtual right? Because of covid.
whether it met your expectations for what you want to get out of track. What you see is maybe some of the downsides and some of the advantages of that approach. Yeah, so. I’ll start by saying that I’m an introvert, so for me it was a really great way to kind of like get your toes wet and meet people with like low commitment, right? We might be scared of networking. This was like a much easy, like low burden way of doing that. So for me, I really like that aspect of it. There was also what we did throughout
the day was kind of broken up so it wasn’t just like we’re doing this one thing the whole day.
Allow different formats throughout the day with breaks, and so I think that made it manageable to do throughout the day.
I will say that even though I am an introvert, there is. There are some things that I I was missing in just, you know, it’s different when you can talk to someone off on the side and like go get. You know while you’re getting water and and connect in other
00:18:35.510 --> 00:18:37.880 ways on a more personal level.
NOTE Confidence: 0.8727267
00:18:37.880 --> 00:18:39.554 And just hear about things that
NOTE Confidence: 0.8727267
00:18:39.554 --> 00:18:41.919 maybe we even when we did kind of
NOTE Confidence: 0.8727267
00:18:41.919 --> 00:18:43.399 breakout groups when you wouldn’t
NOTE Confidence: 0.8727267
00:18:43.399 --> 00:18:44.988 have been able to hear but.
NOTE Confidence: 0.8727267
00:18:44.990 --> 00:18:47.596 At least I now know these people right?
NOTE Confidence: 0.8727267
00:18:47.596 --> 00:18:50.630 So then when I see them in the future,
NOTE Confidence: 0.8727267
00:18:50.630 --> 00:18:52.954 I can still have that personal connection,
NOTE Confidence: 0.8727267
00:18:52.960 --> 00:18:54.874 so I I still thought thought
NOTE Confidence: 0.8727267
00:18:54.874 --> 00:18:56.610 Trek virtual was was great.
NOTE Confidence: 0.8727267
00:18:56.610 --> 00:18:58.344 It wasn't too burdensome because of
NOTE Confidence: 0.8727267
00:18:58.344 --> 00:19:01.054 the way it was broken out in the
NOTE Confidence: 0.8727267
00:19:01.054 --> 00:19:04.570 different activities throughout the day, so.
NOTE Confidence: 0.8727267
00:19:04.570 --> 00:19:05.276 Oh no,
NOTE Confidence: 0.8727267
00:19:05.276 --> 00:19:06.688 I would say great,
NOTE Confidence: 0.8727267
00:19:06.690 --> 00:19:09.394 but with the caveat of hopefully in the
future we can connect on a personal level.

Great. Thanks. So Maggie, I'm tell us a bit about what motivated you to apply for track.

Great, so I guess if I had just read the description I probably would have been like that's not for me. I do more community health stuff, but Karen’s my postdoc mentor. Enjoy as my Predock mentor and they’re both very pro track and so a lot of their students would go to track and then they would talk about how great track was. You know, joy I particular member
when clinical fellow Brianna had gone to track and Brianna was a very I really liked her personally. Partially because she would sort of throw her hands up and say I don’t know anything about this, and Stu said I went to track. I didn’t know what I was doing. I wrote a really horrible proposal and they helped me so much and like it was really fulfilling I got to network and just learn and it wasn’t it, didn’t. It didn’t have to be perfect going in. So I was like, well, you know, Brianna is really, you know,
she's learning a lot from this.

