# PRBB Intervals Course Proposal

*Course Title:* "Navigating the research environment. Tips from an insider."

*Proposed date(s)* June 2-3; 2022

*Course Language:* English

*Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)*

Iñaki Ruiz-Trillo. More than 20 years of academia. PhD in Biology at University of Barcelona. Postdoctoral stage at Dalhousie University (Halifax, Canada). Currently leading a research lab at IBE as ICREA Research Professor. ERC grantee and EMBO member.

*Rationale for course (why is this course of interest for the PRBB staff?)*

Are you uncertain about what is best for your long-term career? Are you afraid of not fitting in academia? Are you worried you need to master too many skills? Do you wonder whether you will be able to enjoy your career after the PhD and as a PI?  If so, I understand. I have been there. I have struggled; and I still struggle. This course will draw on my 25-years experience in academia to discuss those issues, provide some potential tips, and, in some cases, an alternative vision of navigating academia.

*Course aim – general*

Help researchers succeed in academia while enjoying the work and staying healthy.

*Specific learning outcomes (what new skills, knowledge &/or attitudes will participants to take away from the course?)*

Participants will leave with a broader toolkit of knowledge and attitudes to prioritize what to do in each moment of their career. They will have a clearer understanding of the human angle of academia.

*Course contents (outline of topics to be covered)*

- The world of academia
- The problem of time
- Skills. A reflection on skills
- Professional interrelationships: people management
- Interviews: a different perspective on interviews that focus on the others
- Work-life balance: reflection and tips

*Training methods*

Interactive face-to-face training with roleplays, group work, group discussions and sharing and discovery with others. Short pre-course questionnaire before arrival.

**Target group in PRBB ( Senior scientists, postdocs, predocs, management/admin staff, all residents)**

Postdocs or equivalent - at least 2 years since completing your PhD - and early PIs (maximum 2 years from taking the position).

**Number of participants (maximum):** 9

**Total course hours (Please specify:  direct training with instructor present and required self-study)**

*Note: only the direct training hours will be included in the post-course certificate.*

Number of hours of class time: 6
Number of hours of self-study: 0
Total number of course hours: 6

**Distribution of course (hours/days)**

3 hours/day. 2 days.

**Pre-course preparation and/or between sessions?**

None

**Material participants need to bring (laptops, etc…)**

Paper, pen. No more.

**Relevant background reading/ audiovisual/websites or other materials**

None