

WOMEN IN NEUROSCIENCE UK

January 2023 Newsletter

Curated by our Newsletter Director, Giada Vanacore

2023

Happy New Year from WiN UK !!!

NEXT EVENT

While 2023 has only just started, we are already booking our agendas and hopefully yours too.

WiN UK will host the "**Minds matter: Rethinking mental health in Academia**" event on **February 8th at 7 pm GMT** on Zoom. Sensitive topics will be covered with amazing speakers like Dr. Jelena Bresnac, co-founder of DragonFly Mental Health organisation, and others.

Next on our agenda:

Shloka and Lizzie, our events officer and founder, will be hosting a virtual WiN UK event "**Opportunities in Dementia Research**" on **March 8th 2023**.

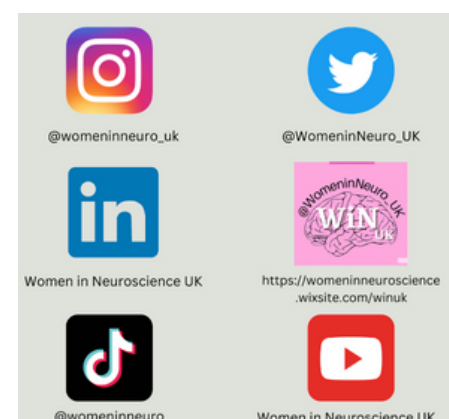
We hope you want to spend International Women's Day with us celebrating women in science and taking advantage of this great learning and networking opportunity!

STAY TUNED as more details will circulate soon for these events.

STAY IN TOUCH AND SPREAD THE NEWS

Join our mailing list through our website to have access to all the events and the latest news in the field.

Follow our social media accounts and spread the news with your colleagues and friends.



WIN UK BLOG

This month's writer's prompts...

Reality

Section editor: Ailie McWhinnie

How to... build your CV as an undergrad

How to... organise an event

How to... write science for the public

There's so many 'hidden' aspects of an academic career that we don't train for in our studies! From gathering experience outside of your degree, to project management, communication, there's a lot to think about. If you have experience in one of these 'hidden' skills (not limited to those above!), write us a guide and help out someone else on their journey.

Research

Section editor: Julia Dabrowska

The origin of food preferences

[https://neurosciencenews.com/diet-preference-neurodevelopment-22236//](https://neurosciencenews.com/diet-preference-neurodevelopment-22236/)

While perhaps unsurprising, experiments in mice have recently shown that early nutrition habits have a lasting impact on brain plasticity and therefore our eating preferences in adulthood. What is the neurobiology involved, and what does this mean for the rise of food-related disorders such as obesity, eating disorders, and malnutrition? Does the environment play a significant role?

Video gaming and cognitive performance

Parents often complain that their children spend too much time playing video games, making them lazier and less intelligent, but what does the science say? Research on this field is mixed, so write a feature showcasing evidence for both sides of the argument!

Review

Section editor: Ceri Ngai

Summarise the book you are reading or podcast you are listening to. What issues or topics does it explore? Are there ways you can relate it to your own experience? Try to capture the tone, give some background, and include quotes. Feel free to be creative and express your own personal voice. **This month we suggest...**

Other Minds: The Octopus, The Sea, and the Deep Origins of Consciousness, by Peter Godfrey-Smith

Want to write a blog on one of these topics or something else?
Visit WiN UK Blog on our website or email blog.womeninneuroscience,uk@gmail.com