

WELCOME TO OUR May Newsletter

From Dana and Giada...

“If society will not admit of woman’s free development, then society must be remodeled.”

– Elizabeth Blackwell, the first woman to earn a medical degree in the US and on the Medical Register of the General Medical Council for the UK.



Dana Visnitchi
(she/her)
Newsletter Co-director

HELLO WINUK COMMUNITY,

The gender gap in STEM remains significant, with women and non-binary people accounting for the minority in senior career positions.

If women are not given equal opportunities, it is not on women to change themselves or conform, rather society itself needs to change. Blackwell's mention of the need for society to be remodelled prompts us all to question the structures, as well as our own thoughts and actions, that may be limiting women's progress. Through WinUK we hope to encourage this thinking across our audience of men, women and gender non-conforming individuals so that collectively we can improve our working environments to enable neuroscientists to flourish regardless of their gender identity.



Giada Vanacore
(she/her)
Newsletter Director

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WHAT'S NEXT?

The end of another academic year is approaching, and for some of you, that means finishing your undergraduate degree. From the whole WiNUK team, we wish you the very best with any exams you have coming up.

Whilst there are those who may already know what their next steps will be, you might be unsure what direction to take. Please be assured it is completely normal to feel this way, and you're not alone. This segment aims to inform you of the broad career options related to neuroscience in case you haven't considered them:

| FIELD | JOB TITLE | QUALIFICATIONS/SKILLS |
|-----------------------|--|---|
| ACADEMIA | <ul style="list-style-type: none"> Lecturer Teaching Associate Professor | <ul style="list-style-type: none"> PhD in relevant discipline Teaching + Research (lab, computer-based, mixture) Effective communication |
| RESEARCH | <ul style="list-style-type: none"> Lab technician Research Assistant PhD fellowship Post-doctoral researcher Senior Scientist | <ul style="list-style-type: none"> Relevant degree, depending on role's seniority: BSc, MSc/MRes, PhD Lab experience |
| SCIENCE COMMUNICATION | <ul style="list-style-type: none"> Medical Writer Communication Officer Scientific Journal / Newspaper Editor Journalist Museum Worker Podcaster Or Television Host Outreach With Schools Or The General Public | <ul style="list-style-type: none"> (Neuro)science degree: BSc, MSc, or PhD Master's in Science Communication and Public Engagement Effective communication |
| MARKETING | <ul style="list-style-type: none"> Marketing For Pharmaceutical Companies Copywriter For Scientific Brands Working For Medical Communications Agencies Biotech Salesperson Packaging Designer Data Analyst Science Social Media Manager | <ul style="list-style-type: none"> Neuroscience degree/background Marketing Data Analytics Scientific communication |

WHAT'S NEXT?

| FIELD | JOB TITLE | QUALIFICATIONS/SKILLS |
|--------------------------|---|--|
| NON-PROFIT ORGANISATIONS | <ul style="list-style-type: none"> • Policy Maker • Grants Officer • Partnerships Office • Fundraiser/Event/Conference Organiser • Marketing And Communication • Officer/Director Within The Organisation | <ul style="list-style-type: none"> • Background in neuroscience • Administrative skills • Communication • Other required skills and experience for the respective position |
| ILLUSTRATION | <ul style="list-style-type: none"> • Illustrator for academic books or other science-related materials | <ul style="list-style-type: none"> • Science qualification • Artistic skills • Portfolio of your artwork |

Gap year: Finally, after your degree, you could take a gap year, where you could work another job that isn't necessarily neuroscience-related to save money, and if costs allow, you could volunteer and/or travel.

If you have intrusive thoughts while doing this, remember that we all have our own rhythm for achieving goals and it's a privilege to be able to explore our opportunities and the world when we have the time to, which is more often the case early in our careers.