I should go to the other thank you were in the lab when she was trying to submit that proposal and she actually got help from some of her Trek mentors to submit the final product. And so that was like a huge benefit to be like actively working on a proposal, be able to reach back to the people you met it, track, get their input, Polish it, and then submit it. Unfortunately, it still wasn't funded, but I think it impressed upon her. How things can be approved, improved with that type of input.
00:21:01.730 --> 00:21:03.400 that was available through track?
NOTE Confidence: 0.8724796
00:21:03.400 --> 00:21:04.052 Yeah, totally.
NOTE Confidence: 0.8724796
00:21:04.052 --> 00:21:05.361 And especially remember how
NOTE Confidence: 0.8724796
00:21:05.361 --> 00:21:06.668 Brianna was like she
NOTE Confidence: 0.8571971
00:21:06.670 --> 00:21:07.978 was very she was.
NOTE Confidence: 0.8571971
00:21:07.978 --> 00:21:09.940 She never was someone who acted
NOTE Confidence: 0.8571971
00:21:09.940 --> 00:21:12.212 like she knew what she was doing.
NOTE Confidence: 0.8571971
00:21:12.212 --> 00:21:14.150 If she was not super confident
NOTE Confidence: 0.8571971
00:21:14.221 --> 00:21:16.482 so that that makes you feel like
NOTE Confidence: 0.8571971
00:21:16.482 --> 00:21:18.116 someone being vulnerable with you.
NOTE Confidence: 0.8571971
00:21:18.116 --> 00:21:20.724 That way it makes you feel more comfortable.
NOTE Confidence: 0.8571971
00:21:20.730 --> 00:21:22.062 The other thing was,
NOTE Confidence: 0.8571971
00:21:22.062 --> 00:21:24.680 you know I was getting ready to get
NOTE Confidence: 0.8571971
00:21:24.680 --> 00:21:26.856 on the job market so I thought it
NOTE Confidence: 0.8571971
00:21:26.929 --> 00:21:29.095 would be great opportunity to kind
NOTE Confidence: 0.8571971
00:21:29.095 --> 00:21:31.306 of network and see what different
institutions were interested in.

And I've also just seen a lot of postings or talked to a lot of people that highlight team science and collaboration, and so I wanted to kind of gain some skills about how to navigate those relationships and what successful ones look like.

Great, thank you. So, um, joylette I just want you know you mentioned Brianna but just wanted to give you an opportunity to expand on.

You know you have had mentoring relationships with a number
of the Trek fellows as well, and so can you kind of comment on what you what kind of benefit. Other benefits besides the one you just mentioned you saw for them. Yeah, I mean I think it’s an amazing program and Melinda and Diana, thank you so much for providing this opportunity for our fellows. I’m kind of wondering like how we can pull back some of the especially the clinical fellows that go through trek and then kind of like get immersed in their world of clinical responsibilities and forget or just don’t have time perhaps to take advantage of the
skills that they learn to trekking.

Maggie, since you brought up Brianna, she's one example,
but I think there are others.

Carrie had a former fellow Miriam who was in tracking.
Fortunately, she's actually going to San Antonio and Maggie,
she's gonna be working with us on the chef study,
so there's a kitchen in the lobby of the Children's Hospital of San Antonio,
and she's being recruited back to San Antonio as an oncologist there and will kind of be like the energy balanced person.
But in the interim. She was in a very clinical setting so that the position that she has right now really didn’t. I think, allow her time to do much research, but I still have the sense Diane and Melinda you have a better sense of this, but I have the sense that a lot of the clinical trainees that probably go through Trek kind of find themselves in that position. But they’re incredible resources for us. Lab based translational folks to keep in touch with connect with to see if there’s ways we can do
biomarker studies or contribute to.

Energy balance trials.

And so.

Yeah,

I just wonder if we can kind of brainstorm about that.

I'll come, and yeah, completely agree.

And that was based on some feedback as well from the fellows.

So for this coming year and hopefully if were renewed.

While it is a transdisciplinary workshop,

we are creating in the day window

of time an hour where we will group people bought, you know,
the clinicians get to meet each other and be together for an hour and get to know each other. And same with the pop scientists in the basic scientist and then at the same time. A different session of the day we’re creating teams before you come to the workshop that is transdisciplinary. So, for example, it just take prostate cancer of basic clinical and population scientists who all proposed a topic related to prostate cancer will be put into a group together and they will kind of meat throughout the week as well. And if it ends at the end of the week,
it ends, but we’re hoping that it might just stimulate some more discussion networking opportunities within their discipline, but of course a cross. Disciplines as well. So I agree with you, and I’m hopeful that these changes. The other thing that Diana is working on right now is among the fellows who have completed the workshop and those who will participate this next year within our Trek website, a kind of a directory where people will have their discipline.
keywords of their area of research.

So just helps people,

fellows and faculty find others who.

If someone is doing something

in pediatric oncology,

they could search on that and find

all the pediatric you know people

studying pediatric cancer and get

to get something going from there.

Diana, any other comments?

I think that’s wonderful.

