

> IUBMB TI – Your Monthly Minutes

Your favorite monthly newsletter



Meet the mind behind the minutes ;)

Welcome everyone! It's been over a year since we began our monthly minutes. I interviewed all our original members, so I thought I would provide you an insight into who I am. Let me also say: thanks to everyone who is following the minutes! And now, let's get into it:

> *Who Patrick is*

Born in
Germany

– Working in Science
Communication
and Sustainability

Wine & Spirit
Taster

– Pretty much into
doing sports



My dedication for science started in high school, due to a teacher that made me fall in love with microbiology. In this instance, I also found my passion for science overall. Thus, I studied Biochemistry in my Undergraduates and finished a double Master degree in Molecular Medicine.



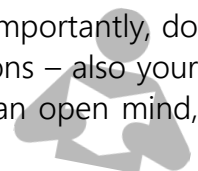
I researched on Epigenetics, Neuroscience, Immunology and Protein-Science. However, I got especially passionate about Neuroimmunology. Thus, I started a project on how the nervous system can regulate immunity to pathogens when triggered by stress, pain or mechanical tension.



For me, science is an approach - to assess what happens outside of our minds, beyond our subjective perspective and perception. This pursuit of uncovering a "truth" distinguishes science from both engineering and a mere quest for recognition. Thus, to me, the common question whether one is passionate about doing science is very different from being passionate about science.

I could discuss with you what is "significant" in statistics really mean, but I thought I would share some more practical advice:

It helped me a lot to read textbooks beyond what we have had to learn for an exam. Similarly, when starting a new project, read the literature thoroughly. Importantly, do not let anyone else influence you. Controversies host numerous opinions – also your PI is to some extent subjective. Hence, approach your readings with an open mind, even though that is undoubtedly challenging.



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Lessons Learned?

I think we do hear many useful and impactful lessons from others and more often than not, we are even able to re-articulate them. However, we often fail at putting these lessons into action. It's a challenging and discomfiting task to honestly explore the implications of these insights. Yet, merely settling for the comfort of knowing about problems and solutions without taking action won't lead to success.



People vs Profession

I've consulted numerous scientists on the importance between laboratory culture and research topic. More often than not, they emphasized the significance of one's colleagues. Still, do not forget that how industrious, dedicated and consciences people are, plays into that too. Especially, if you are ambitious and determined, figuring yourself and your approach out might be the most important thing after all!



Another Perspective

There are two YouTube channels I want to share. The first one gives amazing insights about misunderstandings in science (mainly about nutrition and life-style called [What I've Learned](#)). The other one is for people who like to take another perspective on firing up their workouts ([The Bioneer](#)). For anybody else, here is amazing literature about how we think and draw conclusions: [Thinking, Fast and Slow](#) and a "counterpart" to it: [Gut Feelings](#).



Our Future

The TI really surprises me again and again. I love it! However, my idea: doubling down on mental health. Many researchers don't do as well as they could because of not having figured out their mindset. It is a topic that can drive a lot of traction (PS: We, in the FEBS region, will have an event about it in January). Moreover, the resource page is an amazing project, I would love to see it continued when we have figured out the (wo)man-power it needs.

> You make your circumstances

Stay strong and figure out what keeps you going. For a long time, you can push these drives away, especially by comforting yourself. But the days will come when you will have to make decisions. Given that I think there is nothing like an ultimate right or wrong, the guiding principle for me is that it might all be about aligning your ratio with what you feel in order to be able to effectively and fulfillingly live up to your aspirations.

That's it and I was convinced...

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Trainee Initiative

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...that we continue next year!

