

NEUROSCIENCE GRADUATE FORUM



November 2024 Monthly Newsletter

NGP.USC.EDU

CONNECT & EMPOWER: BUILDING COMMUNITY + PROFESSIONAL DEVELOPMENT

Hi NGF!

As we enter the last couple months of the year, we have fun holidays, fall sweaters, and delicious treats. We can also have stressful deadlines, increased workloads, and encroaching burnout.

I recently read an article "[PhD Burnout: Managing Energy, Stress, Anxiety & Your Mental Health](#)" and I encourage you to give it a read. In it, they provide an illustration of the stages of burnout (see the figure to the right).

Do any of those stages resonate with you?

The article mentioned provides some actionable suggestions to manage some of these concerns. Prioritizing sleep, relationships, hobbies, and clear expectations with your labmates and PI are some.

You are *not* your research. You are a capable, competent, whole individual that *conducts* research. We are here if you want to brainstorm burnout strategies or discuss this more:)

THE 12 STAGES OF BURNOUT



Stage 1

You feel there is a strong need to prove yourself



Stage 2

You keep working harder and harder to achieve this



Stage 3

You begin to neglect your own needs more



Stage 4

You are conflicted and blame others or the situation



Stage 5

You change your values to focus on work more



Stage 6

You deny the problems that arise due to work stress



Stage 7

You withdraw from social life and your family as well



Stage 8

Your behavior changes which upsets your loved ones



Stage 9

Depersonalization happens, you do not feel like yourself



Stage 10

You feel empty and numb, substance abuse can occur



Stage 11

You feel depressed, lost and completely exhausted



Stage 12

You mentally and physically collapse, full burnout

@THEPRESENTPSYCHOLOGIST

Riley, Jess, Gaon, Zoe, Joshua, Tamara, Karel, Danielle, Hailey, Isabelle, Cenk, Suhani, and Emma

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GENERAL INFORMATION

OCTOBER RECAP

Some of our memorable events from last month:

- We had **Angela Priest** give a fantastic talk as part of our Between 2 Lobes seminar. She discussed the recruitment processes of academia and industry. She also offered a discount to those wanting more career mentoring and resume/CV help.
- We saw lots of you at our **pumpkin carving activity!**
- The **Beyond the PhD conference** was full of information and networking.



ADD NGE EVENTS TO YOUR GOOGLE CALENDAR

[CLICK HERE](#)

Don't miss any future NGF events!

PLANNING A CAREER IN SCIENCE WRITING AND/OR COMMUNICATION?

Write for our Newsletter!

If you're interested in science writing, get some experience by publishing in our NGF newsletter, sent out to 150+ individuals. We will also publish on the NGP website-- so it looks great on a resume!

Write one article or become a regular author. Not sure what to write? We are always happy to brainstorm with you!

[Click Here for the Interest Form!](#)



**PROFESSIONAL DEVELOPMENT**

NEURAL PATHWAYS

BIMONTHLY
PANEL SERIESSTAYING IN ACADEMIA:
TRANSITIONING TO POSTDOCNOVEMBER
2024**MEET OUR
PANELISTS**

Sadie Bennison (left) received her PhD in Neuroscience at Drexel University College of Medicine in Philadelphia before pursuing a postdoc with Pat Levitt on the consequences of early life stress on the developing nervous system in both a rodent model and a clinical cohort.

Artemis Zavaliangos-Petropulu (center) is a postdoctoral fellow at the UCLA Brain Mapping Center where she researches brain system-level mechanisms of rapidly acting depression treatments using neuroimaging and genetics. She received a PhD in Neuroscience from USC in Dr. Paul Thompson and Dr. Sook-Lei Liew's labs.

Rashmi Joshi (right) joined Dr. Brian Dias's lab at CHLA as a postdoc in 2023, and she is interested in studying intergenerational impacts of pre-conceptional paternal experiences. She grew up in India and moved to the US for a master's degree, where she discovered how much she enjoyed science, leading her to pursue a PhD.