I mentioned Brianna’s unsuccessful Grant

I wonder if you might consider

if the alumni are OK with it.

For that for them to list grants

where they’ve been successful?
Because then someone who’s like applying for an AI CR Grant can see, oh, this former trek person got the AIC are great. Maybe I can talk to them about what they did, right? So Diana, do you wanna mention when we are actually in addition to working. Non members directory on the website were also pulling together an exemplar grant repository, and so that will be there. You know, people have been invited,
Trek alumni, faculty and fellows have been invited to submit. Successful grant examples of successful grants that they have been funded for, so we hope that will be very helpful in showing you know. Newer earlier career investigators what a successful grant might look like. Various mechanisms. I think that will be highly used, that’s fabulous. Thank you for doing that. Yeah, that’s an excellent idea. I think that’ll be wonderful, but both the kind of networking function I’m trying to find investigators who have interest similar to yours.
as well as the grant repository.

Good job. I'll be useful.

Alright, so I've been.

Um, can you talk about any?

Whether there have been any sort of collaborations that you have started or started discussing with other people who have been part of Trek?

Yeah, sure, so my again my research area is in how insufficient sleep in PC Matic population size match, so I figure you're sort of cutting in and out so you can get all of closer.

We heard sleep and then you trailed off. We heard sleep and then you trailed off.

Yeah can you hear me OK now.
I think so, yeah, I keep saying it. I need to buy it and microphone and everything.

Um, so you know, I again my area is in how insufficient sleep and physical inactivity contribute to obesity.

And so I was matched with a peer mentor who does sleep research. And then I was matched with. A more senior faculty mentor who does more physical activity, community based research and so both are able to actually give quite a bit of feedback on my potential grant proposal in particular. So my peer mentor was able to
NOTE Confidence: 0.86231655
00:28:39.079 --> 00:28:41.180 give feedback on a manuscript.
NOTE Confidence: 0.86231655
00:28:41.180 --> 00:28:43.060 Those writing at the moment,
NOTE Confidence: 0.86231655
00:28:43.060 --> 00:28:44.950 which is now published next,
NOTE Confidence: 0.86231655
00:28:44.950 --> 00:28:48.028 after which is then she was
NOTE Confidence: 0.86231655
00:28:48.028 --> 00:28:50.080 very helpful with that.
NOTE Confidence: 0.86231655
00:28:50.080 --> 00:28:51.856 And you know,
NOTE Confidence: 0.86231655
00:28:51.856 --> 00:28:55.408 she her focuses on how sleep
NOTE Confidence: 0.86231655
00:28:55.408 --> 00:28:57.660 relates to metabolic.
NOTE Confidence: 0.86231655
00:28:57.660 --> 00:28:59.288 Just function metabolic processes
NOTE Confidence: 0.86231655
00:28:59.288 --> 00:29:02.153 and so I was looking at how
NOTE Confidence: 0.86231655
00:29:02.153 --> 00:29:04.253 sleep is related diabetes and so
NOTE Confidence: 0.86231655
00:29:04.253 --> 00:29:06.658 she was able to kind of review.
NOTE Confidence: 0.86231655
00:29:06.660 --> 00:29:07.420 The manuscript.
NOTE Confidence: 0.86231655
00:29:07.420 --> 00:29:08.940 Is some feedback actually
NOTE Confidence: 0.86231655
00:29:08.940 --> 00:29:10.790 help me with the R&R,
commentary and visions of how to address and frame some of those things which is very helpful.

We’ve talked about potential collaborations down the road and right now she’s transitioning into a faculty position, and so maybe something later down the road, my faculty mentor.

Was able to give quite a bit of feedback on my potential Trek Grant and she was actually really helpful in reviewing my grant resubmissions.

So when I entered Trek I had a key R zero that was under review at the time and so when I started trick.
I think they had no sorry when I was preparing the application and for re submission and when I enter trick. I was actually working on the recent mission at a time, so what I needed a lot of feedback on was how to address the summary statement. And so my faculty mentor was helpful in helping me frame some of the responses and kind of read between the lines for the summary statement and so now that’s resubmitted will be hearing back soon. So in terms of collaborations moving forward, I think both of them are open to.
We’ve talked about potential collaborations and in the future, and so I’m hoping after this new year you know when I started projects that can reach out to both.

