



## Early-Career Researchers Navigating Academe

Welcoming all early-career researchers in the Biological Sciences and allied fields of research. Whether you are a postgraduate student, postdoctoral fellow or principal investigator, this workshop will offer you valuable insight into some of the more obfuscated aspects of academia. The aim of this interactive workshop is to firstly provide insights into the supervisor/supervisee relationship, with specific focus on developing a healthy working relationship and managing co-authorship of research publications. Secondly, this workshop will provide you with accessible tools and hacks to support writing for publication. This is a collaborative and interactive workshop hosted by the Southern African Neuroscience Society (SANS) & The Physiology Society of Southern Africa (PSSA).

Time & Date: **08h00-12h30, Saturday the 3<sup>rd</sup> March 2018**  
Venue: Wolfson Pavilion Lecture Theatre, IDM  
Faculty of Health Sciences, University of Cape Town  
Registration (No fees): <https://goo.gl/forms/4tTDGO4buSX3S9Ku1>  
Intake: 100 participants only

08h30 *Welcome – seated in Wolfson Pavilion Lecture Theatre*

**08h30-10h15 Mentoring for a Successful Career: Mentor and Mentee Perspectives**  
Presented by Prof. Faadiel Essop and Dr. Danzil Joseph

Prof Faadiel Essop is a professor at the Department of Physiological Sciences at Stellenbosch University and also a visiting professor at the University of La Reunion (France). He completed his under- and postgraduate studies at the University of Cape Town and was later awarded a Fulbright fellowship to further his research at the University of Texas-Houston Medical School. Prof. Essop is a former chairperson of the Department of Physiological Sciences and currently acts as the President of the Physiology Society of Southern Africa, the Vice-President of the African Association of Physiological Sciences, and the chairperson of the Research Advisory Committee of the Heart and Stroke Foundation of South Africa. He also served as a member of the International Committee of the American Physiological Society (APS) and is an elected Fellow of the APS (Cardiovascular). He was recently appointed to the Board of the General Assembly of the International Union of Physiological Sciences. Prof. Essop enjoys philosophical discussions about life and is a keen South African and Manchester United sports fan.

Dr Danzil Joseph is a Technical Officer at the Department of Physiological Sciences at Stellenbosch University, where he also completed his postgraduate studies and post-doctoral fellowship under the supervision of Prof Faadiel Essop. His research interests are in the fields of cardio-metabolic diseases, obesity, diabetes and the links between these diseases. A specific focus area is the effects that high sugar intake and hyperglycemia exert on metabolic and molecular mechanisms in different organ systems. Dr Joseph co-supervised BSc (Hons) and MSc students during his PhD and post-doctoral studies, utilizing and transferring his experiences as mentee to the role of mentor. He enjoys sports, reading, music, travelling and spending time with family and friends.

This first session will be a discussion of the following:

- Secrets behind a good supervisor-postgrad/post-doc working relationship
- Navigating collaborative writing, how to play your role
- Boundaries and managing your priorities
- The Mentee view to a successful supervisor-student relationship

10h15-10h30 *Refresh break*

## 10h30-12h15 **Hacking Academic Writing for Publication**

Presented by Dr Natasha Muna and supported by Dr Fleur Howells

Dr Natasha Muna is the coordinator of the FHS Writing Lab; a faculty-based writing centre that provides academic literacy support, teaching and capacity-development for staff and students in Health Sciences. Natasha's current research interests lie broadly within the literacy practices of scientific disciplines and how the teaching and learning of these literacy practices impacts upon student access and success within Higher Education. Natasha has a background in Science and holds a BSc(Hons), MSc and PhD in the fields of Zoology and Molecular & Cell Biology. Baking is her secret fall-back career in case academia doesn't work out, so when she is not pondering sentence construction you will find her mucking about in her kitchen covered in flour.

Dr Fleur Howells is a mid-career researcher in the field of Translational Neuroscience, co-heading a thriving research group in the Department of Psychiatry and Mental Health and Neuroscience Institute. Her group is investigating the biological mechanisms that underlie the presentation of psychosis, making use of basic animal models and clinical research populations. Fleur's core training is as a Neurophysiologist and completed her postgraduate studies at UCT. Her first publication was of her BSc(Med)Hons project in 2005, she now has in excess of 40 peer-reviewed publications, and is a Deputy Chief Editor of Metabolic Brain Disease Journal. Aside from her day job she enjoys the sea, reading, Pilates and archery, all of which feed her Zen.

This second session will address the following hacks to academic writing:

- Making your abstract work for you
- The value of a literature review matrix
- Critically engaging with sources
- Finding your voice and using references effectively
- Insights to the academic peer review process.

12h15-12h30 *Closing comments*

