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 or 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 cancer clinical research and really aims in her work to have a meaningful
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.
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 we’ve just completed or were in the midst of the 4th year because the check program has a week long workshop,

00:02:05.115 --> 00:02:07.495 usually in residence.

00:02:07.500 --> 00:02:08.892 But then we like to stay in touch with you over the course of the 4th year where you’re paired with them.

00:02:08.892 --> 00:02:11.397 we’ve just completed or were in the midst of the 4th year because the check program has a week long workshop,

00:02:11.397 --> 00:02:13.791 usually in residence.

00:02:13.791 --> 00:02:16.218 But this past year it had to be done virtually,

00:02:16.220 --> 00:02:17.207 usually in residence.

00:02:17.207 --> 00:02:19.181 But then we like to stay in touch with you over the course of the check program has a week long workshop,
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 next generation.

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 will be reviewed in February.
But in doing so we had to really look back over 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 cohorts 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.
00:04:57.380 --> 00:04:58.232 And yes,
NOTE Confidence: 0.87691253
00:04:58.232 --> 00:05:01.640 none of this would be possible without Diana.
NOTE Confidence: 0.87691253
00:05:01.640 --> 00:05:03.885 I like to affectionately say
NOTE Confidence: 0.87691253
00:05:03.885 --> 00:05:06.749 that she is the mother to 97.
NOTE Confidence: 0.87691253
00:05:06.750 --> 00:05:08.025 Incredible check Fellows,
NOTE Confidence: 0.87691253
00:05:08.025 --> 00:05:09.726 so thank you, Diane.
NOTE Confidence: 0.87691253
00:05:09.726 --> 00:05:13.480 If I if you have any additional comments.
NOTE Confidence: 0.87691253
00:05:13.480 --> 00:05:14.250 No,
NOTE Confidence: 0.8515582
00:05:14.250 --> 00:05:17.258 thank you all in this really been an
NOTE Confidence: 0.8515582
00:05:17.260 --> 00:05:19.898 honor to be here. Karen Ann. Looking
NOTE Confidence: 0.8515582
00:05:19.900 --> 00:05:22.282 forward to meeting more of your
NOTE Confidence: 0.8515582
00:05:22.282 --> 00:05:24.050 wonderful early career investigators if
NOTE Confidence: 0.8515582
00:05:24.050 --> 00:05:26.690 we can. So I did. Just want
NOTE Confidence: 0.8515582
00:05:26.690 --> 00:05:28.198 to mention one logistical
NOTE Confidence: 0.8515582
00:05:28.200 --> 00:05:30.460 thing just so nobody worries. So
NOTE Confidence: 0.8515582
00:05:30.460 --> 00:05:31.588 technically the notices
NOTE Confidence: 0.8515582
00:05:31.590 --> 00:05:33.098 of intent to apply.
NOTE Confidence: 0.8515582
00:05:33.100 --> 00:05:34.982 Where do earlier this week
NOTE Confidence: 0.8515582
00:05:34.982 --> 00:05:37.242 at the soft deadline and so
NOTE Confidence: 0.8515582
00:05:37.242 --> 00:05:39.510 do not let that worry you.
NOTE Confidence: 0.8515582
00:05:39.510 --> 00:05:40.638 Anybody who’s thinking
NOTE Confidence: 0.8515582
00:05:40.638 --> 00:05:42.518 about applying. It’s not too
NOTE Confidence: 0.8515582
00:05:42.520 --> 00:05:45.540 late to send in your notice of intent.
NOTE Confidence: 0.87271357
00:05:49.340 --> 00:05:51.044 Great thank you and it’s
NOTE Confidence: 0.87271357
00:05:51.044 --> 00:05:52.749 good to know about that.
NOTE Confidence: 0.87271357
00:05:52.750 --> 00:05:54.455 Thank you for making the
NOTE Confidence: 0.87271357
00:05:54.455 --> 00:05:55.819 announce about the deadline,
NOTE Confidence: 0.87271357
00:05:55.820 --> 00:05:58.298 so I I should say like that
NOTE Confidence: 0.87271357
00:05:58.298 --> 00:06:00.249 letter of intent is a very.
NOTE Confidence: 0.87271357
00:06:00.250 --> 00:06:01.960 It’s not very involved right?
NOTE Confidence: 0.87271357
00:06:01.960 --> 00:06:04.006 It’s basically just an email saying
NOTE Confidence: 0.87271357

10
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. 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
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.

