



Office of Education, Division of Intramural Research National Heart, Lung, and Blood Institute

FELLOWS NEWSLETTER

The Fellows Newsletter is published monthly by the Office of Education, Division of Intramural Research, National Heart, Lung, and Blood Institute and distributed to NHLBI DIR members to promote the interest of DIR Fellows.

Office of Education, DIR, NHLBI

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From the Director of the Office of Education

The major theme in this newsletter is evaluation of progress. In my article below, I explain why it is really important that the questions in your annual progress report be answered honestly, especially those that concern your career goals. If you are in the process of revising your career goal, the more information that you share with your mentor and with my office, the better we can help you. Conversely, if you are pursuing a goal, this information can help us guide you to that goal.

The second issue is the NHLBI Policy on stipend increases for IR-TAs and Visiting Fellows. As you know, NHLBI has adopted a system that increases in your stipend should be justified by your achievements. The more significant your achievements, the higher your stipend increase. To implement this policy, DIR has established guidelines based on your continued growth and progress as a fellow. These guidelines are presented on the next page. Remember, they are guidelines which outline the typical achievements of a fellow in the area of research and mentoring. If you have achievements in other areas that are equivalent, they will be taken into account, but they should be documented in the letter from your mentor recommending your stipend increase.

Dr. Balaban will hold a "Town Hall" on December 1st for all fellows to bring up issues that impinge upon your careers. The stipend policy is one of the discussion items, as is the NHLBI policy on FARE awards. We hope to see you there.

Your Progress Report and Career Success

by Herbert M. Geller, Ph.D.

For the past several years, the NHLBI has required a an annual progress report from each fellow. The major purpose of this requirement is for you and your mentor to have a discussion simply focused on your career progress, in contrast to your normal scientific discussions. Thus, while the document does get filed and read by the Office of Education, the major purpose is to facilitate your achieving your career goals.

The first question on the progress report simply asks what are your career goals and what have you done to achieve them. This is perhaps the most important question, and it is to your benefit to answer it with a specific goal in mind. You would be surprised how many times this question is answered ambiguously, with "A career in science" and "Research" being the most predominant responses. Such responses actually cheat you out of an opportunity to get input on your goals. It may be that some of you, for various reasons, are afraid to tell your advisor that you are taking the LSAT or planning on a career in

(Cont'd p. 3)

Guidelines for Stipend Increases for IRTA and Visiting Fellows

All Postdoctoral IRTA and VF stipends are adjusted annually according to the recommendation of the Supervisor. This table sets out guidelines for IRTA and VFs to receive increases in their stipend; in general, amounts will be based on measurable achievements during the previous year. Where achievements exceed these guidelines, increments in stipends may be larger. Examples of such achievements could be the successful mentoring of a post-baccalaureate student or providing exceptional service to the NHLBI or NIH community.

Extension of the IRTA/VF beyond five years is only permitted in exceptional circumstances for those fellows who have demonstrated their efforts at seeking employment.

	\$1000	\$1000-1500	\$1500-2000
1	Significant progress as noted by PI writeup	Submitted abstract or made presentation at annual meeting <i>or</i> co-author on submitted publication	Submitted a first-author paper for publication
	\$1000	\$1000-1500	\$1500-2000
2	Made presentation at National or International meeting	Co-authored publication <i>or</i> Invited presentation at National or international meeting	Initial first-author publication <i>or</i> second co-authored publication
	\$1000	\$1000-2000	\$2000-2500
3	Co-authored publication or submission of initial first-author publication <i>or</i> invited presentation at National or International meeting	Initial first-author publication and co-authored publications <i>and</i> presentation at National or International Meeting	Not the initial first- or co-authored publication <i>and</i> application for a career transition award
	\$1000	\$1000-2000	\$2000-2500
4	Initial first author publication	Additional first- or co-authored publications <i>or</i> invited talk at National <i>or</i> International Meeting	Additional first-author publication <i>or</i> receipt of a career transition award
	\$1000	\$1000-2000	\$2000-2500
5	Additional first and co-authored publications	Additional first and [co-authored publications <i>or</i> invited talk at National or International Meeting]	Additional first author publications <i>and</i> receipt of a career transition award

NHLBI DIR Postdoctoral Town Meeting

with Dr. Robert Balaban, Scientific Director and Dr. Herbert Geller, Director, Office of Education
Monday, December 1st, 2008
2:00 PM, Lipsett Auditorium

This is an open forum to discuss Postdoctoral Issues with Dr. Balaban.
All Postdoctoral Fellows are Invited! Be prepared with questions!

