



ASSOCIATION FOR WOMEN IN SCIENCE

Los Angeles / Ventura County

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AWIS National Washington DC Conference

In February AWIS National hosted a meeting for all chapter leadership. Representing AWIS LA/VC was our president, Tracy Blois, and our treasurer, Kathryn Lee. The meeting was an exciting event that focused on strengthening the network of AWIS chapters by exploring opportunities for collaboration between chapters. Many ideas for coordinating efforts between chapters and aligning strategies were discussed. Look for a summary of ideas generated as a result of the meeting in next quarter's newsletter.

Upcoming Events for the LA/Ventura County Chapter of AWIS

PUTTING YOUR PHD TO WORK!

Peter Fiske, PhD
USC & CalTech, March 16, 2011
UCLA campus, March 17, 2011

BIOFUELS: SCIENCE AND CAREER PANEL DISCUSSION

Ceres, Inc., Thousand Oaks, CA
7 pm, March 31, 2011

MINDFULNESS TECHNIQUES

Marvin Belzer, PhD
UCLA, 300 Medical Center Plaza
7 pm, April 28, 2011

Be sure to check our webpage, www.awislavc.org regularly for updates to our events calendar, both professional and social! Dates, places, and times will be posted for all our upcoming events as the details become available.

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LA/VC AWIS Congrats! Column

The AWIS Congrats Column is now taking submissions...want to recognize yourself or another LA/VC AWIS Member? Just click below to send an email to:
newsletter@awislavc.org



Congrats!

Melina Grigorian, Ph.D.
Social Committee co-chair
Defended her Ph.D. in Molecular, Cell & Developmental Biology at UCLA on February 2.

Welcome to our new members!

(joined since 12/2010)

Andrea Goodmansen
Lorena Griparic
Victoria Thon
Kate Sleeth
Glovioell Rowland
Jennifer Hsieh
Mukhambika Nangunoori
Adriana Gavriliuc

Call for Committee Members

Interested in becoming more involved in AWIS LA/VC but not sure where to start, or what may be available? Not to worry! Committee chair email addresses and committee duties will soon be posted to our website, www.awislavc.org. Check there for what duties committees need assistance with, and email the committee chair to let them know what you would like to help out with! You can dedicate as much or as little of your time as you would like – we just want you to get involved with your chapter! Our chapter's success is directly tied to member involvement, so help to make AWIS LA/VC a smashing success!

Campus Liaisons Wanted

We are looking for campus liaisons to help draw our chapter together. Campus liaisons assist the chapter in reserving spaces for seminars and events on various campuses, advertise upcoming events with fliers and email lists, and help promote AWIS at their institutions. If you would like to see more involvement on your home turf, or even host an AWIS event at your site, let us know! Email Tracy at president@awislavc.org and become a new campus liaison for our growing chapter!

Benefit for Members: Interested in expanding your professional network? Need a job?

LA/VC AWIS Chapter members can begin taking immediate advantage of the networking opportunities provided by this organization by getting "LinkedIn". This is also a forum used for job postings. Note, this opportunity is for members only. It is easy! Just follow these simple steps:

1. Join the LA/Ventura County of AWIS
2. Go to <http://www.linkedin.com/>
3. Sign in to your account or if you are new to Linked In, create your account
4. Search for the group "LAVC AWIS"
5. Select "Join this group" ♦

AWIS Members Connect

Networking leads to success! So, come on out and practice your networking skills at one of our social events. Not only will you get a chance to meet other outstanding AWIS women, but you will also have a little fun while practicing those key networking skills. All in all, a win-win situation!

Lola's Networking Social Event

Our February happy hour at Lola's was a fun filled evening packed with great conversations and delicious food and drink. Not only did AWIS members enjoy a wide variety of tasty martinis and treats, but they also had the opportunity to meet other scientists from a wide array of institutions and companies in the scientific community. Ladies from places ranging from UCLA, USC, Cedars-Sinai, City of Hope, Loyola Marymount and Grifols, among others, were able to meet and chat about their experiences, both past and present. The happy hour was a great success and turned out to be a great opportunity to meet other scientists in the immediate Los Angeles area as well as beyond. We look forward to having many such events in the future!

