

ASN Young Professional Interest Group

Quarterly Newsletter

October 2014

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ASN's Young
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Group (YPIG)

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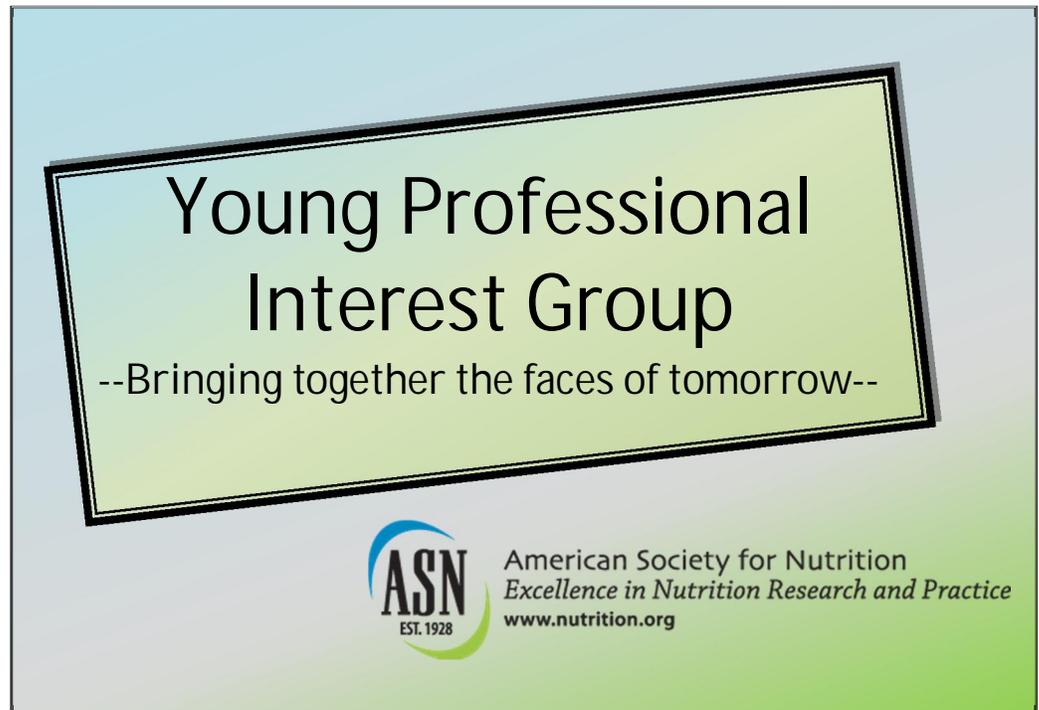
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Who We Are

ASN's Young Professional Interest Group (YPIG) serves as a source of information and support for career advancement of emerging young nutrition scientists.

We support our membership primarily through programming young professional-centered events at ASN's Scientific Sessions and Annual Meeting during Experimental Biology.

Additionally, we aim to foster networking and communication among our membership by increasing our presence on social media platforms such as LinkedIn, Facebook, and Twitter.

What's New

We are pleased to announce that our symposium for ASN's Scientific Sessions at Experimental Biology 2015 has been approved! YPIG will be hosting the symposium, tentatively titled "Establishing Yourself as an Expert". We have a great lineup of speakers who will be giving us tips about publishing, using social media, as well as managing group and individual relationships. More details to come soon!

Thank You To Our Sponsors!

The YPIG would like to express our sincere appreciation to the following sponsors for their support:



YPIG is continually seeking and accepting opportunities for sponsorship. Sponsorship enables us to carry out our mission to provide networking and career advancement opportunities for ASN young professionals

Contributing partners will also be recognized in the YPIG newsletter, as well as other ASN communications and the ASN website (www.nutrition.org).

There is great potential for your organization to develop lifelong relationships with emerging experts in the field of nutrition through collaborations with YPIG.

If you or your organization would like to assist in our fundraising efforts, please contact ASN staff member Paula Eichenbrenner (peichenbrenner@nutrition.org).

All donation amounts are appreciated!

YPIG Executive Board

After the Fall elections, we are pleased to welcome some new faces to the YPIG board, as well as welcome back some old friends! Jennifer Lambert from the University of Calgary was re-elected as an At-Large Delegate, and Sarah Nash from the National Cancer Institute was elected to the new position of Secretary.

We are also sad to say goodbye to Katie Oster, ASN Member Relations Coordinator and YPIG Staff Support. Katie has returned to her native Ohio to pursue new opportunities, including graduate school. Good luck Katie, and best wishes from YPIG!

