Managing Your Research Career
Behavioral and Clinical Sciences

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UCSF Faculty Development Day
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Outline

• Introductions
• Pearls: Finding mentors & collaborators
• Pearls: Managing Time
• Pearls: Building your research portfolio
• UCSF resources
Introductions
Panelist Tips:
Finding mentors and collaborators
Finding mentors and collaborators

• Establishing yourself in your Department
• Identify strong mentors
  • Consider discipline, expertise, track record of mentorship, track record of funding
  • Multiple mentors to fulfill different needs
  • Inside and outside home department
• Ideally
  • Meet on a regular basis (at least quarterly)
  • Confidential conversations with active listening
  • Direct, honest, respectful feedback
Collaborators

- At UCSF (profiles.ucsf.edu)
- Connect at professional meetings and conferences
- Industry contacts
- Community collaborators
Collaborators

• San Francisco Bay Area Collaborative Research Network (SF Bay CRN)
• University Community Partnerships (Center for Community Engagement)
• prevention.ucsf.edu – Community Based Participatory research toolkits
Questions & discussion
Panelist Tips: Managing time to maximize research
Time is your most valuable resource

- Always more to do than time available
- No one else will protect your time
- Time spent on one thing = time not spent on another
- Think about whether you would want to do this tomorrow (not in the distant future)
- Remember: you will feel just as busy later
# Managing Time

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Some Time Management Strategies

- Hire help/delegate tasks whenever possible
  - Research assistants (hire carefully)
  - Pre-doctoral students & work study
    (medical/dental/nursing/pharmacy/grad)
  - Post-doctoral fellows
  - Volunteers (foreign, undergrad, pre-med, SFSU, USF, UCB)
Scheduling on your calendar

• Schedule regular time for writing
  – Even 15-30 min blocks can move things forward!
• Schedule blocks of time to think
• Protect it
  – Turn off email and minimize other distractions
• Negotiate with Chair for protected time
  – Discuss approximate % time devoted to research, teaching, clinical practice, administration
Time: Writing Papers & Grants

- Schedule writing days, times and even places
- Itemize small, chunked-out writing tasks with estimated time for completion
- Make small weekly/monthly writing goals
  - Grant: walk back 6-9 months from deadline!
- Shed perfectionistic tendencies
- Collaborate with peers, postdoctoral fellows, students
More Tidbits on Time & Writing

• Discuss authorship and corresponding authorship early
  • Send email to confirm
  • Authorship can change if someone does not do their share

• Writing papers with trainees:  depends on trainee
  • Prep an outline & timeline
  • Have them write specific sections
  • Have them prepare an abstract
  • Have them give presentation of the work for proposed paper
  • Sketch out figures and tables
Questions & discussion
Panelist Tips: Building Your Research Portfolio
Carefully Choose Research Topics

- Importance
- Feasibility

- Senior Investigator
- Mid-career Investigator
- Junior Investigator

AVOID
Building a Research Portfolio cont.

- Create realistic 5 year plan that builds on itself
  - Some ideas not fundable (reasons other than science)
- Great when one grant can provide pilot data for the next
Building a Research Portfolio cont.

• Getting started with funding
  – Department support
  – Support on mentor’s grant carved out for project
  – UCSF RAP program
  – Career development grants
  – Industry grants
Notice

Please Read
Grant offerings, application rules, eligibility criteria, and other requirements are subject to change from cycle to cycle. Be sure to review the website after every “Call for Applications” is launched to learn the updates and prepare your application accordingly.

Home

How RAP Works

Applicants Choose the Grant Mechanism (Not the Agency)
Funding Agencies Choose the Awardees

What’s New:

- **UCSF AIDS Research Institute (ARI)** thanks to Gilead Sciences Inc. is supporting the amfAR Institute for HIV Cure Research by offering a new Mentored Scientist Award.
- The **UCSF Pancreas Center** is offering a Pilot Award for pancreas cancer research. This award is intended to support basic science and clinical projects focused on pursuing the research and eradication of pancreatic neoplasia.
- The new **Global Cancer Program** in the HDFCCC joins RAP to offer a Pilot Award for trainee, junior, or established researchers. Grants are intended for innovative projects addressing prevention, screening, diagnosis, and/or treatment of cancer in low- and middle-income countries.
- **Precision Medicine in Rheumatology (PREMIER)**, an NIH/NIAMS P30 funded Center at UCSF is sponsoring Pilot Awards for Junior and for Established Investigators. The grants will support studies in rheumatic and autoimmune diseases directed at advancing knowledge applicable to precision medicine.
- The award amount of the “Pilot for Established Investigators” has been raised to $50K.