(Cont'd from p. 1)

scientific sales. Nevertheless, honesty here is really important. Yes, some PIs may then say to the fellow "Well, if this is what you want, then perhaps you ought to leave the lab sooner rather than later". In this case, sooner means within a year, since fellows are required to have a year's advance notice of the termination of their appointment. And, in fact, if these are your career goals, even if your PI wants you, staying in the lab for more than a year is probably to your detriment, rather than your credit.

Research as a goal is also ambiguous, and a more precise answer is also beneficial. If your honest answer is to be a PI somewhere, this puts your mentor on notice that you need to have a project that is not only important, but one that you can take with you. If your current project does not fit this descrip-

tion, the discussion can then focus on how you can take your project in a different direction or add a separate project that will launch your independent career. Moreover, those whose goal PI, are encouraged to submit a career transition award once they have several publications. There are other important skills as well, such as networking and management, which can be addressed as part of a career development plan. In contrast, to obtain a position as a Research Associate might not require your own project, but will require that you have a broad range of lab skills. Finally, a research position in industry may well require that you have a record of collaborative interaction.

The Office of Education takes these progress reports very seriously – we want to know that you are on the right track, and we want to provide the

environment that will help you achieve your goals. The more accurately we know your goals, the better we can serve you. Future columns will address the other issues raised in the Progress Report.

New NHLBI Fellow



Heather Lucas, Ph.D. is a Postdoctoral fellow in the Laboratory of Computational Biology under Dr. Jennifer Lee. Dr. Lucas received her Ph.D. in Bioinorganic Chemistry

from The Johns Hopkins University in Baltimore, Maryland. She participated in the Global Center of Excellence Postdoctoral Program in Osaka, Japan. She is now working on probing copper (I) binding to a protein linked to a number of neurodegenerative diseases, such as Parkinson's disease.

Forthcoming Events

Tuesday, November 18th, Noon, Bldg. 10/2S235
NHLBI/NIDDK Career Development Seminar
 Dr. Ira Berkower, FDA, will discuss
 Careers at the FDA

Monday, December 1st, 2:00 PM, Lipsett Auditorium
Postdoctoral Town Hall Meeting
 Meet with Dr. Robert Balaban and Dr. Herbert Geller
 to discuss any issues and concerns with
 Postdoctoral Training at the NHLBI.

