

WOMEN IN NEUROSCIENCE UK

April 2023 Newsletter
Curated by our Newsletter Director, Giada Vanacore

SOCIAL RECAPS

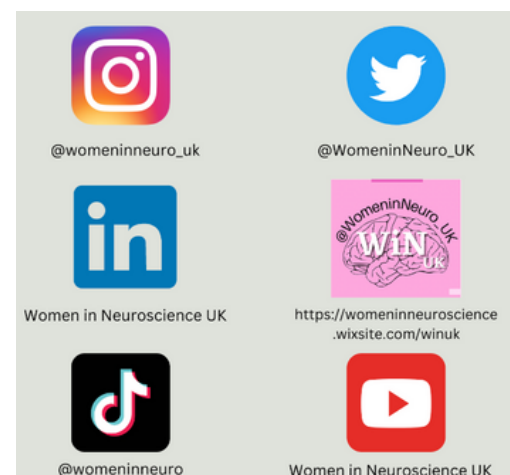
On the 8th of March, WiN UK hosted the international women's day event "Opportunities for Dementia Research". With hundreds of attendees online, our speakers have highlighted the emergence that we are currently facing for therapeutic approaches against neurodegenerative diseases such as Alzheimer's Disease.

Our guest speaker, Katherine Hanlon (Research Officer from Alzheimer's Research UK) walked us through the gender disparities in the scientific world.

Our founder, Lizzie English (PhD student at the University of Cambridge) talked about her academic journey and introduced us to her experience as an International Society to Advance Alzheimer's Research and Treatment (ISTAART) ambassador. To wrap the event, Dr Aiofe Kiely (Science Review Manager for UK Dementia Institute) discussed the exciting developments within UK DRI.

Stay Tuned for the next WiN UK event in May. Details will be shared soon.

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.



Blog Prompts

Fancy writing for the WiN UK 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

Research

Review

Reality

Section editor: Ailie McWhinnie

Not 'just' a neuroscientist

Do you have experience of maintaining a major hobby/sport/job/position alongside your research? E.g. a lot of training and competitions, whilst doing your PhD? We'd love to hear from you! A blog style post about what your days/weeks look like, how you manage to fit them around each other, what are the benefits (and challenges). Let's showcase how being a 'researcher' doesn't mean that research is your whole life!

Research experience as an alternative to Masters

In the UK and many other countries, it is not compulsory to have a Masters degree to apply for PhDs. Recruiters will like you to have research experience under your belt, but this doesn't have to come from a Masters. You could undertake summer placements during your undergrad; work as an RA or tech for a year or two; or do a sandwich year researching in industry as part of your first degree, for example. If you are studying a PhD without a Masters, we want to hear from you! What was your 'Masters alternative', tell us about your experience, and what were the pros and cons?

Section editor: Julia Dabrowska

Can humans hibernate?

The idea of humans hibernating has long been of interest, with great scientific and philosophical implications at stake. If possible, this could open new avenues for space travel, surviving environmental disasters, medicine, and much more. Oxford's Professor Vladyslav Vyazovskiy, from the Sir Jules Thorn Sleep and Circadian Science Institute, recently gave a Tedx talk on this subject, Can humans hibernate? How would this work from a biological point of view, and what advantages and drawbacks exist?

Friendship and mental health

We know from experience that having meaningful and strong connections with friends is a game-changer for our mental health. But it's not just perception: recent studies have found that adolescents primarily seek out their peers when looking for mental health support, and that these relationships can have remarkable effects on improving mental health - more so than medical intervention. What is the scientific evidence for this, and can solid friendships truly provide a buffer against adverse life events?

Review

Section Editor: Ailie McWhinnie

Summarise the book you are reading or podcast you are listening to, or even an event you have attended! 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...

Event review

BNA Festival of Neuroscience

Are you attending this year? Let us know all about it! Either reflect on your own experience (what were your highlights? What did they do well? Anything important you learned?), or collate experiences of various attendees to represent different perspectives, e.g. a speaker, an organiser, a poster presenter, first conference.

Book review

An Immense World: How Animal Senses Reveal the Hidden Realms Around Us, by Ed Yong

Science journalist Ed Yong explores the many ways in which life forms have evolved to experience and navigate our world. From magnetic fields, to unimaginable colours and sensing pulses of electrical activity, there's a lot to experience outside of human perception, and creatures out there who can pick up on each one of these and more.

Every month we will share a new set of prompts, and you can sign up to any of them by commenting on the Slack post.

Feel free to reach out to the section editor to discuss before you commit - we are here to help.