Chair	Eric Ciappio, PhD, RD eric.ciappio@dsm.com	Manager, Scientific Affairs	DSM Nutritional Products
Vice Chair	Mary N R Henderson, PhD, RD mnrhenderson@gmail.com	Postdoctoral Researcher/ Pediatric Dietitian	Children's Hospital and Research Center, Oakland
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At-Large Delegate	Marie Kainoa Fialkowski, PhD, RDN mariekf@hawaii.edu	Assistant Professor	University of Hawaii at Manoa
At-Large Delegate	Pao Ying Hsiao, PhD, MS, RD, LDN pyhsiao@iup.edu	Assistant Professor	Indiana University of Pennsylvania
At-Large Delegate	Jennifer Lambert, PhD jel.lambert@gmail.com	Postdoctoral Fellow	University of Calgary
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Advisor	Robert Rhoads, PhD rhoadsr@vt.edu	Assistant Professor	Virginia Polytechnic Institute and State University
ASN Board Liaison	Marian L Neuhouser, PhD RD	Member, Public Health Sciences Division	Fred Hutchinson Cancer Research Center
ASN Staff	Paula Eichenbrenner peichenbrenner@nutrition.org	VP for Advancement	American Society for Nutrition

EB 2014 Report!

YPIG was well represented at EB 2014. Presenters at our symposium, “Successful Scientist: What’s the Winning Formula” provided lots of helpful advice on being successful in government, academia and industry; you can check out a summary of the session on the ASN blog [here](#). We will also have a summary article published in *Advances in Nutrition* in the near future, so keep your eye out! Inside, you’ll find lots of helpful information about advancing your career and achieving success in nutrition.

And as usual, we had a ton of fun at the Speed Mentoring and mixer events! Our Speed Mentoring event, co-hosted with the Student Interest Group (SIG), drew in approximately 38 mentors from YPIG, and 35 mentees from SIG – our largest turnout ever! Members that attended reported finding this session particularly helpful, and we look forward to the continued success of this event at future EB meetings.

Following the Speed Mentoring event was our annual YPIG Networking Event, which drew in a record crowd this year. Special guests included Katherine Tucker, Editor in Chief of *Advances in Nutrition*, as well as ASN Executive Officer John Courtney. We were pleased to meet so many Young Professional members and to see ASN leaders meeting some of the emerging professionals in the field!

YPIG was also well represented at ASN’s business meeting by Past Chair Dr April Stull (below). Vice Chair Dr Mary Henderson also represented YPIG at the Volunteer Leader Forum, where she spoke about being a brand advocate and ambassador for ASN.

Finally, we also want to recognize the winners of our 2014 Postdoctoral Research Award Competition supported by DuPont Nutrition & Health. It was tough competition, but congratulations to our grand prize winner and 2014 finalists!

Grand Prize Recipient:

Sharmeel Khaira, *Tufts Medical Center*, “Expressed breast milk analysis: an innovative tool in optimizing protein energy ratio and avoiding protein deficit after preterm birth”

2014 Finalists:

Meghan Azad, *University of Alberta*
Hannah Holscher, *University of Illinois*
Amina Khambalia, *University of Sydney*
Laura Madore, *Tufts Medical Center*
Ying Wang, *American Cancer Society*



Dr Sharmeel Khaira, Tufts Medical Center, accepts the grand prize from Phil Kerr of DuPont Nutrition and Health at the 2014 Postdoctoral Research Award Competition, ASN Annual Meeting, EB, San Diego CA



Dr April Stull, YPIG Past Chair, delivers the YPIG report at the ASN Business Meeting



Your resume and/or CV can be the key to making a good first impression

Applying for jobs: preparing a CV or resume

Career transitions can be a daunting process, but it pays to be prepared. In this quarter's newsletter, we provide some advice on how to prepare a curriculum vitae (CV) and/or resume.

What's the difference between a CV and a resume? Which do I need? Typically, a CV gives a full professional and educational history, and is aimed towards academic and government research positions. For most other positions, a resume might be more appropriate; this document serves as a summary of your experience and skills, and is more tailored to the specific job you're applying for than a CV. See our brief guide on the next page for a summary of what comprises both a CV and resume.

What kind of information should I include in my resume or CV?

First, you should always check if the position you're applying for has specific requirements for what they want to see in your resume or CV. However, there are some general guidelines for what each should include:

A CV contains information on your education, certifications, teaching and mentoring, publications and presentations, among others. There is generally no limit on the word length, so you can list any and all publications and presentations, including those in press or preparation. It's good practice to include information on the intended journal and anticipated date of submission for manuscripts in preparation.

