

Research Success: What I Learned Along the Way

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Key Concepts

- AAA
 - Approachable
 - Affable
 - Available
- Do not burn any bridges
- Enjoy your job, life is too short
- Pick the right research question
- Pick the right mentor
- Get involved in your societies
- Do not forget about family

Research (1)

- Pick the right question
 - FINER*
 - Feasible
 - Interesting (to you and the field)
 - Novel
 - Ethical
 - Relevant
- Play to the strengths of your department and colleagues

Research (2)

- Review the literature thoroughly
- Plan
- Plan
- Plan
- Organize
- Involve biostatistician early
- Keep it simple
- Do not try to answer every question with 1 study

Research (3)

- Good science is the key
- Be persistent
- Good “grantsmanship”
 - Reader friendly
 - Organized, tells a story
 - White space
 - Appropriate use of figures
- Get to know your NIH program officer
- Be flexible, accept rejection and criticism

Mentor

- This is perhaps the most important component of a successful research career
- Choose wisely
- Look at their track record
- Can have more than 1 as long as they do not overlap
- They should open doors for you
 - Invited papers
 - Invited talks at meeting and other institutions
 - Involvement in professional societies

Words of Wisdom

- Protect your time: Get it in writing
- Learn to say “no”
- K23 and K08 grants
- Decide what you want
 - Money or fame
- Study coordinator
- Data base
- CCTR-CTSA

Giving More Than 100%

- What does this mean?
- Lets use math
 - Let ABC...XYZ correspond to
 - 1 2 3... 24 25 26
- H-A-R-D-W-O-R-K
$$8+1+18+4+23+15+18+11 = 98\%$$
- K-N-O-W-L-E-D-G-E
$$11+14+15+23+12+5+4+7+5 = 96\%$$
- A-T-T-I-T-U-D-E
$$1+20+20+9+20+21+4+5 = 100\%$$

Giving More Than 100%

- B....S....

$$2+21+12+12+19+8+9+20 = 103\%$$

- A-..K-I-S-S-I-N-G

$$1+19+19+11+9+19+19+9+14+7=118\%$$

- So, we can conclude that while hard work and knowledge will get you close, attitude will get you there, it's the BS and A-kissing that put you over the top.