OK, thanks and and I’ve been so you also are part of the virtual experience of track. Can you comment a little bit on how that was for you? I’ll echo Natalia is kind of sentiment. I’m also somewhat of an introvert, so make things I did a lot of the heavy lifting in terms of you know, meeting different people, so I actually kind of enjoyed being
00:31:06.435 --> 00:31:08.787 able to sit comfortably in my own home.
00:31:08.790 --> 00:31:10.540 Watching all these lectures like a good book bathroom at a point.
00:31:10.540 --> 00:31:12.859 Get some food if I needed to.
00:31:12.860 --> 00:31:16.696 Of course there’s downsides though is you don’t have that.
00:31:16.700 --> 00:31:20.160 I mean, it’s different when you’re talking to someone in person versus through zone,
00:31:20.160 --> 00:31:21.770 so I’m hoping in the future that I can meet some of these folks in person, yeah?
00:31:21.770 --> 00:31:23.380 That’s great, I think your meeting that you’re gonna have in July will be a great opportunity.
Hopefully all 97 fellows and all the faculty will participate and be able to see each other in person. I hope so. I hope by July we are meeting in person and we can do that meeting then that definitely is consistent with the sort of philosophy of Trek of the transdisciplinary research. So we really we do hope people will participate in that. Um so mate. You know you had the in person experience of track. Do you want to talk a little bit about that? And by the way, first of all I have to say, I think that probably 90% of academics are introverts, so you know,
like don’t don’t feel too bad about it.

We did our Department along time ago did the Myers Briggs inventory as part of like a little team building workshop an like there were.

To extraverts on the faculty, everybody else was an introvert.

So sorry mate.

So tell us about the kind of in person Trek experience.

Sure, sure I’m. I feel really really happy to have the opportunity to go to the in person version and not that I have anything but that most faith

