


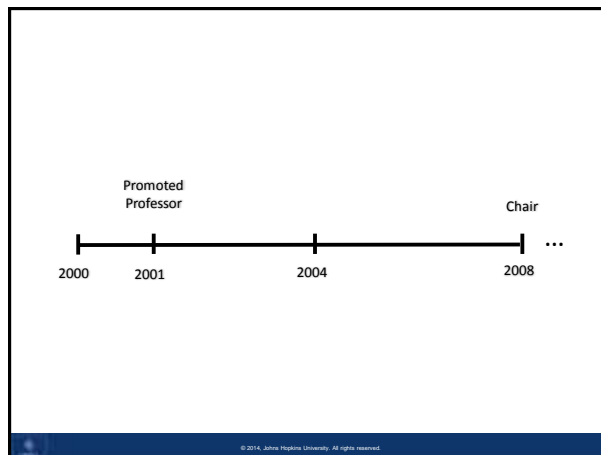
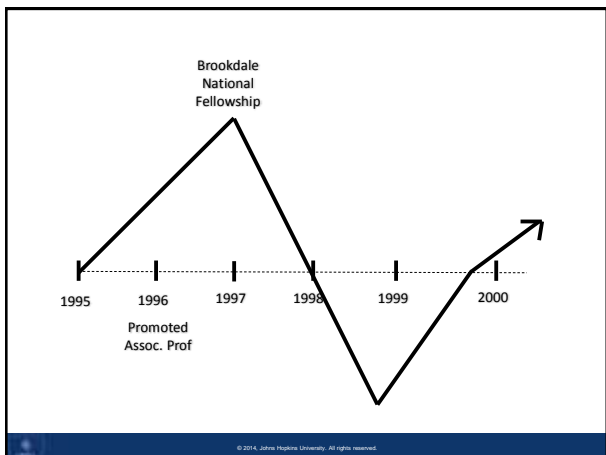
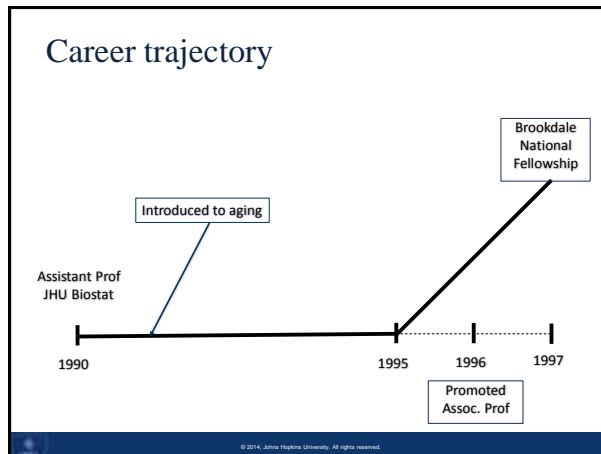
# What I wish I knew back in the day

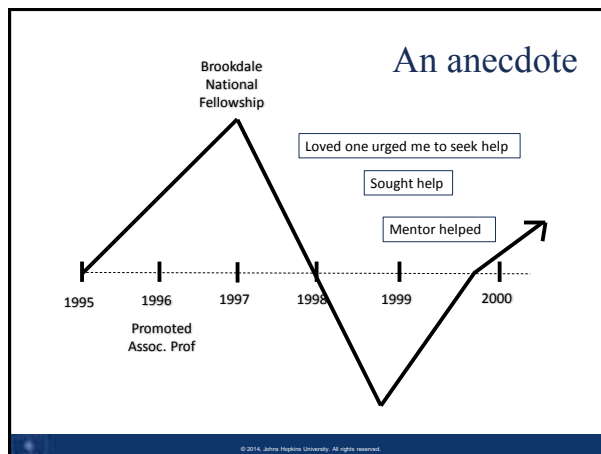
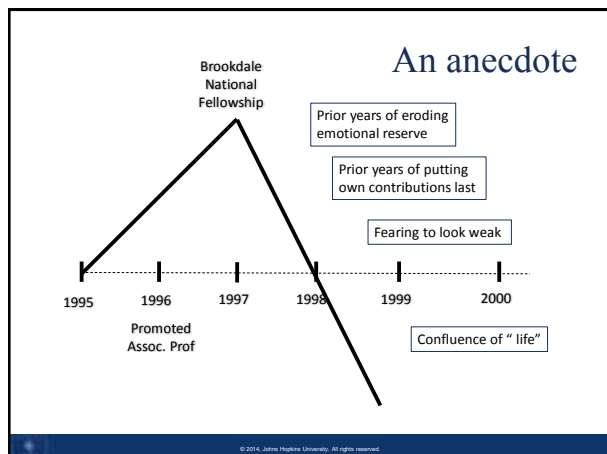
**Karen Bandeen-Roche**  
**Frank Hurley and Catharine Dorrier Professor and Chair**  
**Department of Biostatistics**

**NISS Webinar**  
**April 23, 2019**



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## What I wish I knew

- Tons of academics experience emotional struggle
- Boundaries are important
- Refreshment is important
- Own contributions are as important as others'
- Mentors help, but maybe only if they know it's needed

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## What I wish I knew

### A few strategies

- Take health seriously (all kinds)
- Reserve regular times to "shut it off"
- Schedule own research
- A half hour is enough to move a paper forward
- Develop a career mentor relationship early
- Enjoy!

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## A few other observations

- **Biostatistics versus statistics**
  - Collaboration can be more integral
  - Deep dive / leading into the science pays off
  - Seeking grants may be key
- **Better teaching can be learned**
- **Networking for introverts**
  - Professional society service a great strategy

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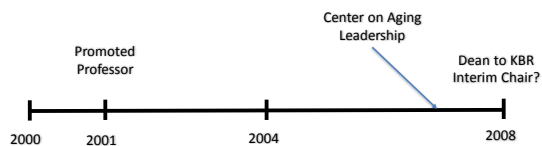
## How I got into leadership

Preamble: "Like my father"



- Scientist
- Calm
- Courteous / pleasant / bland
- Respectful of others
- Successful
- Modestly socially awkward / introverted
- Good "man" in a storm
- Disliked administration
- Duty, honor, country

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## Reactions

Are you crazy?

Duty, honor, country

Maybe I'm not as completely like my father as I thought....

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## Conclusions

Develop flexibility

- Don't be afraid to try something new
- "Yes, I can!"

Take advantage of opportunities that arise

Leaders take all shapes and forms