Melina Grigorian

Upcoming Social Events

Family Hike at Solstice Canyon, Malibu Saturday, April 9, 2011

Bring your family and friends and join fellow AWIS members on a child-friendly hike through Solstice Canyon, an easy hike in the Santa Monica Mountains. The entrance is located at the intersection of Corral Canyon Road and Solstice Canyon Road in Malibu, CA, 90265. Check our website, www.awislavc.org, for more details as they become available!

AWIS Coffee Clubs

Coffee Clubs are now being hosted at UCLA and in east Los Angeles the second Tuesday of each month, and a new Coffee Club is beginning at the City of Hope campus! Check our website for more details and look for fliers. If you would like to host one, let us know! It's a great afternoon pick-me up of caffeine and camaraderie.



Join the Conversation on Women in Science Issues

by Laura L Mays Hoopes

Have you had good mentors, bad mentors, good or bad role models, poor support for child care, concerns about promotion, worries about body language or too much apologizing to male colleagues, or wondered why there are so few women posting on Wikipedia? All these topics and more have been discussed on the Women in Science Forum sponsored by *Nature* on Scitable, the Nature Education web site.

I know lots of you from the meetings I came to when I was secretary of the LAVC branch, and I'd love to have you comment and encourage your friends to join in. Just go to www.nature.com/scitable/forums/women-in-science and read the postings. When you find one you'd like to comment on, click "comment" and it will take you through the free registration process the first time you do it; after that, you can just sign in and fill in your thoughts in the box. You can post your comment under an alias and I'd say well over half of the comments come from posters with an alias. Sometimes I use guest postings, including one fairly recently by Helen McBride from AWIS LAVC. There are lively discussions already, but I'd love to have your contributions.

CALENDAR OF EVENTS

NEXT MEETING

WE HAVE REGULAR TELEPHONE CONFERENCES TO PLAN UPCOMING EVENTS, BOTH PROFESSIONAL AND NETWORKING. IF YOU WOULD LIKE TO BE PART OF THIS PLANNING COMMITTEE, JOIN US ON OUR NEXT CALL ON MONDAY, MARCH 21ST AT 7 PM. FOR MORE INFORMATION EMAIL WEBADMIN@AWISLAVC.ORG.

UPCOMING EVENTS

CAMPUS COFFEE CLUBS – MONTHLY
PETER FISKE SEMINARS – MARCH 16/17
BIOFUELS SPEAKER PANEL – MARCH 31
MINDFULNESS SEMINAR – APRIL 28

NETWORKING EVENTS

WE WILL BE PLANNING UPCOMING NETWORKING EVENTS – CONTACT US IF YOU ARE INTERESTED IN HELPING TO ORGANIZE THESE EVENTS! GO TO WWW.AWISLAVC.ORG FOR ANNOUNCEMENTS AND DETAILS.

Keck Graduate Institute

Save the Date

Women Innovate conference

April 3-5 2011

Southern California

AWIS LA VC sponsor Keck Graduate Institute will again host its annual conference for female leaders in life sciences in southern California.

For more details, visit

<http://www.kgi.edu/Corporate-Partnerships/Women-Innovate-Conference.html> or contact Diana Bartlett, Director of Corporate Partnerships, Diana.bartlett@kgi.edu, 909 607 9864

AWIS San Diego Women in Science and Technology (WIST) Conference, Sat., May 14th, 2011

Once again, the AWIS San Diego chapter is hosting their WIST conference. This year the conference will be held on Saturday, May 14th, 2011. The two keynote speakers this year are Peggy Johnson and Cynthia Warner. The goal of the conference is the empowerment of women in STEM fields, and it involves:

- A one-day symposium focusing on career and personal development, as well as peer networking
- Inspiring, prominent keynote speakers
- Exciting and informative workshops, round-tables, and seminars for individuals at all stages of their careers in both academia and industry
- An excellent opportunity to network, develop new skills, and explore career opportunities with 300 attendees from the scientific community

For more information, including registration, visit the SD AWIS website at www.sdawis.org

Some additional articles of interest from around the internet!