that that Doctor Irwin and I’ll do the
fantastic job organizing a virtual format
and all of the track faculty as well.
I’m sure it was as as wonderful as possible,
being virtual this past year.
In person was really fun.
You know it’s really easy to get to know some of the other fellows and faculty informally.
Whether that’s over meals which are all shared all together, breakfast, lunch, and dinners all together in groups at the same time,
there’s a bars in the resort and go grab a beer with fellows after of course, after your formal requirements are done for the day.
You know you can go for walks in the morning. I would see Doctor went out there, Blazing Streets walking in the mornings for jogging, probably sprinting and others you know working out in the gym. The food was fantastic, which is always a huge bonus for me. Big food guy. Resort where it’s held is really beautiful not to talk too much about how wonderful it was. We did get, I think. Two days were just downpour rain so we didn’t.
We didn’t get to enjoy much of the outdoors, unfortunately, but it’s a really, really pretty spot in Connecticut on the coast, so just a nice place to go to. With the same sentiments I’m certainly no extrovert and I can find networking and social stuff to be pretty training so that definitely added to my. Sorry, 50 throughout the week, but at the same time it was really fun and provided those kind of informal opportunities to get to know other Trek fellows outside of just the sessions and breakout sessions.
Yeah, it was really fun in person, but I’m sure it’s fantastic virtue as well. Great, thank you. So Carrie, can you talk to us a little bit about the application process and just also your process in preparing for the workshop? Yes. Sorry I didn’t have a plan answer for this one. So let’s see. So I think I had a little bit of a unique experience because I had been a trek trainee as a postdoc, and so some of what it means to be transdisciplinary. And some of the like intimidation factor,
which I definitely remember as a postdoc. I had had a little bit of a chance to work with some of that previously, so that was a little unique for me, but I do feel like it was a four page proposal. Oven I have a grand idea and. I do remember thinking I don’t even know who to ask for input on this four page proposal, so it’s a good thing I’m going to hopefully go to this track meeting to meet some people to give input on this proposal in terms of preparing, you know, I
00:35:59.540 --> 00:36:01.843 actually think that being at MD Anderson
00:36:01.843 --> 00:36:04.119 we’re really lucky because we have Karen.
00:36:04.120 --> 00:36:05.760 We have Joya, we have.
00:36:05.760 --> 00:36:08.368 I mean, we actually have a lot of
00:36:08.370 --> 00:36:12.190 people who are already very strong in.
00:36:12.190 --> 00:36:14.074 Transdisciplinary energetics research so.
00:36:14.074 --> 00:36:16.429 I guess in terms of
00:36:16.429 --> 00:36:18.099 preparing your application,
00:36:18.100 --> 00:36:20.476 if you’re feeling any sort of.
00:36:20.480 --> 00:36:21.600 Nerves about whether you’re
00:36:21.600 --> 00:36:23.000 a good fit or about.
00:36:23.000 --> 00:36:23.840 Whether you’re ready,
00:36:23.840 --> 00:36:25.800 I think that being at MD Anderson,
00:36:25.800 --> 00:36:27.480 you’re lucky to have a lot
00:36:27.480 --> 00:36:29.361 of resources to reach out to,
and I've certainly benefited from mentorship from both Karen and Zoya.
Throughout great thanks. Um, Maggie could?
What would you like to share with other investigators, postdocs, or early stage faculty who are considering trek?
So I took a slightly different approach to my proposal, 'cause I wasn’t really, you know,
I was in my first year postdoc.
I wasn’t really planning a grant or anything,
so I wrote sort of a kind of far out version of a project I wanted to do,
and there was cooking and there
was artificial intelligence, and it was kind of what I would think would be the future of my research agenda. And that was really nice because I got less comments on the specifics of the grant proposal, but more comments on the research direction itself and sort of what are the things to kind of a major faculty member that strike them as important that we need to figure out before we get there. And so I’d say some of the advice I would give is like don’t fret too much if you’re not working on something specific, but just getting feedback on.
your research plan,
NOTE Confidence: 0.8743704
your agenda or your future plans
NOTE Confidence: 0.8743704
is a good a good approach.
NOTE Confidence: 0.8743704
I think that maybe some people wouldn’t apply
NOTE Confidence: 0.8743704
because they’re not working on something.
NOTE Confidence: 0.8743704
I certainly when I saw the
application was like, oh,
not really working on anything
NOTE Confidence: 0.8743704
to get direct feedback on,
NOTE Confidence: 0.8743704
but I think getting feedback on the.
NOTE Confidence: 0.8743704
Broader agenda was really helpful.
NOTE Confidence: 0.8599138
Great thanks Natalia.
NOTE Confidence: 0.8599138
Same question to you what what
NOTE Confidence: 0.8599138
would you like to share with
NOTE Confidence: 0.8599138
other people considering track?
NOTE Confidence: 0.8100423
Funny that Maggie went first ’cause
I had the exact opposite comment so. And the most useful was getting feedback on like an active grant that’s now been funded. And so I thought that was thank you. I thought that was really both, like my peer mentor. An my senior mentor gave feed faculty. I don’t remember what the terminology is, but they both gave really good feedback. It was very timely ’cause it was. Do you know? It just happened to be due a couple weeks later and that was one of the most useful pieces of it for me. So what I was going to say was
apply when you need feedback on something like that, but I hear what Maggie is saying and I just hadn’t thought of it that way so. I amend my what I was going to say to say everyone who’s in this area should apply. You will get something out of it. Just think about what you want to get out of it before you submit. Great comet. You can have something really specific you want feedback on. It’s great to go and if you kind of have a broader direction you’ll get good input on that too.
So I think it’s sort of really accentuates the usefulness of the Trek training experience. I’m just gonna open it up to any of you who like this. Is there anything else that you want to kind of comment on or something? Didn’t ask that I should have that. Important for people to know about Trek. I had a quick question for the group. I know that some of our recent Trek fellows around the job market and some of our recent Trek Fellows have recently gotten jobs. Congratulations Natalia.
and I’m wondering if there’s a way to connect with the 96 or so progeny of Diana and Melinda, for you know, really. Pursuing Tenure tracker. You know, in positions in academic institutions and Maggie Natan if you kind of feel like. You have suggestions since you guys are actively looking for how that network could be optimized for that purpose. Any thoughts? It’s a hard question. I mean I can start. I will say that I was actively looking when I went on track and I had applied and so I was able to even
just get feedback from both of them on. I was considering various things and so both were able to kind of talk through me on kind of that professional development side as well. I don’t think I had those conversations with anyone else, but at least both with those. Both of those individuals where I had like one on one time, but at least both with those. Both of those individuals where I had like one on one time, and so you can have like more one on one conversations about career development aspects and
00:41:34.981 --> 00:41:36.993 job searches in particular.
NOTE Confidence: 0.8860229
00:41:36.700 --> 00:41:37.360 So your
NOTE Confidence: 0.8605325
00:41:37.360 --> 00:41:38.664 immediate mentors knew you
NOTE Confidence: 0.8605325
00:41:38.664 --> 00:41:40.294 were in the job market,
NOTE Confidence: 0.8605325
00:41:40.300 --> 00:41:42.675 but like the larger group
NOTE Confidence: 0.8605325
00:41:42.675 --> 00:41:44.100 didn’t necessarily know.
NOTE Confidence: 0.8605325
00:41:44.100 --> 00:41:46.979 I don’t think so.
NOTE Confidence: 0.8605325
00:41:46.980 --> 00:41:49.160 I wonder if there’s like,
NOTE Confidence: 0.8605325
00:41:49.160 --> 00:41:51.330 especially in the virtual setting.
NOTE Confidence: 0.8605325
00:41:51.330 --> 00:41:53.784 If there’s a way to advertise
NOTE Confidence: 0.8605325
00:41:53.784 --> 00:41:55.883 that you’re looking and here’s
NOTE Confidence: 0.8605325
00:41:55.883 --> 00:41:58.578 your CV and here’s your kind of
NOTE Confidence: 0.8605325
00:41:58.578 --> 00:42:00.900 synopsis of research interests,
NOTE Confidence: 0.8605325
00:42:00.900 --> 00:42:03.510 because I think it’s a potentially
NOTE Confidence: 0.8605325
00:42:03.510 --> 00:42:05.250 rich pool of applicants,
NOTE Confidence: 0.8605325
00:42:05.250 --> 00:42:07.070 and we definitely want our
trek trainees to go on and populate academic research institutions and facilitate.

