

# CABTRAC Speed Mentoring

The Cancer Biology Training Consortium (CABTRAC) is pleased to be able to offer a speed mentoring session where registered trainees will be paired with three mentors for topics of their choice over three rounds of discussion.

**GOALS:** (1) Provide opportunities for trainees to seek advice regarding professional development  
(2) Networking between faculty and trainees

During the 60-minute session, senior scientist will meet three early-career scientists. Trainees will be given three 15-minute time slots to speak with mentors.

- Senior scientists will receive background information about each of his/her assigned participants, including a CV, prior to the session.
- Conversations will take place in the meeting hotel conference room.
- Each conversation will be different, depending upon the goals of participating trainees. Examples include: discussing research, career paths, work-life balance, etc.
- A chime will be used to signal the end of each timed round. In addition, a two-minute warning will be announced before the end of each timed round.

## **Trainees to submit the following:**

- Curriculum vitae
- 200-word-maximum abstract summarizing their research project(s) and career goals
- Three topics/questions for discussion (see examples below)
- Trainees will choose from participating faculty to meet per topic/question. Matches are made on a first come-first served basis. Please choose two mentors for each round to help ensure you are matched with someone you requested. You may opt for CABTRAC to make your selections for you.

### **Potential topics for discussion:**

Choosing the right postdoc or faculty position  
Is academia or industry right for me?  
Area of research or Lab-related topics  
How to overcome challenges or How to remain motivated during setbacks?  
Best career advice ever received  
Marketing yourself or How to use social media effectively and appropriately  
Developing career skills: Building CV, networking, grant writing, negotiating, etc.

### **Example questions:**

What hurdles do you think young researchers face today and how can we overcome them?  
Any advice on selling oneself and your science when your publication list is lacking?  
How do you know when you've found the right lab?  
Should I change my research area for my postdoc search?  
How many years of Post-Doctoral training is appropriate?  
What are some popular post-doc fellowships available to non-U.S. citizens?

## **Mentors - tips for an effective session:**

- Mentors bio, CV, or biosketch are posted on the webpage for Trainees to review.
- Mentors begin each round by briefly introducing themselves.
- Have Trainees state the goal at the onset and frame the conversation around that area of interest.
- Since time limits are strictly enforced, after the 'two minutes remaining' announcement, please draw the conversation to an end.