00:07:51.360 --> 00:07:52.868 Maggie Raber from behavioral Science and Ivan moved from health disparities.

00:07:55.130 --> 00:07:57.562 So let’s start.

00:08:01.920 --> 00:08:03.156 With Kerry

00:08:03.156 --> 00:08:09.158 OK. Hi, I’m Carrie Shadler. I’m an assistant professor in Pediatrics.

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

00:08:12.039 --> 00:08:13.720 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 --> 00:08:20.766 I do animal models and trying to understand how exercise impacts tumor biology.
specifically tumor vasculature.

And I guess my takeaway from Trek is that relationships matter and getting to know people outside of your bubble or your field is incredibly helpful for career development and for thinking of good ideas and doing good science. And I think that the nice thing about the check training program was that you know to go to a meeting outside your field to meet people when you don’t yet have an abstract, or you don’t yet know what you’re going to present at that meeting 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
00:09:39.823 --> 00:09:42.319 of energetics and cancer and sort
NOTE Confidence: 0.8009846
00:09:42.320 --> 00:09:44.875 of brainstorming and finding ways
NOTE Confidence: 0.8009846
00:09:44.875 --> 00:09:48.438 that my kind of little silo of
NOTE Confidence: 0.8009846
00:09:48.438 --> 00:09:51.174 research can can fit into those.
NOTE Confidence: 0.8009846
00:09:51.180 --> 00:09:53.870 Collaborations and truly translational work.
NOTE Confidence: 0.76159752
00:09:58.770 --> 00:10:01.298 Thanks mate. Um Natalia
NOTE Confidence: 0.8385497
00:10:03.910 --> 00:10:06.028 hi. My name is Natalia Heredia,
NOTE Confidence: 0.8385497
00:10:06.030 --> 00:10:07.795 formally postdoc in the Department
NOTE Confidence: 0.8385497
00:10:07.795 --> 00:10:09.210 of Health Disparities Research.
NOTE Confidence: 0.8385497
00:10:09.210 --> 00:10:10.618 As Karen mentioned now,
NOTE Confidence: 0.8385497
00:10:10.618 --> 00:10:12.378 assistant professor at the school,
NOTE Confidence: 0.8385497
00:10:12.380 --> 00:10:14.498 you T Health School, public health.
NOTE Confidence: 0.8385497
00:10:14.500 --> 00:10:16.265 My research is in physical
NOTE Confidence: 0.8385497
00:10:16.265 --> 00:10:17.677 activity and nutrition promotion,
NOTE Confidence: 0.8385497
00:10:17.680 --> 00:10:19.112 and Hispanic Latino communities
NOTE Confidence: 0.8385497
00:10:19.112 --> 00:10:21.260 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. Carries it. 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 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 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...
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 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, 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,
I could contact this person and we already
would have this shared commonality.
So wouldn’t be exactly a cold call, right?
Which is kind of difficult for some of us.
Younger,
more junior folks in the field.
So overall it was a great experience.
Great, thank you. Um,
so I’m going to direct some specific
questions to different people on the panel,
so I’d like to start out by asking
first Carrie and then Natalia to
expand a little bit more
on your track Trek experience.
Sort of. What did you?
What did you gain from it?
How did it change the way you are doing your work?

And that sort of thing.

So Kerry sure.

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 energy 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 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? Or 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 the training you went to is virtual right? Because of covid.

So can you talk a little bit about that experience and how you know
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? 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
ways on a more personal level.