But Gore’s best weekend.

Yeah,

that’s a great idea. So what we do,

we do have a Trek newsletter and E, you know done electronically where we advertise positions.

You know many will reach out to us to tell us to post him.

But you’re right,

there could be an approach where we have on the public facing check website.

If people are comfortable and want to,
they can post their CV and
maybe a cover letter.
Or maybe you know a short blurb
as to what type of position
they're interested in.
You know many faculty and fellows
get emails about positions,
and we could direct them to the Trek
website and that link,
particularly to look at all the fellows.
That’s a great idea.
Yeah, I think
at least all of our fellows
are really good at their 92nd
elevator speech is, you know,
maybe that could be posted on the
00:43:13.199 --> 00:43:16.063 Trek website just for others to know
NOTE Confidence: 0.8530272
00:43:16.063 --> 00:43:18.988 that these folks are looking for.
NOTE Confidence: 0.8530272
00:43:18.990 --> 00:43:20.020 Positions, yeah, another
NOTE Confidence: 0.84234446
00:43:20.020 --> 00:43:22.764 good idea is for a session at the
NOTE Confidence: 0.84234446
00:43:22.764 --> 00:43:25.196 workshop where I mean I wish we
NOTE Confidence: 0.84234446
00:43:25.196 --> 00:43:26.871 could have even more sessions.
NOTE Confidence: 0.84234446
00:43:26.880 --> 00:43:29.672 It would end up being two weeks long
NOTE Confidence: 0.84234446
00:43:29.672 --> 00:43:32.502 but we can do a little bit more
NOTE Confidence: 0.84234446
00:43:32.502 --> 00:43:35.446 on job talk so someone you know,
NOTE Confidence: 0.84234446
00:43:35.450 --> 00:43:38.194 tips on giving a really good job talk.
NOTE Confidence: 0.84234446
00:43:38.200 --> 00:43:40.594 This past year we had an exceptional
NOTE Confidence: 0.84234446
00:43:40.594 --> 00:43:41.282 speaker, Melissa.
NOTE Confidence: 0.84234446
00:43:41.282 --> 00:43:43.334 I’m blanking on her last name,
NOTE Confidence: 0.84234446
00:43:43.340 --> 00:43:45.302 give Melissa Marshall on how to
NOTE Confidence: 0.84234446
00:43:45.302 --> 00:43:47.029 give a really good presentation
NOTE Confidence: 0.84234446
and we could even invite her back and ask her specifically one for a.

