



BEST @ CORNELL

Events for December 2015

Finding Your Scientific Voice | 7-8 December

Morning workshops for developing presentation skills. Application required

Location: 609 Clark Hall. 9:00 AM – 12:00 PM, both days.

[HTTP://BEST.CORNELL.EDU/INDEX.CFM/EVENTS.DETAILS?EVENTID=852](http://best.cornell.edu/index.cfm/events.details?eventid=852)

Women in STEM Policy Seminar | 11 December

Application deadline for applying to the PLEN seminar in Washington, D.C.

Location: Washington, D.C. 4-6 January 2016.

[HTTP://PLEN.ORG/PROGRAMS/SEMINARS/SCIENCE/](http://plen.org/programs/seminars/science/)

Job Search Discussion | 15 December

Lunch discussion on job searches, hosted by CU-CIRTL.

Location: TBD. 12:00 – 1:00 PM.

[HTTP://GRADSCHOOL.CORNELL.EDU/PROFESSIONAL-DEVELOPMENT-EVENTS/JOB-SEARCH-DISCUSSION-GROUP-1](http://gradschool.cornell.edu/professional-development-events/job-search-discussion-group-1)

Reflections on Opportunity

My academic development comes from many opportunities. I am currently writing this newsletter article to improve on my writing skills while getting you interested in current events sponsored by BEST. Writing has helped me come up with better methods to express my work to an audience more diverse than a roomful of students. This column, an ongoing source of opportunities, offers a different vantage point for growing as an engineer.

At BEST we are constantly invited to attend discussions with leaders in industry, government policy, and investigative journalism in the hope that we will get meaningful insights into how to start a career post Cornell. Despite the physical closeness between the student and the presenter, it is however up to the graduate student how to put to use any of the lessons.

From talking with complete strangers to hosting a science talk at an event, make sure to put to use any of the ideas you have gathered from BEST. Inspiration does not lead to a job well done, only practice can.



General Words of Wisdom: Be Serious About Non-Work

After interacting with some BESTies over the past two months, this theme kept coming up. From entrepreneurship to traveling, a common motif for graduate students is to find balance in their lives outside the laboratory. While most took their dedications to side activities in the form of leadership roles, most agreed that scheduling professional development and extracurriculars on the side lead to general efficiency work.

Consider what you could start making time for and pursue it.

BEST SPOTLIGHT



STURDY FOUNDATIONS IN SCIENCE – Two years of intensive research at the Max Planck Institute in Germany have only strengthened his resolution for understanding the process of cancer metastasis. As a scientist, Frank He has dedicated much of his time to studying cancer; currently, he’s focusing on the physical properties of tissue mineralization and how they contribute to metastasis. Frank He’s work in cancer started early as an undergraduate, performing research at the Broad Institute. An accomplished researcher, he has also found balance as a student by getting involved as the social media manager of the Big Red Barn and even as a swing dancer. Always on the look out for better ways to “accomplish the objective”, his goals after graduation include looking for a postdoctoral position in a cancer laboratory.

Frank He is a fifth year student in the Claudia Fischbach-Teschl laboratory.

Broadening
Experiences in
Scientific
Training



325 Caldwell Hall
Ithaca, NY 14853
<http://best.cornell.edu/>

