



Balancing Opportunities for the Emerging Researcher

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Outline

- Be prepared for a range of requests and opportunities
 - “Yes” or “No” ??
 - Vignettes
- Thinking fast and thinking slow
- To commit or not commit: conflicting priorities and values
- Vignettes revisited: You decide

Case 1

- You have just completed the first (clinical) year of your fellowship and are entering the research component.
- One of the senior rheumatologists in your division has written the chapter on SLE for a prestigious rheumatology text for years. A new edition is in preparation.
- This senior rheumatologist asks you to take the lead in writing the revised chapter for the new edition.

Case 2

- You are in your second year as a faculty member in your rheumatology division. You have a small grant supporting your work on an epidemiologic project relating to gout
- You are approached by a representative of a pharmaceutical company. The company has a promising biologic drug for spondyloarthritis and would like you to be site PI for a randomized trial to test the efficacy of this drug.

Case 3

- You are a first-year faculty member and are launching your first study, which is supported by a small grant.
- You are invited to participate as a faculty member in a five-day rheumatology course given in China to Chinese rheumatologists and internists. You will give two lectures in your area of interest, and you will participate on panels.
- All expenses (travel, hotel, meals) are paid for, with funding from 3 pharmaceutical companies.

Case 5

- You are in your last year of Rheumatology Fellowship and are invited to give Medical Grand Rounds at a nearby community hospital
- The topic will be assessment and management of a rheumatologic condition of your choosing (the person who invited you suggested RA, Vasculitis, Psoriatic arthritis as examples; the choice is yours)

Case 6

- On the recommendation of a faculty member in your Rheumatology Division, you are invited by a journal editor to write a review about ocular manifestations in RA
 - a narrative review of about 2500 words
 - due in 12 weeks

Case 7

- You are a second-year faculty member trying to become an independent investigator focused on cardiovascular mortality in osteoarthritis.
- Your salary is supported by one small career development award (covers two days a week) and two half-days of clinic. You draw about 40% of your salary from a start-up fund in your division; that funding will stop at the end of this year.
- Your Department advertises an opportunity for junior faculty to serve as Associate Director of Quality in the Department.
- The role would cover 15% of your salary and would take about 4 hours/week

Time is our most precious resource...

- Make commitments carefully!
 - “No” may be painful in the moment, but “yes” ties you up for months/years

- Thinking Fast and Thinking Slow

- Kahneman 2011

- Most of us like to please

- “Yes” heuristic

- Generally, no need to rush the decision

- Use slow mode

- **“Thanks for offering this opportunity; can I let you know by Friday”**

Thinking Fast	Thinking Slow
Fast	Slow
Automatic	Effortful
Emotional	Logical
Stereotypical	Calculating
Unconscious	Conscious



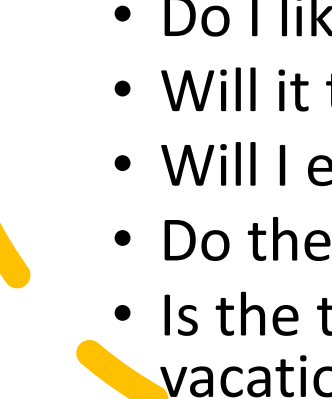
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- So you've bought some time and can think slow
 - What does that look like?
- Weigh costs and benefits against your priorities and values





What are my priorities and values?

- Differ for all of us, but consider these –
 - Will the opportunity lead to a publication?
 - Will it better position me to obtain a grant?
 - Will I learn useful skills or concepts?
 - Will I meet potential collaborators?
 - Will it help me get promoted at my institution?
 - Do I like and respect the people I'd be working with?
 - Will it take me away from my family? For how long and how often?
 - Will I earn much-needed extra money? How much?
 - Do the organization's values align with my own?
 - Is the timeline feasible? Does it compete with a grant submission? Family vacation?
- 

A few important buckets



Tangible professional advances	Personal professional growth	Quality of working life	Personal/family priorities
Result in paper Lead to grant opportunity Learn key tools, concepts	Meet potential collaborators in field Exposure Promotion	Bandwidth project Control over project timeline Vibe with potential collaborators	Interfere with family plans Earn money Alignment of ethical values



Other considerations in
deciding whether to
accept an opportunity?

A return to the cases

- Thinking slow this time....



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