And just hear about things that

maybe we even when we did kind of

breakout groups when you wouldn’t

have been able to hear but.

So then when I see them in the future,

I can still have that personal connection,

Trek virtual was was great.

It wasn’t too burdensome because of

different activities throughout the day, so.

Oh no,

I would say great,

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 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 an 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.
that was available through track?

Yeah, totally.

And especially remember how

Brianna was like she

was very she was.

She never was someone who acted

like she knew what she was doing.

If she was not super confident

so that that makes you feel like

someone being vulnerable with you.

That way it makes you feel more comfortable.

The other thing was,

you know I was getting ready to get

on the job market so I thought it

would be great opportunity to kind

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, 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. 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 I 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 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 all 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.
00:25:26.217 --> 00:25:28.995 keywords of their area of research.
NOTE Confidence: 0.87777346
00:25:29.000 --> 00:25:30.748 So just helps people,
NOTE Confidence: 0.87777346
00:25:30.748 --> 00:25:33.370 fellows and faculty find others who.
NOTE Confidence: 0.87777346
00:25:33.370 --> 00:25:35.260 If someone is doing something
NOTE Confidence: 0.87777346
00:25:35.260 --> 00:25:36.394 in pediatric oncology,
NOTE Confidence: 0.87777346
00:25:36.400 --> 00:25:38.815 they could search on that and find
NOTE Confidence: 0.87777346
00:25:38.815 --> 00:25:41.036 all the pediatric you know people
NOTE Confidence: 0.87777346
00:25:41.036 --> 00:25:42.896 studying pediatric cancer and get
NOTE Confidence: 0.87777346
00:25:42.896 --> 00:25:45.499 to get something going from there.
NOTE Confidence: 0.87777346
00:25:45.500 --> 00:25:47.008 Diana, any other comments?
NOTE Confidence: 0.8360531
00:25:47.760 --> 00:25:49.372 I think that’s wonderful.
NOTE Confidence: 0.8360531
00:25:49.372 --> 00:25:51.387 I mentioned Brianna’s unsuccessful Grant
NOTE Confidence: 0.8360531
00:25:51.387 --> 00:25:53.458 that I wonder if you might consider
NOTE Confidence: 0.8360531
00:25:53.458 --> 00:25:55.439 if if the alumni are OK with it.
NOTE Confidence: 0.8360531
00:25:55.440 --> 00:25:57.435 For that for them to list grants
NOTE Confidence: 0.8360531
00:25:57.435 --> 00:25:58.960 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 you’re starting? Yeah, so that is such a prescient comment. Do I have? We are actually in addition to working, we are 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?

Yes, sure, so 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.

PC Matic population size match, so I figure you're sort of cutting in and out so you can get all of closer.

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.
00:28:39.079 --> 00:28:41.180 give feedback on a manuscript.
00:28:41.180 --> 00:28:43.060 Those writing at the moment, which is now published next,
00:28:44.950 --> 00:28:48.028 after which is then she was very helpful with that.
00:28:48.028 --> 00:28:50.080 And you know, she her focuses on how sleep relates to metabolic.
00:28:50.080 --> 00:28:51.856 And you know, how sleep relates to metabolic.
00:28:51.856 --> 00:28:55.408 Just function metabolic processes and so I was looking at how sleep is related diabetes and so she was able to kind of review.
00:28:55.408 --> 00:28:57.660 just function metabolic processes
00:28:57.660 --> 00:28:59.288 and so I was looking at how sleep is related diabetes and so she was able to kind of review.
00:28:59.288 --> 00:29:02.153 sleep is related diabetes and so she was able to kind of review.
00:29:02.153 --> 00:29:04.253 sleep is related diabetes and so she was able to kind of review.
00:29:04.253 --> 00:29:06.658 sleep is related diabetes and so she was able to kind of review.
00:29:06.658 --> 00:29:08.940 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 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.

00:31:12.860 --> 00:31:16.696 Get some food if I needed to.