WHEN November 4, 2024 at 2:00pm**WHERE** [Zoom Link](#)
Passcode: 444875**WE ARE EXCITED FOR YOU TO JOIN US!**

IF YOU PLAN TO ATTEND PLEASE RSVP USING THE QR CODE OR LINK BELOW

[LINK TO RSVP FORM](#)



PROFESSIONAL DEVELOPMENT

BETWEEN 2 LOBES

MONTHLY SPEAKER
SERIES



NOVEMBER 2024

**MEET OUR
SPEAKER**

Dr. Katherine Bottenhorn is a postdoctoral research associate in the Department of Population and Public Health Sciences at the Keck School of Medicine of USC. She completed her PhD in cognitive neuroscience at FIU, where she studied individual differences in functional brain network organization. Katherine is broadly interested in factors contributing to variation in brain structure and function, both within and between individuals, and how they can help explain the diversity of neurodevelopmental trajectories, especially during puberty. She will be presenting on applying for K-Awards and her career path in academia.

WHEN

November 14, 2024 at 3:00pm
Speaker Presentation & Q&A: 3:00-4:00
Refreshments to follow: 4:00

WHERE

Speaker presentation: HNB 100
Refreshments: HNB 107

WE ARE EXCITED FOR YOU TO JOIN US!

IF YOU PLAN TO ATTEND PLEASE RSVP BELOW. THERE WILL BE COFFEE AND LIGHT SNACKS PROVIDED DEPENDING ON THE NUMBER OF RSVPS RECEIVED.





SOCIAL AND PROGRAMMING

UNIVERSITY OF SOUTHERN CALIFORNIA

NGP TAILGATE

USC
VS
NEBRASKA

NOVEMBER
16TH

FREE FOR
NGP
STUDENTS

RSVP HERE



LIGHT SNACKS
AND NON-
ALCOHOLIC
DRINKS WILL
BE PROVIDED.

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DIVERSITY, EQUITY, AND INCLUSION



EmpowerED & NGP DEI Present

Cultural Giving

POTLUCK | HANG OUT | KARAOKE

November 14, 2024

Start at 5:30pm ZNI 112, Health Science Campus
1501 San Pablo St, Los Angeles, CA 90033

Join us for a Potluck style community event centered around cultural foods! Bring the food or beverage of your culture, family or hometown. Enjoy the food and company of your fellow graduate students.

RSVP here:





NGF AMBASSADOR

NOVEMBER 5TH IS ELECTION DAY



USC Voting Information

Get ready to vote at USC! The USC Village Vote Center will be open for early voting from November 2 to November 4, with extended hours on Election Day. For HSC students, a mobile voting truck will be at the Consolidated Lot on October 31, offering a convenient way to cast your ballot. Make sure to participate in the upcoming election and let your voice be heard!



did you know? **GSG RESOURCES**

ALL USC Graduate Students have access to these perks!

- Staying Well @ USC | Info and resources to support your mental health!
- GSG Grants Portal | Info and applications for GSG grant programs
- New York Times | Free NYT Subscription for Students
- NYT Games | Free NYT Games Subscription for Students
- Los Angeles Times | Free LA Times Subscription for Students
- HBO Max Streaming | Free HBO Max for Students
- Legal Counseling | Free Legal Counseling for Students

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NGF EVENT CALENDAR

NOVEMBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4 NP: Academia/ Postdoc Panel	5 Election Day	6	7	8	9
10	11 Veteran's Day	12	13	14 B2L: Dr. Bottenhorn & DEI: Cultural Giving	15	16 NGP TAILGATE
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Holiday	29	30

Click [HERE](#) to add the NGF Events Calendar to your Google Calendar.

CC = Career Center
B2L = Between2Lobes Speaker Series
NP = Neural Pathways Panel Series
GSG = Grad Student Government

All times and locations can be found in previous newsletter pages.

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