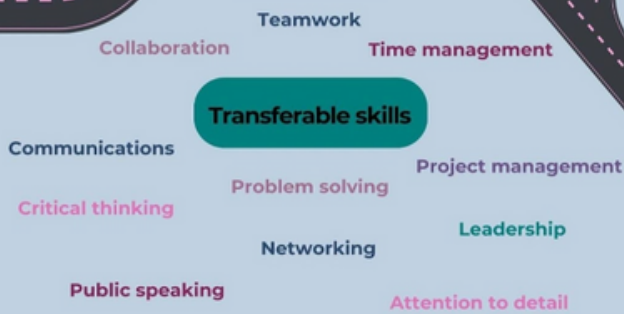


For more information from WiNUK on neuroscience career options, check out a recording from our previous event on Alternative Careers in Neuroscience:

<https://youtu.be/NVAXmd7tV-0?si=wPrOLAayDpm6VciW>

WHAT'S NEXT?

Key skills



Before exploring alternative career options beyond research, it's important to **make an inventory** of your own: your skills, values, strengths, objectives, and what you want out of a job.

This self-assessment is an important starting point to use as a filter as you consider alternatives.

It is important to **stay up to date** on attractive skills in industry, and to continually develop new skills (e.g., coding)

Industry and Corporate Careers

1. **Communication:** Develops effective written and verbal communication skills crucial for collaboration in corporate environments.
2. **Problem-solving:** Hones analytical thinking and problem-solving abilities applicable to real-world challenges.
3. **Adaptability:** Nurtures adaptability and resilience, vital traits in fast-paced corporate settings.
4. **Leadership:** Fosters leadership skills through project management and team collaboration experiences.
5. **Innovation:** Encourages a creative mindset, fostering innovation and out-of-the-box thinking in corporate projects.
6. **Time Management:** Instills efficient time management skills, crucial for meeting deadlines and achieving corporate goals.
7. **Research Skills:** Enhances research capabilities, aiding in data-driven decision-making within corporate contexts.
8. **Networking:** Cultivates networking skills, facilitating relationship-building and professional connections in corporate settings.
9. **Entrepreneurial Mindset:** Instills an entrepreneurial mindset, promoting initiative, risk-taking, and strategic thinking in corporate endeavors.
10. **Cultural Intelligence:** Develops cultural intelligence and awareness, which are valuable in diverse corporate environments.

Nonprofit and Social Impact

1. **Social Impact:** Directly address social issues for positive change.
2. **Mission-Driven Work:** Align with missions for a purposeful career.
3. **Advocacy and Awareness:** Play a crucial role in raising awareness and advocating for change.
4. **Diverse Roles:** Find varied opportunities, from program management to advocacy.
5. **Community Engagement:** Work closely with communities, understanding diverse perspectives.
6. **Innovation:** Tackle complex problems with creative solutions.
7. **Global Reach:** Contribute to international efforts for positive change.
8. **Skill Development:** Develop empathy, collaboration, and resourcefulness.
9. **Collaboration:** Thrive in a collaborative environment, fostering teamwork.
10. **Personal Fulfilment:** Find personal fulfilment in contributing to positive change.

For more information from WiNUK on neuroscience career options, check out a recording from our previous event on **Alternative Careers in Neuroscience:**

<https://youtu.be/NVAXmd7tV-0?si=wPr0LAayDpm6VciW>

And our social media post on this topic:

https://www.instagram.com/p/C4lq7p_Nzv/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

EVENTS (PAST AND UPCOMING)

Neural Networking 2.0 (18th April)

- Hosted by Aarushi & Ayesha, joined by Chloe Whitehouse Postdoc fellow at MSD.
- Talked about past experiences and future aspirations
- High engagement and positive feedback from participants

I've loved hearing other people's experiences.

Testimonials
Women in Neuroscience UK

Very insightful and inspiring!

Testimonials
Women in Neuroscience UK

Women in Neuroscience UK

Testimonials

It's SO amazing to see other girls doing science!