Thursday, Friday, April 2-3, 2009
Fellows Retreat
 Annapolis, Maryland

Recent Publications by NHLBI Fellows

- Ahn, B. H., Kim, H. S., Song, S. W., Lee, I. H., Liu, J., Vassilopoulos, A., Deng, C. X., & Finkel, T.** (2008). A role for the mitochondrial deacetylase Sirt3 in regulating energy homeostasis. *Proc. Natl. Acad. Sci. U. S. A* 105, 14447-14452.
- Chen, J. C., Ellison, F. A., Keyvanfar, K., Omokaro, S. O., Desierto, M. J., Eckhaus, M. A., & Young, N. S.** (2008). Enrichment of hematopoietic stem cells with SLAM and LSK markers for the detection of hematopoietic stem cell function in normal and Trp53 null mice. *Exptl. Hematol.* 36, 1236-1243.
- Chen, K. & Tjandra, N.** (2008). Extended model free approach to analyze correlation functions of multidomain proteins in the presence of motional coupling. *J. A. C. S.* 130, 12745-12751.
- Elagha, A. A., Kocaturk, O., Guttman, M. A., Ozturk, C., Kim, A. H., Burton, G. W., Kim, J. H., Raman, V. K., Raval, A. N., Wright, V. J., Schenke, W. H., McVeigh, E. R., & Lederman, R. J.** (2008). Real-time MR imaging-guided laser atrial septal puncture in swine. *JVIR* 19, 1347-1353.
- Jothi, R., Cuddapah, S., Barski, A., Cui, K., & Zhao, K.** (2008). Genome-wide identification of in vivo protein-DNA binding sites from CHIP-Seq data. *Nucl. Acid Res.* 36, 5221-5231.
- Lee, D., Zhao, X. H., Yim, Y. I., Eisenberg, E., & Greene, L. E.** (2008). Essential role of cyclin-G-associated kinase (auxilin-2) in developing and mature mice. *Mol. Biol. Cell* 19, 2766-2776.
- Lippincott, M. F., Desai, A., Zalos, G., Carlow, A., De Jesus, J., Blum, A., Smith, K., Rodrigo, M., Patibandla, S., Chaudhry, H., Glaser, A. P., Schenke, W. H., Csako, G., Waclawiw, M. A., & Cannon, R. O.** (2008). Predictors of endothelial function in employees with sedentary occupations in a worksite exercise program. *Am. J. Cardiol.* 102, 820-824.
- Lynn, E. G., Mcleod, C. J., Gordon, J. P., Bao, J. J., & Sack, M. N.** (2008). SIRT2 is a negative regulator of anoxia-reoxygenation tolerance via regulation of 14-3-3 zeta and BAD in H9c2 cells. *FEBS Lett.* 582, 2857-2862.
- Melenhorst, J. J., Scheinberg, P., Chattopadhyay, P. K., Lissina, A., Gostick, E., Cole, D. K., Wooldridge, L., van den Berge, H. A., Bornstein, E., Hensel, N. F., Douek, D. C., Roederer, M., Sewell, A. K., Barrett, A. J., & Price, D. A.** (2008). Detection of low avidity CD8(+) T cell populations with coreceptor-enhanced peptide-major histocompatibility complex class I tetramers. *J. Immunol. Methods* 338, 31-39.
- Miller, B. T., Singh, R. P., Klauda, J. B., Hodoscek, M., Brooks, B. R., & Woodcock, H. L.** (2008). CHARMMing: A new, flexible web portal for CHARMM. *J. Chem. Inf. Model.* 48, 1920-1929.
- O'Brien, E. P., Ziv, G., Haran, G., Brooks, B. R., & Thirumalai, D.** (2008). Effects of denaturants and osmolytes on proteins are accurately predicted by the molecular transfer model. *Proc. Natl. Acad. Sci. U. S. A* 105, 13403-13408.
- Savani, B. N., Stratton, P., Shenoy, A., Kozanas, E., Goodman, S., & Barrett, A. J.** (2008). Increased risk of cervical dysplasia in long-term survivors of allogeneic stem cell transplantation - Implications for screening and HPV vaccination. *Biol. Blood Marrow Transpl.* 14, 1072-1075.
- Song, S. M., Lee, H. K., Kam, T. I., Tai, M. L., Lee, J. Y., Noh, J. Y., Shim, S. M., Seo, S. J., Kong, Y. Y., Nakagawa, T., Chung, C. W., Choi, D. Y., Oubrahim, H., & Jung, Y. K.** (2008). E2-25K/Hip-2 regulates caspase-12 in ER stress-mediated A beta neurotoxicity. *J. Cell. Biol.* 182, 675-684.
- Spolski, R., Kashyap, M., Robinson, C., Yu, Z. X., & Leonard, W. J.** (2008). IL-21 signaling is critical for the development of type I diabetes in the NOD mouse. *Proc. Natl. Acad. Sci. U. S. A* 105, 14028-14033.

Mark Your Calendar!
NHLBI Fellows Retreat, April 2-3, 2009
Annapolis, Maryland