<http://www.psychologytoday.com/blog/wander-woman/201011/forget-about-worklife-balance>

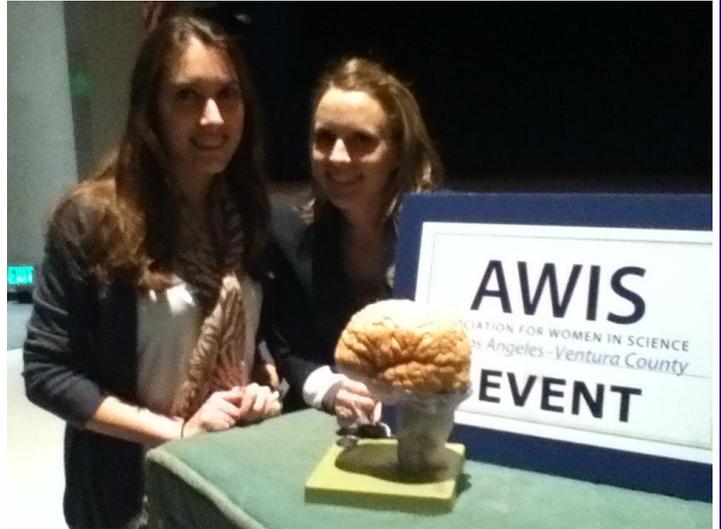
<http://www.nature.com/naturejobs/2011/110106/full/nj7328-121a.html>

<http://www.nature.com/naturejobs/2011/110127/full/nj7331-570a.html>

http://blogs.discovermagazine.com/80beats/2011/02/08/lifestyle-choices%E2%80%94not-discrimination%E2%80%94hold-back-women-in-science/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+DiscoverMindBrain+%28Discover+Mind+%26+Brain%29

Introducing the AWIS LAVC Outreach program

Tracy Blois and I officially launched the AWIS LA/Ventura County outreach program at Lincoln Middle School on the evening of February 3rd, 2011, with approximately 60-75 students and parents in attendance. Tracy and I discussed a range of topics including what type of research we do, how we got into the field of science, and the many opportunities a career in science may provide. We also discussed the importance of getting involved at a young age by joining/starting school clubs, volunteering at local charities, and shadowing professionals. The outreach program is scheduled to speak at the following local middle and high schools:



El Rodeo Middle School (Beverly Hills): Tentative month March
Crossroads Middle School (Santa Monica): April 19th, 8 - 10 am
School for Visual Arts & Humanities (SVAH) / A Robert F. Kennedy Community School: April 29

Please contact Allison Sargoy at outreach@awislavc.org if you are interested in participating in the outreach program.

2011-2012 Board Elections

Do you want the opportunity to practice your leadership skills, expand your social network, see the impact you can make to your life, and have fun at the same time? Consider running for an Executive Board position!

- Nominations May 1 – 11
- Special Elections Newsletter May 23
 - Elections June 1-10
- Board positions begin July 1

(one year terms)

Information will be available soon at www.awislavc.org.

Questions? Email president@awislavc.org.



