

# STAYING ENGAGED

## REMOTE WORK IDEAS FOR RESEARCHERS

Created by the Graduate School Career Development Advisory Committee

In light of our institution's transition to working remotely, [including for our research enterprise](#), we recognize the challenge this poses for continuity of operations. Although you cannot be in the lab, your training does not need to stop. Here are some suggestions from your colleagues at CU Denver | Anschutz and from \*across the country for ways to continue your scientific and personal development during periods of social distancing.

*\*Adapted from original material created by the [Fred Hutchinson Cancer Research Center](#).*

### GROUP AND ONE-ON-ONE MENTORING ACTIVITIES

#### **Group Meetings\***

Continue your group meetings virtually to discuss new data, future plans, interpretation of old data, or plans for fellowships.

#### **Science Book Club\***

Pick a science book, read it together, and have virtual discussions.

#### **Guided Literature Review**

Pose key questions for trainees to research such as "What data indicates your gene is involved in X?", "What was the key experiment?", or "Is the data solid?". This can continue iteratively so trainees continue to gain knowledge.

#### **Write a Review Paper\***

Trainees can read and synthesize the material to develop a comprehensive summary. It can be used as a thesis introduction!

#### **Outline or Write a Paper\***

Encourage trainees to think about the big picture. Even lacking key data, trainees can create an outline of data they have and what they will need.

#### **Review a Paper\***

Offer to have a trainee peer-review a paper or have the lab review a paper on [Biorxiv](#). A trainee can send the review to the authors (networking opportunity!).

#### **Lab Retreat\***

Hold a virtual lab retreat in which people present their long-term ideas about their projects and everyone brainstorms.

#### **Individual Development Plans**

Have trainees and staff work on their IDPs. Create your own or utilize resources from [the Career Development Office](#), the [National Postdoctoral Association](#), and other [helpful career sites](#).

#### **Journal Club\***

Choose key new papers, conduct a historical overview of a field, or review old lab papers. Have a critical discuss as a group.

#### **Comprehensive Proposal**

Are you mentoring a second-year student? Help them get a head start on their comps proposal for this fall. They can work on aims and do background reading.

#### **HELPFUL TIPS**

- Try *Microsoft Teams* for group meetings. [See information from OIT](#) about setting up remote working options (e.g., *Teams*, *Zoom*).
- Consider inviting a colleague, collaborator, trainees from other labs, professionals in the field, or a paper's author to enrich your discussions.

## INDIVIDUAL ACTIVITIES TO IMPROVE SCIENCE SKILLS

### Take a Class

Explore courses at [the Strauss Library](#) such as data visualization, using EndNote and PubMed, learning R, and more!

### Data Reproducibility

NIGMS has a [clearinghouse of free online training modules](#) to enhance data reproducibility.

### Process Your Images\*

Learn the basics of [image processing and analysis](#) in ImageJ.

### Learn About 3D Printing\*

[Fusion 360](#) is a free design software that's great for designing custom equipment to print on a 3D printer. [Autodesk has many self-guided tutorials.](#)

### Boost Your Science Knowledge\*

Check out [iBiology](#), an free online resource with interactive biology courses and educational videos.

### Become a Data Scientist\*

Take an [online course series](#) in Data Science and analysis.

LEARN  
TO CODE



[Online Python](#) (Coursera)

[R programming](#) (Coursera)

[Statistics with R](#) (Coursera) | Beginner-Level

[Genomic data science](#) (Coursera) | Intermediate-Level for those know R

[Python programming for data science](#) (Coursera) | Intermediate-Level

[MIT's Functional Genomics course\\*](#) | Beginner-Level | Self-paced | Includes all course materials

[Fiji and Python for Image Analysis\\*](#) | Beginner-Level | Self-Guided Tutorial

## INDIVIDUAL ACTIVITIES TO IMPROVE PROFESSIONAL SKILLS

### Prepare Presentations\*

Even without data, you can make figures for introductory slides and other time-consuming graphics. Prepare and practice presentations for committee meetings. [Biorender](#) is a great program to help make new figures.

### Career Development Office Workshops

The CDO offers many workshops to build professional career skills. These workshops are currently being offered virtually. [See the Events Calendar for details on offerings.](#)

### Improve Writing Skills\*

Read a book on honing your writing skills, such as [“The Elements of Style”](#) by Strunk and White or [see these resources](#) at the Alan Alda Center for Communicating Science at Stony Brook University.

### Grant Writing\*

If trainees do not have fellowships, this is a good time to write one. Those that have fellowships but switched projects can write out their long-term goals. [Contact ORDE](#) to conduct a personalized funding opportunity search.

### LinkedIn Learning

Broaden your professional skillset with [LinkedIn Learning courses](#) (e.g., budgets, time management, communication, project management, and more).

### NIH OITE Resources

The NIH has made many of their intramural professional development resources available to extramural trainees. [Check out the list](#) and watch a previously recorded workshop.

## LAB ORGANIZATION

### Update Lab Archives\*

This is a great time to get your work updated in the electronic notebook system.

### Data Analysis

Dive into those old datasets and conduct needed analyses and/or secondary analysis.

### Update Records

Organize protocols, strain collections, etc. Get protocols and collections organized now. Review/update SOP techniques.

### Lab Website Updates

Update or create a lab website. Consider adding a section on mentorship!

## PROMOTING WELLBEING AND RESILIENCE

In this unprecedented time, more than ever, trainees need support, guidance, and reassurance. In addition to concerns over their own health and the health of their loved ones, trainees also maybe be grappling with the future of their research projects and careers. Use this time to build resilience or help your trainees with this process. This not only will help with coping now, but also will help prepare for the flexibility required of future research and research-related careers.

### Sharon Milgram's Wellness Presentation

Dr. Sharon Milgram, the Director of the Office of Intramural Training and Education at the NIH, gave two talks about promoting trainee wellness and resilience to our campus. Watch the recorded talks and/or review the presentations:

- [Trainees: Watch the Video](#) | [View the Presentation](#)
- [Faculty: Watch the Video](#) | [View the Presentation](#)

### CU Anschutz Wellness Resources

The Department of Psychiatry [has created websites](#) to support the wellbeing of our campus. Talk with each other about how you're taking care of yourself and maintaining your wellbeing.

### Personalized Resources

[You@CU Anschutz](#) is a university app with resources to help you thrive during your training. Choose an article or resource from discuss with your colleagues or trainees.

### Anschutz Health and Wellness Center

The Health and Wellness Center [created a website](#) that features information and ideas for exercise, mental wellbeing, and nutrition.

## CONTACT US

### We are here to support you.

Please let us know if you have additional resources you would like us to add or if there is anything we can do to help.

#### Email us at

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