For a resume, you can include the same general information as in a CV, but in a much shortened format (1-3 pages maximum). This means that you don't need to list all of your publications and presentations; perhaps pick a few of your most important or high profile pieces to highlight. You can keep a full bibliography on hand if requested.

A resume is also typically more skills-based than the CV, so you'll want to consider reformatting your CV around the skills you've developed, rather than your experience and publications. Think broadly – for example, leading journal club is a great way of developing leadership skills, and working in a lab environment is a great way of displaying teamwork!

And most importantly, remember a resume should be tailored to the job you're applying for, so be sure to read the job description thoroughly and highlight the skills you have that match with the requirements of the position.

What about information that shouldn't be included?

Generally, you won't want to include information that references personal information such as age, marital status, health, ethnicity, nationality or religious affiliation. You also don't need to include any information on your high school education, hobbies or interests. There is usually no need to include a list of references; these can be provided separately.

Finally, and most importantly, be honest on your CV or resume – don't pad or include any experience or skills that you don't have!

Check out these resources to help you build an impressive CV and resume:

http://sciencecareers.sciencemag.org/tools_tips/how_to_series/how_to_craft_a_winning_resume

<http://career.ucsf.edu/grad-students-postdocs/career-planning/academic-jobs/applying/application-materials>

<http://www.gradschool.cornell.edu/career-development/put-your-qualifications-writing/curriculum-vitae-cvs>

<http://jobs.nutrition.org/careerdev/blueskyLMS/>

https://www.training.nih.gov/career_services/postdoctoral_fellows

What about formatting? Is there any specific way a resume or CV should look?

There is no specific format for putting together a CV or resume, but here are a few tips to help yours look good and stand out:

- Make sure it's easy to read. Use bullets, bolding, and plenty of white space.
- Use a clean, professional font. Times New Roman, 11 point font is always a good choice.
- Avoid writing in the first person.
- List items in reverse chronological order.
- Make sure items are well organized; use subheadings to improve clarity.
- Try not to use jargon, and limit the use of field-specific vocabulary.
- Above all –proofread! Even the best CV or resume can fall down with simple grammar and spelling mistakes.

When should I be putting these documents together?

It's generally a good idea to prepare a CV and/or resume as early as possible, even if you're not currently looking for a job. Once you have these documents prepared, be sure to keep them updated! Finally, because a CV/resume should be tailored to each position you're applying for, you will need to revise it before each application.

Resume vs CV: A brief guide:

	CV	Resume
What is it?	A full professional and educational history	A summary of your experience and skills
How long should it be?	There's no limit, but don't pad	1-3 pages max
Where should it be used?	Academic and government research positions	Any other type of job
Should it list publications?	Include all publications	Yes – but be selective
Should it be modified to fit the job description?	No need to tailor too much	Yes – very much so
Should I include a summary?	Not needed	Yes – summarize your skills or experience
What sections are typically included?	Name and Contact info Education Clinical certifications Professional positions Honors and Awards Funding Teaching/Mentoring Service and Leadership Professional affiliations Invited presentations Poster presentations Publications	Name and Contact info Summary of skills statement Education Professional experience Skills Funding Honors and Awards Service and Leadership Selected publications Invited talks

Any tips for how I can help my CV or resume get to the top of the pile?

Make sure your document is clear, easy to read, and doesn't contain any spelling or grammar errors! In addition to putting together an excellent CV or resume, here are a few other things you can do to get you and your application noticed:

- Network! It's important to make contacts in the field and make your name known. It's also a great way to learn about upcoming opportunities. The YPIG has several events at EB that provide opportunities to network with your peers and other nutrition professionals. Consider attending our Mixers and Speed Mentoring events!
- Follow up with the HR manager after your application has been submitted – be sure to be polite and courteous!
- There really is no substitute for good skills and a solid publication list. Start thinking early about what kind of job opportunities you may be looking for and what skills you need to develop in order to be competitive for those positions.

Is there anything else I should be considering when putting these documents together?

If you're putting a CV together for application to an academic job, you're also likely to need a teaching and research statement. Again, it's a good idea to be thinking about these items well in advance of the time you actually start looking for jobs. And don't forget – many academic and training institutions have career counselling staff that can help you put these documents together and critique your draft. You can also ask your friends or colleagues for feedback as well!