Key Dates

**Fall 2017 Cycle**
- Call for Applications: August 21, 2017
- Application Deadline: September 18, 2017 2:00 pm PST
- Award Notifications: Spring: End of May 2017; Fall: End of December 2017

**Two Cycles per Year**
- Fall Deadline: September
- Spring Deadline: February
Career Development Grants

- UCSF programs: KL2 Career Development Awards and more at http://accelerate.ucsf.edu/funding
- NIH (K awards, Minority or R01 Supplements)
- VA Research & Development: http://www.research.va.gov/funding/
- Societies: usually disease-specific
- Industry: (for example: http://www.pfizer.com/research/rd_partnering/investigator_initiated_research)
Find Funding Opportunities

Pivot Training: Pivot allows researchers to search funding opportunities, save results, set automated funding alerts, and identify potential collaborators. The Research Development Office (RDO), in collaboration with the Library, is pleased to offer monthly Pivot trainings. The RDO will provide trainings for faculty and staff, and the library will provide trainings for post-docs and students. Go to Extramural Funding tab below for more information.

Intramural Funding

Extramural Funding
Rigorously peer-reviewed grants demonstrate investigator independence and recognition

1. US govt research grants (NIH, DOD, VA, NSF)
2. Foundation or society grants (e.g., American Cancer Society, American Heart Association)
3. Investigator-initiated research funded by industry
4. Industry-sponsored research funded by industry

Funding is hard to get, diversify your portfolio, apply to non-NIH sources too!
Get to Know: Grants administration

**Pre-award**
- Budgeting
- Letters of support
- Paperwork/signatures
- Biosketches and other support pages
- Uploading documents
- Internal deadlines

**Post-award**
- Hiring and purchasing
- Budget projections
- Progress reports
- Agency correspondence
Getting started with data

• Primary data collection/extraction
  – http://data.ucsf.edu

• Secondary data analyses
  – Mentor’s data
  – Cohort study data
  – Large datasets at UCSF (via CTSI website)
Work with Large Datasets

Use Large Datasets, Available at No Cost

Available Datasets
- American Hospital Association annual survey
- Area Resource Files
- National Inpatient Sample
- Kids' Inpatient Database (KID)
- National Emergency Department Sample (NEDS)
- selected State Inpatient Databases (SID)
- selected State Emergency Department Databases (SEDD)
- Death Master File

Data Use Process: Simple application process and a secure remote data environment

Find Large Datasets
- The Large Dataset Inventory helps scientists find the best datasets for your project.
- Information on 80+ local and national health datasets searchable by population, time frame, study design, unit of observation.

How to Use Large Datasets in Research
- Find facts and figures for your proposal, manuscript, and presentation background.
- Learn more about using Online Browsable Datasets

Consultation Services
UCSF faculty and senior staff provide advice in:
- Study design/conceptualization
- Addressing common methodological issues in analysis of observational data
- Data dataset selection
- Dataset acquisition
- Administrative support
- Dataset uploading and downloading
- Query design and cohort selection
- Dataset cleaning
- Dataset linking
- Programming support
- Collaboration, building collaborative relationships for data sharing
Questions & discussion
A quick tour: UCSF resources
UCSF Resources

• CTSI (http://accelerate.ucsf.edu/)
  – Find mentors, collaborators
  – Research consulting and other services
  – Access to large (free!) databases
  – Tips on forming partnerships with community, industry
  – Resources for training in clinical research
  – Successful proposal library
UCSF Resources

• Clinical Research Resource (http://hub.ucsf.edu/)
  – Clinical trial management
  – Consent development
  – Working with industry
  – Guidance on regulatory issues, good clinical practice
  – Training resources
  – “tools, templates, guidance, go-to”
UCSF Resources

- **UCSF Data** ([http://data.ucsf.edu/](http://data.ucsf.edu/))
  - Request data for clinical research
UCSF Resources

- UCSF Research Development Office templates (http://guides.ucsf.edu/rdo/templates)
  - Helpful templates for writing pieces of a grant
Last Panelist Advice: Managing Your Research Career
Q & A