



SUMMARY OF PREVIOUS SEMINAR

CICASP Seminar in Science Communication #150

Special Webinar on Academic Well-being #2: Taming the Inner Critic

By Dr. Desiree Dickerson (<https://desireedickerson/>)

5PM–, Wednesday, February 17, 2021

CICASP hosted another special webinar open to everyone affiliated with PRI, WRC, or PWS. In this webinar, Dr. Desiree Dickerson, an academic well-being consultant and psychologist with a research background in neuroscience, spoke to us about **how to manage our impulses for self-criticism**. She highlighted the importance of “talking to ourselves” as if we were our own counselors, analyzing our thoughts and emotions with a neutral brain and a supportive heart.

You can learn about Dr. Dickerson's work on her website (<https://desireedickerson.com/>) and read her career-advice columns in *Science* and *Nature* here:

<https://www.sciencemag.org/careers/2020/01/i-wish-i-d-taken-my-mental-health-more-seriously-grad-school>

<https://www.nature.com/articles/d41586-020-02133-7>

OUTLINE OF UPCOMING SEMINAR

CICASP Seminar in Science Communication #151

Professional Email Communications for Academics

5PM–, Wednesday, February 24, 2021 (on Zoom)

Have you worried about how to write a proper email to another scientist (whom you have never met) to ask about collaborative research or postdoc opportunities? Have you felt like your email message was misinterpreted by its recipient? If yes, this seminar is for you! We will talk about the **basics of writing business emails for academic purposes** (e.g., appropriate tone and language) and offer practical suggestions based on the experiences of CICASP faculty members. This will be the last seminar of this academic year, so don't miss it!

あなたは他の研究者（それも一度も会ったことがないような人）に共同研究やポストドクとしての雇用をお願いをする際、どのように適切なメールの文章を書けばいいか困ったことはありませんか？またあなたのメールが受け手に誤解されてしまったと感じたことはありませんか？もしそうなら、このセミナーはあなたのためにあります！私たちは学術的な申し出に関するビジネスメールの基本的な書き方（適切な言葉遣いや言語など）について話し合い、CICASP 運営メンバーの経験に基づいた

実用的な提案を提供する予定です。これが今学期の最終セミナーになるので、皆さんぜひ奮ってご参加ください！