

Building a Community During Your Training



ECLP – Communications and Outreach Meeting

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Outline

- My training and career path
- Traditional Training
- Importance of Building a Community
- Social Media
- Jadavji Laboratory

My path

- BSc – Neuroscience
 - MSc – Neuroscience
 - PhD – Human Genetics & Neuroscience
 - Postdoc 1 – Charite Medical School – Germany
 - Postdoc 2 – Carleton & University Ottawa - Canada
 - Faculty 1 – Midwestern University - US
 - Faculty 2 – Southern Illinois University - US
- 
- Canada

Graduate & Postdoc Training Network



Jadavji Laboratory

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Chronicles of a Neuroscientist Navigating Life as an Academic

[Dec 29, 2024](#)

[Increasing my scientific rigor](#)

The scientific community in many fields (e.g. ischemic stroke, cancer) is grappling with a lack of translation from bench to bedside therapies. There are many factors that have resulted in this crisis, I think one is scientific rigor. I learned about...

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Meet Nafisa M. Jadavji, passionate about scientific research and mentoring!

Importance of building a network during postdoctorate training

September 03, 2019

Postdoctoral (postdoctorate) training is a period of time when you can focus on your research and carve out your niche, so that you can begin to make a name for yourself in your given field. This training period can be challenging, so building a network is essential. An African proverb says that it takes a village to raise a child, and I think the same can be applied to becoming a successful scientist.

If you are in STEM, your postdoctoral training will likely be completed in a lab or team environment. Supervisors are essential for support on big picture research goals, writing grants, and manuscripts, as well as with providing guidance in terms of attending scientific meetings, and forming collaborations. During postdoctoral training it is great to get involved in grant writing, specially, operating grants, being listed as a co-applicant adds to your CV.

Other lab members like research assistants, research associates, other postdocs can be a great resource for technical and day to day help, as well as sounding boards for experiments or when you are putting data together for presentations/papers. Mentoring undergraduate and graduate students in the lab is a lot of work, but you learn a lot about yourself and it's also a good time to figure your personal mentorship style. Well trained students can support you with data collection. For example, a graduate student that I co-supervised helped me write a review article, she sorted through lots of data and was able to respond to the reviewer's comments, it made the writing process a bit easier.



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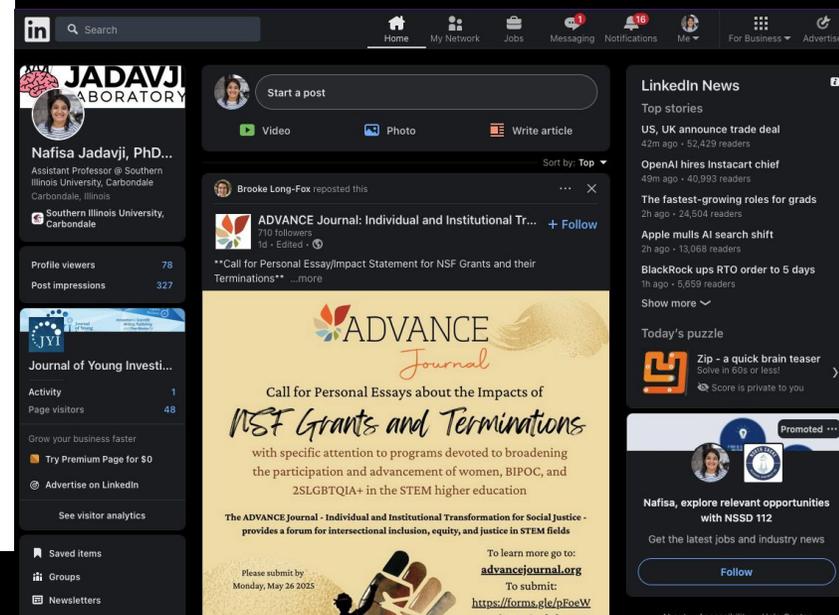
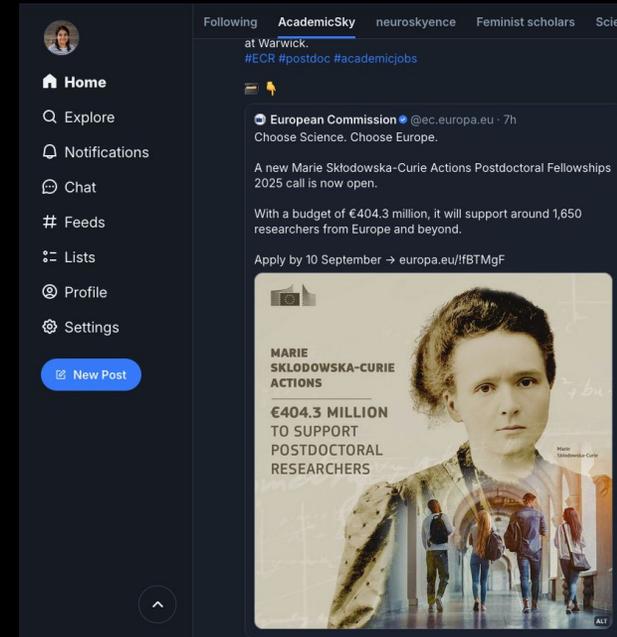
Using Social Media to Enhance Your Scientific Training and Reducing Social Isolation

