

Eliason Lab Meeting Goals & Expectations

1. What is Lab Meeting?

Each week during the academic quarter, the Eliason Lab gathers for 1-2 h. One lab member coordinates lab meeting for the quarter (this job rotates among lab members). Information is distributed over Slack.

During lab meeting we:

- Discuss papers & scientific concepts
- Give practice talks (for conferences, jobs)
- Present our research (new data, proposed research)
- Resolve lab business
- Discuss current issues in academia (e.g., DEI in STEM, sexual harassment in the field, ethics)
- Develop new skills (e.g., cv feedback, co-review a manuscript for a journal)
- Give feedback to each other
- Celebrate

2. How do we want to feel during lab meeting?

- | | |
|-----------------------------------|--|
| - Valued | - Excited |
| - Important | - Comfortable |
| - Included | - Progressive |
| - Appreciated | - Positive |
| - Supported | - Like people get something out of us
being there |
| - Respected | - Motivated to keep going |
| - Like it is ok to make a mistake | - Creative |
| - Like people won't judge you | - Safe |
| - Helpful | - Uplifted |
| - Like we are contributing | - Affirmed |
| - Welcomed | |

**Remember that struggling and feeling uncomfortable is a part of learning. But we want to create a safe space where we can be awkward, uncomfortable and struggle together.

3. How do we achieve these goals?

- Show up
 - o Ready to learn, ready to engage
 - o Prepared (e.g., read any papers in advance, do your homework)
- Be on time
- Ask questions
 - o Whatever your stage, wherever you are at (ugrad to professor)
 - o Be authentic with questions, it is not an opportunity to show off
- Take notes (have pen/paper, laptop)
- Stay off phone/email
- Respect that everyone comes to the table with different experiences and backgrounds and we all have something to contribute
- Lab meeting attendance is MANDATORY. If you cannot attend, please message the lab meeting Slack channel to let everyone know.