Information in this article was adapted from materials at https://www.training.nih.gov/career_services/postdoctoral_fellows

Member Spotlight: Brian Berg, PhD



Brian Berg, PhD

Current:
Principle Scientist,
Global Discovery
Mead Johnson Nutrition

Education:
PhD – University of Illinois –
Urbana-Champaign
MS – North Carolina State
BS – East Carolina University

This member spotlight is on Brian M. Berg, PhD; Principal Scientist in Global Discovery at Mead Johnson Nutrition. At Mead Johnson, Dr. Berg's helps to develop external research collaborations with universities to help develop innovative products for infant formula. Brian has an undergraduate degree in Biology from East Carolina University and an MS in Physiology from North Carolina State University. Brian completed his PhD in Nutritional Sciences at the University of Illinois at Urbana-Champaign, where his research was focused on the relationship between dietary antioxidants and neuro-immunology. Brian continued his work in nutrition and neuroscience during his postdoctoral fellowship at Rush University, and later entered industry as a Senior Research Scientist at Wyeth Nutrition.

In addition to his work at Mead Johnson, Dr. Berg is an adjunct faculty at the University of Illinois. He also retains an impressive record of publishing, submitting and presenting seven meeting abstracts and peer-reviewed publications in 2014 alone. Dr. Berg also has a patent regarding his PhD research on methods to reduce the levels of aluminum in the central nervous system.

YPIG: Give us some insight as to your professional experience so far (i.e., what got you interested in nutrition? What were some really positive professional experiences that you've had to date? Any good stories about how you got to where you are?).

I first became interested in nutrition at NC State University pursuing my Masters degree in physiology. The path that led me there was one of rejection actually. I applied to Veterinary school and made the first cut, but didn't get past the interview phase. The committee thought I should spend some more time working with a veterinarian and consider pursuing a Masters degree before applying again. So I did both and fairly quickly realized that I was more cut out for research than I was being a Veterinarian.

Member Spotlight: Brian Berg, PhD

My advisor at NC State, Dr. Jim Croom along with my thesis committee member Dr. Jack Odle provided a very positive view of nutrition research and encouraged me to pursue a PhD in Nutrition. At this time I was really fascinated by how the human body processes all the different types of foods available to us. More specifically I became intrigued about how specific dietary factors could impact brain functions. We made a rather serendipitous observation linking the gut peptide PYY to changes in levels of aluminum in the brain. This was patented as a potential therapy to treat Alzheimer's disease, which sometimes results in bioaccumulation of aluminum in the brain. Looking back, I think this was probably the single most influential point in driving me towards a career in nutrition research. From there I went on to get my PhD in Nutritional Sciences at University of Illinois with Dr. Rod Johnson. My research at that time focused on the role of oxidative stress and dietary antioxidants in ameliorating age-related impairments in neuro-immune functions. Again I was fascinated by the ability of dietary factors to modulate brain related functions and metabolic pathways and decided to explore this further in the field of neurodegenerative diseases during my postdoctoral training at Rush University Medical Center in Chicago with Dr. Elliott Mufson.

About 1.5 years into my Postdoc I received a call from Sharon Donovan at Illinois (Director of the Division of Nutritional Sciences during my PhD) letting me know that Wyeth Nutrition was looking for a research scientist with a background in Nutrition, Neuroscience and Immunology and she first thought of me as a potential candidate. She explained that I would be responsible for conducting research on dietary factors under consideration for addition to infant formula and pediatric nutrition products. For me, the opportunity to see my research applied to something substantial outweighed the teaching and mentoring aspects of staying in academia.

It is worth pointing out that even if I had been searching for a job in industry and read the job posting I would have probably not spent more than five seconds reading it before dismissing it and moving on. It was only due to my network and having Sharon talk to me about the position that led me to apply. The posting indicated a successful candidate would have a sound fundamental knowledge of nutrition, immunology and/or neurobiology of the neonate. Since I had never studied neonatal development I wouldn't have given that job a second thought. However, even though all my research to that point was on aging and neurodegenerative diseases, Wyeth Nutrition thought that I had a strong enough background to apply all of the methods and knowledge I did have to developmental models and was capable of learning on the job. Since this would take some time, they offered me a position one level lower than the posting was for, but still was a great opportunity for me to start my professional career. Wyeth also told me that I was very good at communicating complicated science to a broad audience that included people from highly technical backgrounds as well as people with very little technical knowledge during my interview. I was a bit nervous about whether I could actually make this transition, and assumed some level of risk by accepting the job, but it seems to have worked out so far. I spent the next 3.5 years at Wyeth, where I started with one research scientist and a blank slate for a research program. By the end of my time there I had added a second research scientist to the group, we had developed a lab that ran both behavioral tests of cognitive function in rodents and also cell-based screening assays to address more mechanistic research questions and established two external research collaborations.

