Division of Cancer Prevention & Population Sciences

Cancer Prevention Research Training Program

The University of Texas
M. D. Anderson Cancer Center
Cancer Prevention Research Research Training Program

- 3-mo & 6-mo PAID research experiences
- NCI R25T multi-year cancer prevention fellowship
  - Pre-doctoral ($26K + $7K/$1K)
  - & Postdoc fellowships ($48K + $7K/$1K)
- Donor-sponsored postdoc fellowships
- Curriculum in cancer prevention

Advice from a “Training Program Director”
The Mentoring Relationship
- Definitions & Roles
- Active mentoring
- Mentoring & Recruitment
What 21st C mentoring isn’t
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What a 21st C mentor is

- Teacher
- Coach
- Sponsor-Champion
- Supervisor/Boss/Employer
What 21st C Trainee’s Role is

- Based on understanding mentoring relationship
- Deciding expectations
- Articulation of expectations
- Creating a plan
- Maintaining communication
- Learning macro & micro
Active Mentoring: Getting Started

- Identify your goals for career & training
- Create a timeline w / milestones
- Set up & keep regular one-on-one meetings
Active Mentoring: Time Management

• Keep YOUR end goal in mind
• Schedule regular & make-up mtgs
• Send agenda & mats ahead
• Avoid open-ended Qs (e.g., what should I do?)
• Have a plan
• Steer your mentors towards it
Active Mentoring: Transition to Independence

• Talk about from beginning
• Talk about it a lot & to everyone
• Start planning a year in advance
• Don’t limit your search
• Be strategic
  – Network at home, at mtgs
  – Do not rely only on email
  – Conduct targeted & thoughtful searches
Managing a bad situation

- Fight tendency to be isolated
- Connect vertically & horizontally
- Go back to beginning
- Promote good communication
- Get outside help
Mentoring & Recruitment

Attributes that attract mentors = Attributes of good job candidates

- Hard-working, honest, w / integrity
- Good (epidemiology) skills
- Excellent communicators
- Flexible, but w / independent ideas
- Life-long learners
- Team-oriented & nice to have around
- Professionally savvy
SUMMARY

• Manage your career actively
• Look for opportunity everywhere
• Be a good communicator
• Learn to self-promote
• Have a long-term plan
• Use your network & keep it healthy
• Get help (when needed)
• Understand how positive attributes serve you
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