

## On the Benefits of Moving Internationally



### Molly Cule Advice

The time has long gone since professionals used to get their first position and retire at the same place. This is particularly true in academia. Like many others, I have been fortunate to move from place to place since I was 15 years old. I was born in a small village in India and could only obtain education there until grade 10. Therefore, I moved to a city nearby to complete grades 11 and 12 and later to another city for undergraduate and master's studies. As this stage, I thought my last move would be to get a job and settle down. But I quickly realized that a master's degree may not offer adequate career options, so I left India for the United Kingdom to pursue doctoral studies, and later to Canada for postdoctoral studies, where I spent the longest time in one place since my childhood in the village where I was born. I was fortunate to receive a fellowship from the European Union which allowed me to move to the United Kingdom again to continue expanding my research skills and expertise. During this time, I was offered a job back in Canada, albeit in a different city. I have been here nearly two and a half years now.

Over the years I realized that moving from country to country and laboratory to laboratory, provided me with an immense number of transferable skills, in addition to science-related skills. While studying in Birmingham, Nottingham, and Winnipeg, I have met colleagues from many countries with diverse backgrounds, both in science and ethnicity. I have learned how

to effectively communicate with others and notably enhanced my networking skills. I have also had significant exposure to colleagues who are active in research in different disciplines of science, as well as members of the community who do not have a science background. Such engagement has taught me how to effectively explain research work to an audience with a diverse background.

Moving internationally requires a few considerations. You should carefully evaluate the purpose of the move and your long-term — as well as short-term — objectives and how they align with the change of environment. Next, weigh the pros and cons of moving to that specific place rather than any other. Often, it is beneficial to examine the long-term gain over the short-term pain. Make sure you visit a place before you consider moving there, and if it's not possible to visit, research what it is like to live and work in that area, including cost of living. Your willingness to accept a change in lifestyle, adaptability to the new socioeconomic environment, the availability of food and entertainment options, an outgoing personality, and good networking and communication skills are some of the critical ingredients that will make moving joyful. Some of the benefits of moving include recognition in the field; the addition of skills to your CV, which you may not be able to acquire where you currently live and work; and of course, getting familiar with a variety of cultures, food, and people.

— *Trushar R. Patel*, University of Lethbridge, Canada

## Grants & Opportunities

### Welch Award in Chemistry

The purpose of this award is to foster and encourage basic chemical research and to recognize, in a substantial manner, the value of chemical research contributions for the benefit of humankind. The award is intended to recognize contributions that have not previously been rewarded in a similar manner.

**Who can apply:** Any person can submit a nomination for consideration, though self-nominations are not permitted. Any person can be considered for the award who has made important chemical research contributions which have a significant, positive influence on humankind. For more information, visit <http://www.welch1.org/awards/welch-award-in-chemistry/welch-award-guidelines>.

**Deadline:** January 31, 2019

### L'Oréal USA For Women in Science Fellowship

This program awards five women postdoctoral scientists annually with grants of \$60,000 each for their contributions in STEM fields and commitment to serving as role models for younger generations.

**Who can apply:** To be eligible one must have a conferred PhD and have started in a postdoctoral research position by February 1, 2019; must be American born, a naturalized citizen, or permanent resident of the United States; and must plan to conduct their postdoctoral studies and research in the United States. For other criteria, go to <http://www.lorealusa.com/csr-commitments/l%E2%80%9999or%C3%A9al-usa-for-women-in-science-program>.

**Deadline:** February 1, 2019

## From the Blog

[biophysics.org/blog](http://biophysics.org/blog)

### Molecular Mechanisms of Inflammatory Signaling in COPD

November was COPD Awareness Month in the United States. COPD, chronic obstructive pulmonary disease, affects an estimated 65 million people, according to the World Health Organization. In recognition of this awareness month, we spoke with Biophysical Society member Thomas J. Brett about his lab's research into the molecular mechanisms that contribute to airway health and disease. <https://www.biophysics.org/blog/molecular-mechanisms-of-inflammatory-signaling-in-copd>



## BPS Job Board Special!

Post your job and save! In celebration of the Society's Annual Meeting in Baltimore, Maryland on March 2-6, 2019, BPS is offering you a 60 day job posting for just \$100 for members or \$200 for nonmembers. This includes unlimited access to the resume bank. Job posting must be purchased by February 16, 2019.

### You will also receive these additional benefits if your job is still active during the time of the Annual Meeting:

- Job Posting is viewable online before and after the Meeting
- Your job will be posted in print at the Annual meeting in the Career Center
- Access to interview rooms in the Career Center at the Meeting\*

\*Limited rooms available. First come, first serve.



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