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**Boston  
Children's  
Hospital**  
Until every child is well™

Program for Research Assistant  
Development and Achievement

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## PRADA October Newsletter

Please take a look below for our upcoming events, opportunities, and resources!

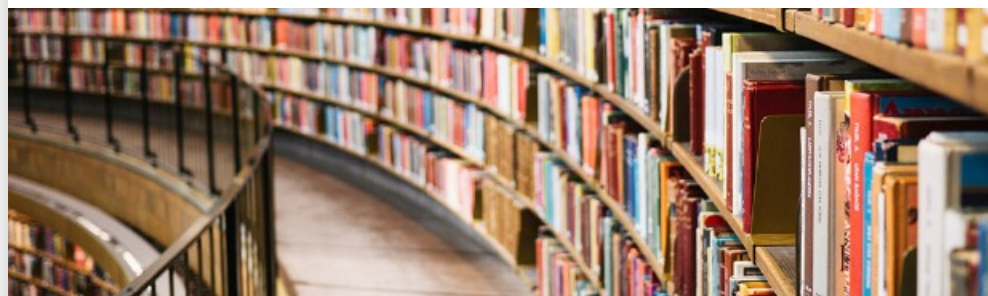
### REMINDERS & EVENTS



**GENERAL  
ELECTION**  
NOVEMBER 3, 2020

In light of the current political climate, it is more important than ever to VOTE! We urge you to be aware of the following Massachusetts voter registration deadlines:

Voter Registration (online/in person): **OCTOBER 24**  
Request Absentee Ballot: **OCTOBER 28 by 5pm**  
Return Absentee Ballot (by mail/in person): **NOVEMBER 3**



#### PRADA Grand Rounds: Call for Abstracts

Are you working on a project you're excited to tell the world about? Are you looking for opportunities to present your research or share your findings? Do you find yourself giving impromptu research talks to your roommates, friends, or family members? If yes, you're in luck - PRADA Grand Rounds is just around the corner!

PRADA Grand Rounds is now accepting abstracts for 10-15 minute presentations in any field of research: basic, translational, clinical, behavioral, public health, and beyond. We're excited to learn about your research!

To submit, email a 1-page structured abstract to Seetha Davis at [seetha.davis@childrens.harvard.edu](mailto:seetha.davis@childrens.harvard.edu) by **Monday, October 12 at 5pm**. PRADA Grand Rounds will be presented on **Thursday, November 12 from 12-1pm**.



#### Mock Medical School Virtual Interview

Are you applying to medical school this cycle for 2021 matriculation? Need to practice your interviewing skills? Well look no further than our mock virtual interview program!

Please fill out [this Google Form](#) so we can schedule your mock interview and pair you with an interviewer. The deadline to fill out the Google Form is **October 16th**. All mock interviews will take place in October.

Medical school interviews are the last piece of your application and are crucial for medical schools to get to know you as a person. The best way to prepare for them is PRACTICE, PRACTICE, PRACTICE! Let the pre-med committee help you in your preparation for your interviews!

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**PRADA/HR Symposium: RA Advancement, Internal Mobility, & Career Resources**

Please join us on **Monday, October 19th from 12:00-1:00pm EST** for a seminar on Early-Career Professional Development, Internal Mobility, and making the most of your connections here at Boston Children's Hospital.

This event will be co-hosted with members from Boston Children's Human Resources Department, and will include discussions on: research career ladders, mapping out possibilities for research career growth, existing HR resources available to employees, and an overview on Boston Children's Hospital internal transition process.

Our intention is for this event to serve as an informal, supportive platform for research assistants who may be seeking guidance on a range of topics, or simply curious about how to navigate the research career landscape during their time here at Boston Children's. Open to all!



**Mindfulness and ACT Workshop  
with Dr. Bobbi Isberg**

*Monday, October 26th  
12-1pm*

"Even before starting medical school, I had the opportunity to learn to meditate: to sit quietly and watch what the human mind is doing. From this, I learned that awareness of my thought-patterns, impulses, likes and dislikes could be helpful in responding to life's challenges." - Bobbi Isberg, MD

Join Mental Health Monthly in a Mindfulness/ACT Workshop led by Bobbi Isberg, MD. As a Senior Attending Psychiatrist, Dr. Isberg has integrated mindfulness-based strategies throughout her career: in practice with her patients, in community groups outside the clinic, and as a supervisor to BCH's psychiatry fellows. We are delighted to have her guide us in meditation, to learn about Acceptance and Commitment Therapy (ACT), and to apply concepts of awareness and acceptance to our own lives. As with all Mental Health Monthly events, the workshop is open to all of PRADA and all PRADA-friends. Zoom information is below. Hope to see you there!