Job talk what she recommends, so these are great.

I just one thing we are doing for future. This year’s workshop in the future is we are doing a little bit of a taking the best of of virtual and in person too. So we’re flipping in a bit that all the 20 minute talks you heard from the faculty will be done in advance and you view it from the leisure of your home before coming to the workshop. And then when you come to the workshop, it’ll be panel discussions for that.

Hour of those talks that were
a part of that that session.

That panel that makes sense, and then it frees up the day to have

more of these networking opportunities within your discipline and across disciplines and other aspects.

A great idea, yeah, yeah. Very good.

I mean, were you going to say something about the sort of career networking job search aspects?

Well, I was just going to point out that we do get that weekly or BI monthly email that has a job posting I found helpful.

I think at that time I was also on the Market and I do remember a number
00:45:07.710 --> 00:45:09.961 of US postdocs were on the market
NOTE Confidence: 0.8275465
00:45:09.961 --> 00:45:12.130 when we get to do star self.
NOTE Confidence: 0.8275465
00:45:12.130 --> 00:45:14.730 Initially we did say at the end OK.
NOTE Confidence: 0.8275465
00:45:14.730 --> 00:45:16.668 I’m also on the market right?
NOTE Confidence: 0.8275465
00:45:16.670 --> 00:45:18.174 But then you know.
NOTE Confidence: 0.8275465
00:45:18.174 --> 00:45:20.430 I guess it was for us.
NOTE Confidence: 0.8275465
00:45:20.430 --> 00:45:23.103 It was us initiating and us kind of taking.
NOTE Confidence: 0.8275465
00:45:23.110 --> 00:45:25.798 Taking that first step and trying to
NOTE Confidence: 0.8275465
00:45:25.798 --> 00:45:28.478 hunt down people who needed feedback.
NOTE Confidence: 0.8275465
00:45:28.480 --> 00:45:30.568 Does you know when I said,
NOTE Confidence: 0.8275465
00:45:30.570 --> 00:45:32.658 you know, a a session again,
NOTE Confidence: 0.8275465
00:45:32.660 --> 00:45:34.425 adding another session is going
NOTE Confidence: 0.8275465
00:45:34.425 --> 00:45:36.587 to add to the additional time
NOTE Confidence: 0.8275465
00:45:36.587 --> 00:45:38.217 of our very long workshop,
NOTE Confidence: 0.8275465
00:45:38.220 --> 00:45:40.656 but for US post Doctor these us,
NOTE Confidence: 0.8275465
00:45:40.660 --> 00:45:42.496 you know on the market would
be helpful if we could also leverage some of this network.

Yeah, great idea.

OK, so I guess we’re kind of coming to the end of our time and I just want to.

Well, first I want to say one thing about trick that you all haven’t mentioned and that is.

Since there is a renewal application in and we hope that Trek will be continuing if you apply this year,

and if they don’t get in, apply again.

I mean, there are many people who applied more than once,
they often get in the second time.

So like if at first you don’t succeed, which is like sort of the first lesson of academia, right?

If at first you don’t succeed, try again, because that is true of trick as well, and so we hope to see Trek continue. Ann, I hope to see some of those who those of you who are listening. I hope to see you apply.

We always get a really good showing of applicants from MD Anderson and Love to kind of leverage trick to grow this field more at MD Anderson. So please do consider it.
Melinda, Diana, thank you so much.

First of all, for everything you do to make trick happen and I think it’s been an amazing experience for the fellows who participated. I have to say, as a faculty member and track, I always love it to Anan, love to meet the fellows, love to connect with other faculty in this area. So really, really, a wonderful experience. Thank you to our track fellows who participated today. Kerry, Nate, Natalia, Maggie,
and Ivan and also to joy.

Yahoo has inspired a lot of fellows to apply to the trick program.

Thank you so much.

Thank you so much. Make it 1 for keeping us organized on the zoom and hopefully we’ll see each other in July out in Houston. I hope so, and I hope that, yeah, I hope we get together in July and I hope Trek happens in Connecticut in June. So good to see you.

Thank you so much. Thank you. Thank you.

Happy Holidays, Happy Holidays all.