Index

abstract
  learning from examples, 57, 167
  of paper, 34
  of proposal, 37, 41, 43
action
  plan, 138
  reasons to become active, 139
  sticking neck out, 135, 170
active
  generating ideas for change, 101
anger
  apathy, 108
audience
  preparing slides, 31, 33
  staying in contact, 63, 69
  who is in the audience, 95
being taken advantage of, 71
beliefs
  examples, 158
  helpful, 134, 157
  limiting, 60, 134
  benefit of humankind, 154
  bigger stones, putting them into the basket, 22
blame
  author, 56
  speaker, 67
  yourself, 23, 24, 61
blind spots, 67, 136, 156, 170
boss
  blaming your, 23
  communicating with, 30, 64, 70, 115, 149
  searching for a new, 79, 80
  who is the boss, 98
career development, taking responsibility, 98, 116, 135
career ladder
  being at the bottom, 1, 71
  climbing up, 2, 97, 98
  where to put the ladder, 25, 130
career options, 1
  away from science, 18
  company, 2, 17, 25, 68
  institute, 2, 17
  public service, 18
  university, 2, 17, 25
celebrate, 27, 113
challenges, facing many, 107
change
  lifestyle, 143
  limiting beliefs, 157, 158
  someone else, 88, 100
  unwanted, 104
  wanting to, 88
choices
  default, 24
  you’ve made, 21
comfort zone, 108
communication styles, 93, 94
competition, 17, 42, 75
complaints, 104, 135
culture, 104, 111, 112, 117
curriculum vitae (CV) see résumé
deliverables, 144
difficult period, 28
doing the right things right, 3, 4, 10, 16
dreams
giving without expecting to receive, 72
editor
asking a science editor for help, 43
asking English corrector for help see English
elevator pitch see sales pitch
English
consulting corrector, 77, 168
eurotic, making, 95, 131
eureka moments, 28, 63
extra mile, 95, 114
family bonds, 81, 110
feedback
really listening to, 61
rules for giving and receiving, 70, 71
figure, telling a 1000 words, 37
focus, 28, 63, 111, 127, 139, 156
freedom
flexible working hours, 111
offering more, 41, 113
to be curious, 16, 99, 113, 114
to discuss, 65
funding agency, 41, 109, 167
game of science, 154
grant
advanced investigator, 41
R01, 41
returning money, 109
starting investigator, 41
training, 41
traveling, 40
health
burn-out, 108, 116, 141, 142
depression, onset of, 142
headaches, 141
mental and physical, 141
restrictions, 81, 110
sleepless nights, 141
human resource management, 109
hurdles
advantages of, 158
finding solutions, 138, 158
idealism, 128, 154
imagination, the power of, 122, 127, 156
impact factor (of journals), 131, 154, 166
international experience, 80
internship, 24, 35, 41, 79, 116, 148
interpreting what you hear, 60
interview for job or funding, 63
job
going an attractive, 79, 80
interview, 30, 63
job (cont.)

magazines, 167
journal club, 59, 101

knowledge, pushing the frontiers of, 16, 68, 154

language
body, 63
down to earth, 35
empathy, 41
second, 61, 80
weakening, 62, 67, 134

layout
learning from good examples, 63
of abstract, 37
of edited abstract, 44, 45
of résumé, 36, 131, 132
leadership style, 100
less is more, 34

literature
efficient reading, 56
electronic alerts, 55
selecting relevant papers, 55, 165

management, incompetent, 135

meetings
is your presence essential, 23
practice active listening, 64
preparing for, 75, 78
with your supervisor, 75

mentor
being a, 94, 97, 167
consulting a, 83, 109, 142
program, 109

milestones, 144

mirror
looking in the mirror, 136
of your organization, 111
talking to the mirror, 31

monitoring your progress, 145, 158
moral commitment, 128

nature versus nurture see talent

networks, social and professional
creating, 71

reconstructing yours, 118
satisfied alumni, 116
the global dimension, 117
Nobel Prize winner, 8, 20, 48, 122, 169

Obama, Barack, President of the USA and Nobel Prize winner, 122
occupational physician, 142
opinion paper, 43

Pavlovian judgment, 61
personal grant, 42
personal leadership, 42, 141, 168
pilot study, 41, 46
plan
learning to be realistic, 148
long term, 144, 145, 167
medium term, 144, 146
short term, 145, 147
things to do today, 145, 147
using whiteboard, 148

playing the game of science see game of science

presentation
designing your slides, 31
preparing an excellent, 30
simplify, 33
written version, 34
progress, issues holding back, 29
monitoring, 144, 167
putting off people, 94

quality of life, 16, 24, 109, 143
questions
asking too many, 68
closed, 65
continue to ask, 66
ignorant ones, 67
interacting with audience, 69
open, 65

reference letters, 79, 118, 133
relaxation, need for, 28, 142
renewing energy, 116, 141
research program manager, 110
résumé
as part of proposal, 42
bad and good examples, 35, 36
building up track record, 81, 131
critical inspection, 132
rules for writing, 35
review
article, 56
board, 41, 42
by non-expert, 38, 41, 57
evaluating many proposals, 42
good and bad reports, 57, 70
journals, 56, 166
listen carefully, 61
role model, 19, 94, 135
running the extra mile see extra mile
sabbatical, 108, 116
sales pitch, 30, 33, 34, 75, 129, 140
Sanger, Frederick, Nobel Prize winner, 20
saying
NO, 10, 22, 62, 134
YES, 10, 16, 25, 134
self-reflection, 6, 12, 52, 90, 124
simplicity, achieving, 37
SMARTI
acronym, 138
criteria for deliverables, 139
example actions, 158
staying power, 141
sticking neck out see action stress, 135
students
coauthoring, 42, 72, 80, 97
delegating research tasks, 98, 99
mentoring see mentor
suffering
from success, 24, 25
not losing self-respect, 28
support staff
delegating nonscientific tasks, 77
getting their commitment, 109
rewarding them, 114
synergy
examples, 63, 64, 77, 78
one plus one is more than two, 50, 70
open-minded listening, 61
the third way, 103
talent
nature versus nurture, 3
recognizing a latent, 94
teams
analyze yours, 105
appointing the wrong person, 95
establishing successful, 75
fight or unite, 72, 105
mono- and multidisciplinary, 74
phases during life span of, 102
talented people leaving, 116
unavoidable split, 82, 136
tenured position, 79, 113
thanking for complaints and protests, 104
title
of paper, 34
of proposal, 37, 41
top research groups, size of, 97
top science, 108, 111, 113, 116, 141
top sport, 108
track record see résumé
trivializing science, 154
video-conferencing, 110
vision, creating a, 93, 127
vocation, is science your, 1, 10, 16
vulnerable, being, 67
see also action
Watson, James, Nobel Prize winner, 20
weaknesses, recognizing yours, 131
Wilson, Kenneth, Nobel Prize winner, 48
workaholic, 142
world, contributing to a better, 16, 21, 154