Zoom meeting information:  
Join from your computer or mobile device: [https://bostonchildrens.zoom.us/j/97631462834?](https://bostonchildrens.zoom.us/j/97631462834?pwd=VEJzaDgyZW1aT3cyZEJUQ1BZV2lrdz09)  
pwd=VEJzaDgyZW1aT3cyZEJUQ1BZV2lrdz09  
Password: 349525  
Or dial in from your telephone:  
Internally: x28882  
Externally: 646-558-8656 (Primary)  
408-638-0968 (If you are unable to dial into the primary number)  
Telephone password: 349525  
Or iPhone one-tap:  
+16465588656,,97631462834# or +14086380968,,97631462834#

## OPPORTUNITIES



**Volunteer as a Virtual Tutor!**

The Advocating Success for Kids (ASK) Program at BCH is looking for **virtual tutors!** ASK is a specialty care program within the Primary Care Center that serves children ages 5-18 years who have developmental or learning difficulties. More information on this upcoming opportunity will be provided via email!

## E-BOARD SPOTLIGHT: PRADA Directors



**Becca Spigel**

Becca (she/her) is a clinical research assistant in the Division of Adolescent Medicine and Young Adult Medicine. After receiving her BA in Health & Society from the University of Texas at Austin, Becca moved to Boston to work with Dr. Catherine Gordon on the Transgender Bone Health Project, a study aimed at elucidating the skeletal health effects of GnRH agonists, a medical therapy for gender dysphoria. Becca also works with Dr. Tracy Richmond on the RECOVERY Project: a longitudinal, prospective registry of eating disorders and co-morbidities in adolescents and young adults. Becca is so excited to assume this Co-Director role within PRADA – she hopes to foster community and connect others to resources that will help them achieve their professional goals. Outside of work, Becca enjoys hiking in the White Mountains, biking on the streets of Boston, listening to live music and spending time with friends.



**Qi Yu**

Qi (she/her) joined the PRADA E-Board as Co-Director in 2019 June. She is a research technologist at Dr. Fernando Camargo within the Hematology/Oncology Department and the Stem Cell Program. Her project is studying hematopoietic stem cell and native state hematopoiesis in mice. Qi came to the U.S. for college, and graduated from Brandeis University, majoring in biochemistry. In her spare time, she loves to practice yoga, indoor boulder, and snowboard. Her favorite TV show is HBO's Succession, and her favorite movies are sci-fi, such as Arrival, Blade Runner, etc. She feels it has been a great honor and pleasure to work with a team of extremely talented and passionate PRADA E-Board members. We strive to bring exciting opportunities to our PRADA members continuously.

## RESOURCES

### Slack is now supported by BCH!

Slack is a channel-based messaging platform. You can send messages and share files in channels. Create channels for teams, projects, office locations, or anything else that's relevant. You can make channels private for conversations that shouldn't be open to all members, or you can use public, shared channels to collaborate. Similar to Zoom, you can start a voice or video call or share your screen with any other members of your workspace right from Slack

With Slack, your team can work together more effectively, connect all their software tools and services, and find the information you need to do your best work!

[Click here to download the Slack Desktop App!](#)



### Spread Positivity with "Ways to Shine!"

Have you seen a teammate do something especially awesome? Have they gone out of their way to exceed someone's expectations? Let them know that you noticed!

Fill out the nomination form by clicking the link on "Way to Shine" in Web2. Your teammate will receive a customized e-card in their inbox (and their manager will receive a copy, too!).

## PODCAST/MEDIA ROUNDUP

### Racial Inequities in Healthcare & Health Policy:

- New York Times Podcast: "[1619: How the Bad Blood Started](#)" (we highly encourage you to check out all episodes in "1619," but this episode pertains to the history of racial health disparities and is an excellent - though incredibly difficult - listen)
- Vox Media: "[What it would take to end child poverty in America](#)"
- NPR Shots Newsletter: "[The Future Of The Affordable Care Act In A Supreme Court Without Ginsburg](#)"

### 2020 U.S. Elections:

- Vox Media/The Weeds: "[By the people: How to make sure your vote is counted](#)"
- Pod Save America: "[How we get through this](#)"

**Basic Science/Medicine:**

- [Nature Podcast](#)
- [Listen to The Lancet](#)
- [New England Journal of Medicine Interviews](#)



**Our Facebook Group**

PRADA Communications is proud to see members engaging with our Facebook Group! Our group is the best place to post opportunities, connect with other members, and reap all the benefits of our community. Plus, we get to see your lovely faces! Check out our Facebook page by clicking on the icon above and send us a request to join!

**About Us**

PRADA is a supportive, inclusive learning community for research assistants, coordinators, and other young professionals at Boston Children's Hospital.

[Contact us](#)



**Leaving BCH? Take Our**

**Alumni Survey**

As you move on to exciting new opportunities, we would love to stay in touch! Help us extend our alumni network by filling out our survey using this [survey](#)

Click to [edit Email Preferences](#) or [Unsubscribe](#) from this list.

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