“

Seeing girls succeed in science at events like these really makes me believe that I can do it!

Testimonials
Women in Neuroscience

“

I'm so happy to hear from people with the same interests as me, and to see them go so far.

Testimonials
Women in Neuroscience UK

“

I don't know anyone doing neuro, so WiNUK is an amazing online resource to meet people.

Testimonials
Women in Neuroscience UK

Our event on women's pain and neuroscience has been postponed due to complications securing speakers.

We are very keen to host this virtual event later this year. If you know of inspiring individuals working on this topic, whether in academia, industry or charity, please forward their contact information to event.womeninneuroscience.uk@gmail.com. Thank you!

UPCOMING EVENTS

Synaptic Synergy: Virtual study study/work session (30th May)

Time: 6-7 PM (GMT)

Hosts: Anwasha & Ayesha

This event focuses on creating a supportive space to keep each other accountable and motivated while studying for exams/ working towards deadlines. We aim to provide a productive environment for your pending tasks along with fostering meaningful connections within the community.

Connect with peers who are navigating similar challenges, and find the encouragement you need to stay on track!

**Synaptic Synergy:
Study Session**
30 May 2024 6-7 PM (BST)

**Connect with peers who are navigating similar challenges,
and find the encouragement you need to stay on track!**

This event focuses on creating a supportive space to keep each other accountable and motivated while studying for exams or working towards deadlines. We aim to provide a productive study environment along with fostering meaningful connections within the community during study breaks.

Stay Tuned!

Sign up!

Link to sign-up form:

https://docs.google.com/forms/d/e/1FAIpQLSfGHI6Vc3W2i_WaWs9MWgB0nqRa4ITYbIMI3_-V-tH164Xog/viewform?usp=sf_link

Save the Date



**AI x computational
neuroscience**



Imposter Syndrome

SOCIALS

Celebrating reaching 1K followers on Instagram, X, and LinkedIn!

Thanks to each of our followers for the support and engagement on our social media platforms!

WiNUK has grown in the last two years, and so have its social media platforms. From addressing critical topics surrounding neurological disorders to offering glimpses into the daily lives of neuroscientists, providing valuable insights for postgraduate applications, and delving into the intricacies of equity in neuroscience, our social media posts have resonated with individuals from diverse backgrounds and stages of life, united by a shared commitment to gender equity in the field.

A special acknowledgement is due to our dedicated social media team, content creators, and graphics team for their tireless efforts in crafting accessible and impactful content.

Let's continue to push our message of the importance of gender equity across neuroscience workplaces, research, and treatment!



SOCIALS

MS Awareness Week:

The last week of April was MS Awareness Week. MS disproportionately affects women, highlighting the need for research to focus on sex differences in neurological diseases. We shared educational content during the week as well as an informative video on our TikTok.

PYLT:

WiNUK founder- Lizzie English, will be taking over this month's 'Present Your Lab Technique' (PYLT) series.

Keep posted on our socials this month, as she'll introduce single molecule biochemistry assays!

Day in the Life:

Our Day in the Life series continued with our first external feature from MRes student Amy. Check out our Instagram and TikTok to see how a Master's student spends her day in the lab. Following on from this, our Instagram Admin Rachel took over to share her day in the life as a third-year PhD student.



- May is the awareness month for mental health, stroke and Huntington's disease. Make sure to keep an eye out for the upcoming informative content across WiNUK socials!
- To celebrate the International Association for Pain (IASP) designating 2024 as the global year for recognition of sex disparities in pain, we will have a series of posts on our socials. We will explore why chronic pain is such a global burden, our reliance on opioids and address the 'Gender Pain Gap'.

BLOG

Fancy writing for the WiNUK blog , but not sure what to write about?

Not to worry - the editors regularly put together a collection of prompts to get you started.