Recent Career Development Events

HBA Event at Amgen

By Tracy Blois

On Dec 9, AWIS members joined the Healthcare Businesswomen's Association (HBA) Southern CA chapter and the Amgen Women's Interactive Network (AWIN) at Amgen in Thousand Oaks for HBA's new Women in Science affinity group kickoff event. The seminar of the evening, titled "Developing Leadership Chemistry for Success," featured two live panelists, three video panelists, and a moderator. The live panelists, Ruth Lightfoot Dunn, PhD, Vice President of Comparative Biology and Safety at Amgen, and Lisa Dauffenbach, MS, Founder and Vice President of Mosaic Laboratories, joined video panelists Susan Molineaux, PhD, former Chief Scientific Officer of Proteolix, Gisela Schwab, MD, Executive Vice President and Chief Medical Officer of Exelixis, and Kornelija Zgonc, PhD, Vice President of R&D Engineering and Instrumentation at Life Technologies for active discussion on leadership and innovation in science, engineering, and medicine. Susan Hershenson, PhD, President of Pharmaceutical Transformations, LLC moderated the engaging program. The evening began with light networking followed by the moderator-led session during which the live and video panelists (their answers to the series of questions had been recorded previously) discussed their personal experiences of how they became leaders in the field and offered their perspectives on challenges that arise in the field of advancing medical innovations. The evening, well-attended and full of active participation, portrayed themes of the need to network early and collaborate with others for success.

Career Opportunities in Clinical Research

By April M. Shiflett

On January 20th, members of AWIS LAVC met at Amgen in Thousand Oaks to learn about the many career paths available to scientists in the field of clinical research. Many people believe an MD or other medical degree is required for work in the clinical sciences, but this is in fact not the case, as we were informed by Rebecca Anderson, and she should know.

Rebecca Anderson has worked in the biopharmaceutical industry for over 25 years, in multiple positions and companies. Part of her career experience includes time as a hiring manager in many organizations, and she shared her knowledge and advice with us. She has also written a book called *Career Opportunities in Clinical Drug Research*, which is available through CSH Press (www.cshlpress.com/link/careerclinic.htm).

Our members learned about the various positions in clinical research, including the clinical research associate, clinical safety specialist, biostatistician, medical writer, regulatory affairs, and clinical study manager. Rebecca relayed the duties and skills associated with each position, and Ann Dugan, the executive director of global study management at Amgen described these positions in detail at Amgen. Both Ann and Rebecca answered questions from the audience about how to gain experience in these fields, and where to look for more information.

AWIS chapter members stayed after the seminar for networking and further discussion with our two speakers. We hope that more of our members find our career development seminars useful and exciting in helping to guide your careers!

Improving Your Academic Writing Productivity

By April M. Shiflett

In January of this year, Gina Hiatt PhD presented a seminar at UCLA on how to maximize productivity in long-term writing projects. As scientists, we all know how critical it is to be productive – but this doesn't just mean benchwork. Writing skills are crucial in advancing in your career – the more often and more regularly you write, the better your writing will become. But how many of us, despite understanding the importance of communicating our findings, actually work daily to develop good writing skills and habits?

The simple answer is that very few of us make time each day to write, and we use a variety of reasons for this. Dr. Hiatt tackled many of these academic writing myths (listed in the box below). Most of us in STEM careers feel we never have enough time to complete all our research, reading, and writing. But we can implement simple strategies to end the cycle of stress and increase our writing productivity – imagine no more late nights, desperately trying to pound out a manuscript or thesis before a deadline!

The first step is to put writing in your schedule. Make time for a short, daily session of writing. Dr. Hiatt recommends no more than 10 – 30 minutes daily. While this may not seem like much, remember that you are working on establishing a habit that studies have shown leads to reduced anxiety and actually greater creativity in your writing! Get rid of any distractions, and set a timer. Do not work past your session limit, especially when you are first establishing your daily writing habit. Set small, specific goals in your writing, and plan your work for your next session at the end of your daily writing break. Also, learn how to free write. This means just getting ideas onto paper without stopping to judge the quality of your writing. Editing can come later, once you have gotten your thoughts out. With these simple tips, you can easily improve the pace of your writing, and let go of much of the stress of deadline-driven writing projects. Good luck!



Myths about Academic Writing

Remember, these old ideas about writing are not true! Don't let these beliefs hold back your writing potential.

1. You must have long blocks of time in order to write.
2. If you get on a roll, keep writing and don't stop.
3. You must be in the mood or inspired in order to write.
4. You must have a good idea or know what you are going to say before you begin writing.
5. You must produce an excellent first draft.
6. Most academics find writing easy.