How to Stay Motivated in Research (Series of 5 Tips).
You've heard the saying "don't put all your eggs into one basket." As a researcher, it's tempting to put all your focus in one basket: what you do at the bench. The result may be negligence of other important aspects of your career such as their communication, networking, or writing skills. Realize that it’s not just what you do at the bench that matters.

Adopt a more multifaceted view of your career. Taking ownership of your personal career growth will help you stay motivated during difficult moments when what you do at the bench isn’t working out. Regardless of what happens at the bench, you can still feel satisfied about the well-written review article you've just produced, or with the new connections you just formed at a networking event. These small wins beyond the bench can boost your motivation.

Three Minute Thesis (3MT) Competition.
All graduate students in the College of Medicine are reminded that the deadline for registration in the UC 3-Minute Thesis competition is January 20th. Please register at https://cdn.jotfor.ms/80744902539159. The competition will be held on Wednesday, February 20th at Tangeman University Center Great Hall on West Campus. The winner will get to go to regionals! Let's go CoM students!

UC Bicentennial Charter Week Ceremony and Reception.
All are invited to a special ceremony and reception to be held at 3:30 p.m., Tuesday, Jan. 15 in the CARE/Crawley Atrium to celebrate the University of Cincinnati Bicentennial Charter Week. The event will include remarks from President Neville Pinto, PhD, Andrew Filak Jr., MD, interim senior vice president for health affairs and dean, and Cincinnati Mayor John Cranley.

A special virtual reality experience also will be unveiled offering five different vignettes from UC’s history, including immersing viewers in the laboratory of Albert Sabin, MD, the College of Medicine researcher who developed the first oral polio vaccine in the 1950s.

Birthday Celebration for the University of Cincinnati’s Bicentennial Charter Week.
A celebration marking the 200-year milestone of UC would not be complete without a birthday cake! Join the for a brief ceremony marking UC’s founding in January 1819 on January 17th in the CARE/Crawley Atrium from Noon – 1:30 p.m. President Pinto will be present from Noon – 12:30 p.m.