REALITY

Section Editor: Lauren Wallis

- Dementia Action/Awareness Week - Highlight triumphs and/or issues in the field
- The Reality of Research - Problems preventing progression

RESEARCH

Section Editor: Julia Dabrowska

- Mental Health Awareness Week - What do we know about the neuroscience of mental health?
- Psychedelics as antidepressants (<https://www.nature.com/articles/d41586-024-01296-x>)

REVIEW

Section Editor: Rebecca Pope

- Book Review: 'Being You: A New Science of Consciousness' by Professor Anil Seth
- Review an event, lecture or discussion!

To pitch an idea for the blog, or to select a prompt, please contact us on

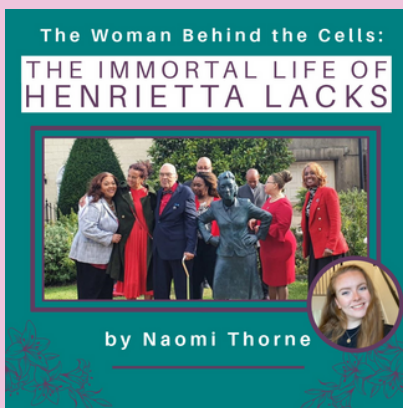
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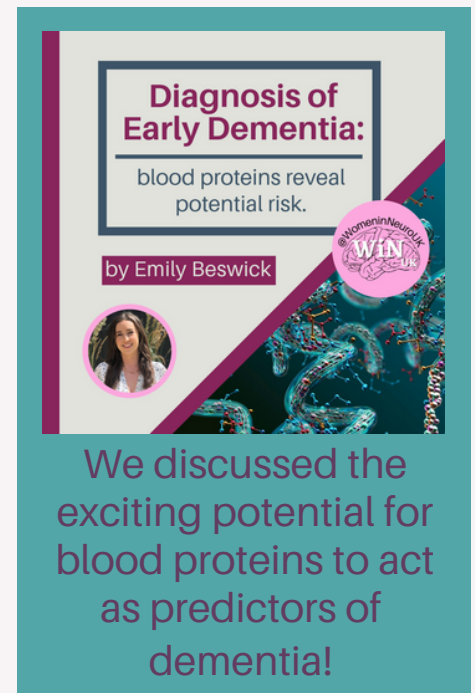


BLOG 'MONTH IN REVIEW'

This month, our blogs illuminated ethical complexities in cell culture and some promising updates in the world of dementia research.



We explored the 'immortal life' of Henrietta Lacks, 'the woman behind the cells', shining a light on the ethical disaster surrounding the HeLa cell line.



We discussed the exciting potential for blood proteins to act as predictors of dementia!

We also have some exciting articles coming very soon, so keep your eyes peeled for:

An interview with Dr Katelynn Boerner, researcher and psychologist at the British Columbia Children's Hospital, chatting about producing more inclusive research practices, particularly for gender diverse and neurodiverse young people with chronic pain.

A very important piece about the sex and gender disparities in neuroscience, and why organisations like WiNUK are essential.

If you've missed these thought-provoking articles, visit the blog to catch up:
Blog | Womeninneurouk ([womeninneuroscience.wixsite.com](https://womeninneuroscience.wixsite.com/wiNUK))

SUPPORT WINUK VOLUNTEERS

One of our volunteers, Storm, is raising funds for Mental Health UK, in support of Mental Health Awareness Month!






The company she works at will be matching all donations, and so far, they've already raised £1000! If you're able to contribute, you can donate here: <https://fundraising.mentalhealth-uk.org/fundraisers/stormjohnson/move-it-for-mental-health>

MEET OUR NEW VOLUNTEERS!

WiNUK has the pleasure of introducing 3 new volunteers, covering different positions in the organisation. We look forward to your ideas and projects, and welcome to the team!

- Charlotte Bell: Business Strategy Advisor
- Storm Johnson: Sponsorships and Grants Officer
- Becky Csöndör: In-Person Events Officer

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