April 04, 2020

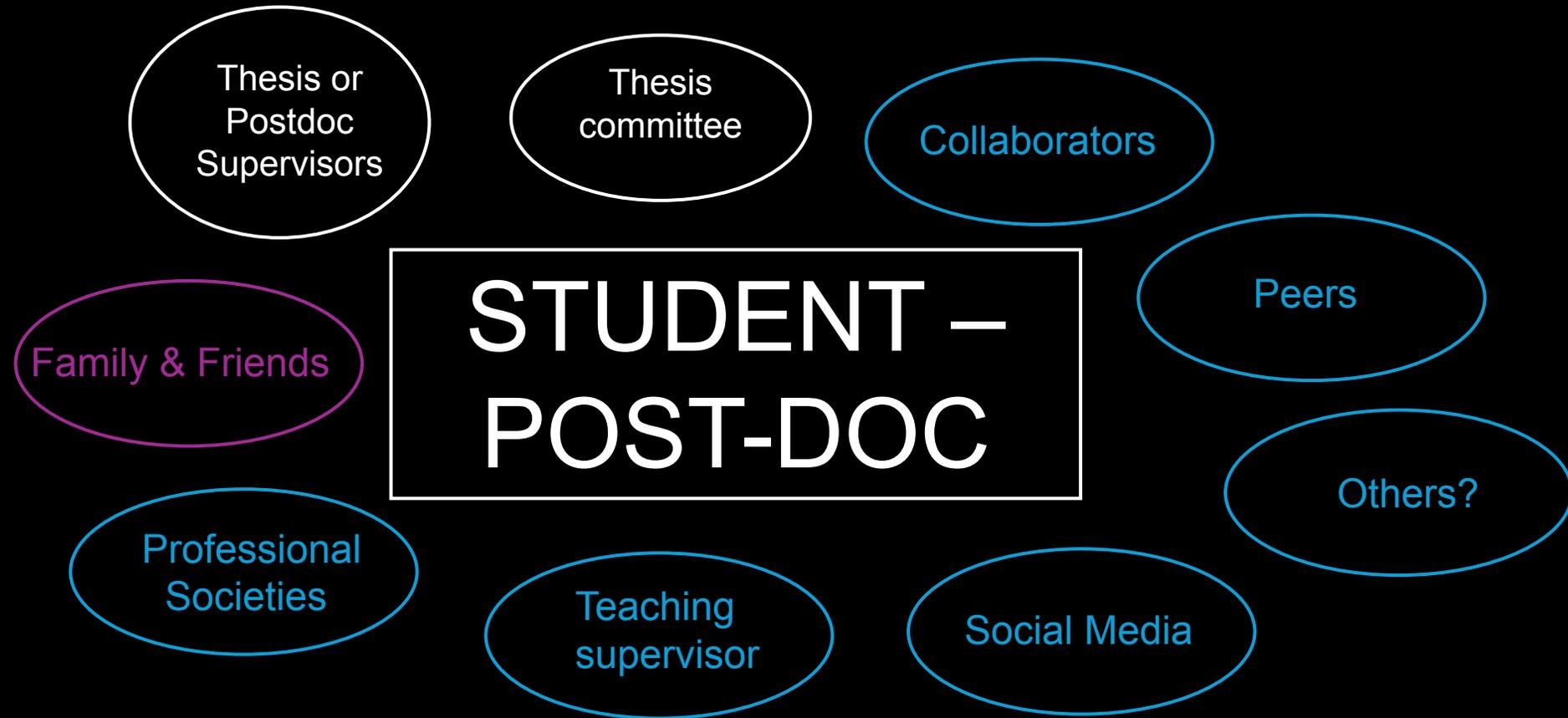
During my PhD I was in a very social environment and made lifelong friends, it was a collaborative environment to work in. After I started my postdoctorate (posdoc), things were a lot different. I was in a different country and didn't speak the language. Unfortunately, the language in the lab was not English. Making friends in the department was very difficult, so I looked to outside sources, including social media (e.g. MeetUp) and I met some great people. An added bonus was that these people were not scientists, so they did not understand the culture and pressure of academic research. It was really nice to get that mental break and travel, try different restaurants, and attend festivals. The same thing continued during my second postdoc position, where I was back in my home country, so I could speak the language. During both my postdoc positions, the feeling of isolation was tough, especially when dealing with an uncertain future. However, I tried to build a social network, one way I accomplished it was through social media.

Sometimes social media gets a bad rap, but I think it can also be used for good. I think the current situation (COVID-19) is a good example, when social distancing is increasing in prevalence. During scientific training (e.g. PhD or postdoctorate) social isolation can also occur, I experienced it. I think social media can provide me a lot of opportunities to not feel so isolated. For me, social media helped me learn about new opportunities (e.g. funding, and open lab positions), meet other scientists to network. I think I tried most new platforms that are available

- Bluesky
- LinkedIn



Graduate & Postdoc Training Network



Jadavji Lab Website

<https://jadavjilaboratory.academicwebsite.com/>



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