00:31:16.700 --> 00:31:18.084 Of course there’s downsides though is you don’t have that.

00:31:20.160 --> 00:31:21.770 I mean, it’s different when you’re talking to someone in person versus through zone,

00:31:25.000 --> 00:31:27.177 so I’m hoping in the future that I can I can meet some of these folks in person, yeah?

00:31:33.410 --> 00:31:35.626 That’s great, I think your 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 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 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 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 there 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 so I think it was a four page proposal. 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 Whether you’re ready,
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 Mentor ship 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,
your research plan,

NOTE Confidence: 0.8743704

your agenda or your future plans

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is a good approach.

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I think that maybe some people wouldn’t apply

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because they’re not working on something.

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I certainly when I saw the

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application was like, oh,

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not really working on anything

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to get direct feedback on,

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but I think getting feedback on the.

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Broader agenda was really helpful.

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Great thanks Natalia.

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Same question to you what what

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would you like to share with

NOTE Confidence: 0.8599138

other people considering track?

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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

but I hear what Maggie is saying and I

I amend my what I was going to say to say

everyone who’s in this area should apply.

You can have something really

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? I 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 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, and so you can have like more one on one conversations about career development aspects and.
00:41:34.981 --> 00:41:36.693 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 and. 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
Trek website just for others to know that these folks are looking for.

Positions, yeah, another good idea is for a session at the workshop where I wish we could have even more sessions. It would end up being two weeks long but we can do a little bit more on job talk so someone you know, tips on giving a really good job talk. This past year we had an exceptional speaker, Melissa. I’m blanking on her last name, give Melissa Marshall on how to give a really good presentation.
and we could even invite her back

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
00:44:24.280 -- 00:44:26.800 a part of that session.
00:44:26.800 -- 00:44:28.730 That panel makes sense, and then it frees up the day to have
00:44:31.061 -- 00:44:33.381 and then it frees up the day to have more of these networking opportunities
00:44:33.381 -- 00:44:35.876 within your discipline and across disciplines and other aspects.
00:44:35.876 -- 00:44:37.579 disciplines and other aspects.
00:44:39.260 -- 00:44:42.960 A great idea, yeah, yeah. Very good.
00:44:42.960 -- 00:44:45.595 I mean, were you going to say something about the sort of career
00:44:45.595 -- 00:44:47.672 something about the sort of career
00:44:47.672 -- 00:44:49.540 networking job search aspects?
00:44:50.720 -- 00:44:53.717 Well, I was just going to point out that we do get that weekly or BI monthly email
00:44:53.717 -- 00:44:57.044 we do get that weekly or BI monthly email
00:44:57.044 -- 00:45:00.176 that has a job posting I found helpful.
00:45:00.180 -- 00:45:05.330 I think at that time I was also on the.
00:45:05.330 -- 00:45:07.710 Market and I do remember a number
00:45:07.710 -- 00:45:09.740 Market and I do remember a number
of US postdocs were on the market
NOTE Confidence: 0.8275465
when we get to do star self.
NOTE Confidence: 0.8275465
Initially we did say at the end OK.
NOTE Confidence: 0.8275465
I'm also on the market right?
NOTE Confidence: 0.8275465
But then you know.
NOTE Confidence: 0.8275465
I guess it was for us.
NOTE Confidence: 0.8275465
It was us initiating and us kind of taking.
NOTE Confidence: 0.8275465
Taking that first step and trying to
NOTE Confidence: 0.8275465
hunt down people who needed feedback.
NOTE Confidence: 0.8275465
Does you know when I said,
NOTE Confidence: 0.8275465
you know, a a session again,
NOTE Confidence: 0.8275465
adding another session is going
NOTE Confidence: 0.8275465
to add to the additional time
NOTE Confidence: 0.8275465
of our very long workshop,
NOTE Confidence: 0.8275465
but for US post Doctor these us,
NOTE Confidence: 0.8275465
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 the first time,
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, 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. 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.

Happy Holidays, Happy Holidays all.