2023 Radiology Research Conference  
Catch & Share tips/experiences

TOPIC: Networking

Peder Larson:

**Tip:** Tagging along with people at conferences, pick outgoing people. Even if someone is shy, they’re going through the same thing you are.

**Challenge:** Situations when you don’t have a connection to make another connection. Cold emails.

**Question:** Networking with someone who is intimidating / more successful?

Eugene Ozhinski:

**Tip:** I’m the worst person to ask. Conferences work.

**Challenge:** Approaching people at the end of a talk is uncomfortable.

**Question:** How do you introduce yourself to someone you don’t know?

Sharmila Majumdar:

**Tip:** I introduce myself to everyone. I introduce myself to people I don’t know. Introduce yourself to the most unexpected people, bring someone with you.

**Challenge:** UC leadership. Why are they looking at me? Am I stupid? Imposter syndrome doesn’t go away.

**Question:** Does anyone have an instance where networking really helped them?

Devin Schoen:

**Tip and Challenge:** I got a job and learned about medical imaging. It shaped my career.

**Question:** How do you network with people not in your direct field?

Joseph An Vu:

**Tip:** It’s like jumping in a swimming pool – it might be cold at first, but just jump in and you find out it’s ok.

**Challenge:** For people who are not in your field, research what their background is to connect through that.
TOPIC: Work-Life Balance

Andreas Rauschecker:

**Tip and Challenge:** Professional identify vs family/travel, think of a 2-armed to 3-armed scale, balance the arms on the scale. It’s not just about the balance, there are so many parts on each arm the whole scale sinks under the weight. Manage the weight via expectations – “expectation management”. What can I hope to accomplish today, this week, this year? This applies to home life and professional life. It’s a tip, the challenge is I don’t know how to do it.

**Question:** How do you manage expectations?

Sanjay Ghosh:

**Tip:** Don’t work after 5pm.

**Challenge:** Meeting deadlines. Getting distracted.

**Question:** If you work 8-5, do you look at the hours/day or hours/week?

Maya Aslam:

**Tip:** It will always feel like there’s more that you could do. You have to limit that or you’ll get burned out. Be mindful. I don’t follow this myself. I’m still working toward work/life balance. The work and research keep expanding. I haven’t found a point of stability.

**Challenge:** Bandwidth for myself and my team.

**Question:** How do I set reasonable expectations?

Ivina Mali:

**Tip:** Plan a week ahead for the whole week. Put in small things I enjoy, plan small things to look forward to. I’m motivated by the work others are doing in the lab.

**Challenge:** Balancing the work. Not 9-5 – I might work evenings, but I balance getting things done and taking time off if I have everything done.

TOPIC: Women in Science

Janine Lupo:

**Tip:** Try to be yourself as much as you can.

**Challenge:** I get nervous when I’m the center of attention. I want to be more assertive and confident.

**Question:** How would others overcome these challenges?
Parul Verma:
Tip: Talking, networking to find mentors, meeting people outside your field can help your career.
Challenge: In some fields the gender issue can be quite skewed.
Question: How do you deal with that?

Sarah Rabbitt:
Challenge: I’m not doing any clinical, just research. Figuring out coding. Networking here with collaborators and mentors, I get comfortable with what I don’t know, and find help. Challenges as a woman? I don’t remember anything being more challenging because I’m a woman, it’s challenging for anyone. But I may be blind to it.
Question to males: What do they think about women in science?

Matthew Gibbons:
Tip: I was in management in a private international industry. I tried to be a mentor. Find the best in what folks can do. Work with them to bring out that ‘best’. Feel confident in yourself. You can do the job. If anyone around you doesn’t realize it, that’s their problem. Others will be your champions.
Challenge: I don’t know all the challenges women have. Help us to understand better.

David Saloner:
Tip: I didn’t plan mine. It evolves all the time. Don’t figure out the final destination – that’s often not in your hands. Have a little faith that it’s going to work out.
Challenge: Delegating. Share the burden. I take on more than I should be doing. CRCs come in at a time when they’re uncertain where to go next. Get exposure to different areas, it’s a time of exploration. Finding what resonates for them, finding potential careers.
Question: What challenges do you have?

A.J. Tongson:
Tip: I never expected to be a CRC. Never heard of it. It’s very interesting. Going in the direction you weren’t expected to go can open things you didn’t know you could do.
Challenge: A plethora of options. It’s difficult to decide which is best.
Question: How did you end up on the path you’re on?
Galateia Kazakia:

I didn’t get caught up in being able to see the whole path. I did what I love to do: physics; bone is cool; imaging. What is the coolest thing in front of me?

**Tip:** People at UCSF are so generous with career development. Grants they’ve written, applications they’ve written. Just ask and they’ll share.

**Challenge:** Have the faith that it’s going to come together. Stay in the moment. Hard do see what the next step could look like. Getting input, physical documents, nitty gritty details of how people did it.

**Question:** How does retirement work?