I've been at MJN for four years now working in the same general area, but instead of managing my own laboratory I manage research collaborations with Universities. Each model has its pros and cons, but I personally prefer the latter since it gives me a really great balance between industry and academic research. For me, the merger forced me to consider something new and fortunately it worked out great for me. However, other people were not as fortunate. So when considering a career path, you should realize that pay and benefits are generally better in industry, but that's in part due to the acknowledged uncertainty about your position at any given time. In the case of mergers and acquisitions, even the very best employees find themselves without a job. This can often result in a new and exciting opportunity in the end, but not without a significant amount of stress until that opportunity is found.

Member Spotlight: Brian Berg, PhD

YPIG: What made you choose your current position (i.e., why your current role over other career paths)?

All the way through my graduate and postdoctoral training I was almost as equally enthusiastic about teaching and mentoring students as the research, so was fairly well focused on pursuing a career in academia. However, while I found the research exciting, there was also a piece of me that felt like it wasn't having any impact in the real world. By real world I mean the world outside of science. I was spending an incredible amount of time and effort and the end result seemed to stop at a publication, which I had no real sense for what impact it had, if any, on others.

Since infant formula is the sole source of nutrition for many infants around the world, it seemed that I would have a great opportunity to make a real and substantial impact on human health by conducting research that would lead to continual optimization of the formulations and specialty solutions for specific dietary needs. It was this rather simple concept that ultimately led me to apply for the position and subsequently begin my professional career in industry.

YPIG: What have been some challenges/opportunities you have encountered transitioning into an industry career?

The biggest challenge is understanding how the research you conduct can best be utilized to support product development within the company. It's not so much about pursuing scientific questions as it is finding answers to questions that will either enable a product innovation, or kill a product innovation. It's also a challenge to get people to understand that generating data that are used to terminate an innovation are just as valuable, perhaps even more valuable, than data that supports the innovation. The other challenge relates to how you communicate the findings from a research program to business executives that need to understand the information in a way that will enable them to make decisions. It forces you to really challenge your own way of thinking about the research models we use and what they are really able to tell us, or not tell us about a particular biological system.

YPIG: What is the best part of your job?

I think the best part of my job is being able to manage research projects with academic collaborators that bridges a business need with expertise available outside of our organization. In particular I have now had several instances of something fairly specific happening that really generates a lot of satisfaction within me. I often engage with academic professors that have little to no expertise in nutrition, but are willing to apply nutritional interventions in their research models. At some point in the collaboration, they tell me "you know Brian, I was pretty skeptical that your dietary intervention could have an impact on my biological system of interest, but these are incredible results! I'm convinced that I should be paying more attention to the diets going forward..." When I hear this, I feel like I've not only brought meaningful data forward for the business but I may have also "converted" somebody to the "nutrition" side.

YPIG: What are the some things you wish you knew when you started your career?

I wish that I had more fully embraced the idea that my career path was not "fixed" at any one point in time. Although I don't think it would have changed anything, I wish somebody had told me how disruptive a merger or acquisition can be to both your professional and personal life.

YPIG: What are key pieces of advice you would give to young professionals starting their career in nutrition?

Be open-minded about your career path, but always pursue work you are passionate about. When looking for jobs, consider novel aspects or approaches you might bring to the table and call them out in your cover letter. Build and stay connected with a network of students and professionals.

YPIG: Tell us something about what do you enjoy outside of work?

The most enjoyable activity for me outside of work is spending time with my family. I have a wonderful wife and we have three girls ages 8, 6 and 2. Our newest addition, a baby boy, arrived in late September. As you can imagine we are all very excited about that! Otherwise I enjoy watching and playing a variety of sports. I've recently started playing tennis again, which I haven't done regularly for many years.

Get The Word Out!

Spread the word and the contents of this newsletter to your young professional colleagues with an invitation to join YPIG. Membership is our future and provides the resources to maintain the group's activities and technical programming. Please visit our website: <http://www.nutrition.org/join>

Near the end of your postdoc and looking for a new job? Make sure to check out the ASN job board (<http://jobs.nutrition.org/jobs>).

You can help us extend and improve opportunities: contribute to the Postdoc/Young Professional Fund, which is dedicated to support early-career activities. No gift is too small to have an impact! Submitting your contribution is easy and convenient online at www.nutrition.org/contribute.

Interested in writing an article for the newsletter? Send an email to Eric Ciappio (eric.ciappio@dsm.com) or Sarah Nash (sarah.nash@nih.gov) to let us know! We are happy to publish on any topic that might be of interest to our young professional readers. Plus, getting involved with ASN by participating in activities such as the newsletter is a great way to increase your visibility within the field of nutrition!

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