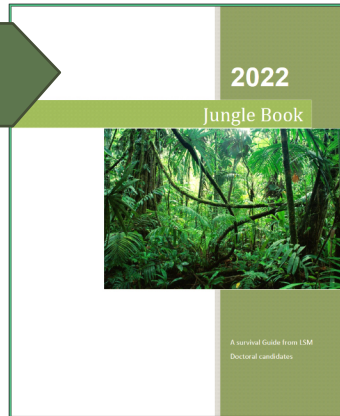


Newsletter 2022

ANNUAL MEETINGS 2022

LSM hosted two annual meetings this summer – General Meeting which was held on 22nd of June, and the Annual General Meeting (AGM) which took place on 27th July. The General Meeting saw the presence of the LSM board members and was closed to the public. The AGM was open for the students and faculty members of LSM. In both meetings, our achievements, news, feedback, outlook and activities awaiting the supervisors and the students were discussed.

Additionally, an important topic was addressed at this year's AGM, and that was the mental health and well-being of the students of LSM. A survey was conducted by the LSM council in order to get insights about the status of the mental health of the students, which revealed



that many of us face challenges and feel anxious and isolated during our Ph.D. tenure, that was aggravated during to COVID-19 outbreak. Keeping this in mind, LSM has decided to do its best to create more awareness about mental health and additionally, help ease the onboarding and organize more social events. At the AGM, LSM also invited an alumni, Dr. Annabel Dischinger to talk about resilience and share her career experience. The session ended with a barbeque with lots of beer and snacks from our students' homelands.



LSM RETREAT 2022

Studienzentrum Josefstal, Schliersee, Bavaria



The LSM retreat took place in-person this year between 22-24th August. The retreat took place at the Studienzentrum near Schliersee in Bavaria. Apart from the wonderful weather, the venue was situated in beautiful Bavarian countryside and surrounded by lush greenery. The 3-day event included several fun-loaded events like ice-breaker games, bonfire and a walk to a waterfall nearby. This year, the retreat witnessed a number of very interesting talks and poster presentations, given by the students of the LSM, which covered a wide array of diverse topics in science.

On the second day of the retreat, Dr. Thassilo Franke from BIOTOPIA conducted an amazing workshop on 'Science Communication'. The full-day workshop included many hands-on activities and gave rise to intriguing discussions. The retreat concluded with a nice walk through the woods along the Schliersee in pleasant and sunny weather. Overall, organization of the events by Korbinian, scientific dialogue among the students and delicious food and stay by the Studienzentrum, made this retreat a wholesome and memorable experience.

LSM RETREAT POSTER PRIZE

1 Maria Spezzati

2 Nupur Sharma

3 Cristina Berenguer Millanes

LSM RETREAT TALK PRIZE

1 Deepak Dharmadhari

2 Kilian Schumacher

3 Bibakhya Saikia

UPCOMING COURSES BY THE LSM

Introduction to Python by Nick del Grosso

When: 30th Jan- 2nd Feb



ALUMNI INTERVIEW

Liza Stenzel was a part of LSM graduate school and a member of LSM student council working in the Newsletter Committee. After her Ph.D., she joined the diagnostic and pharmaceutical industry. We asked her a few questions on her current job.

Where are you working now? Could you please shortly describe your current position?

I am working as a Project Leader at Microcoat Biotechnologie, a company which offers a wide range of individual services for the diagnostic and pharmaceutical industry.

Could you, please, briefly describe your current position?

As a Project Leader I am planning and coordinating bioanalytical clinical research projects including budget and time planning. Thereby, I act as an interface between clients, internal quality departments and the laboratory personnel. Besides writing study plans and reports, I am responsible for data management, data analysis, data interpretation and presenting data to our clients.

Mental Health Support from the LSM

LSM offers support for PhD students who are mentally distressed in their personal and professional lives.

This support involves:

1. Mentoring and Career Guidance
2. Cultural and social change
3. Lack of work-life balance

This support is achieved via our 2 volunteers, **Dr. Annabel Dischinger** and **Dr. Mauricio Toro-Nahuelpan**, who may be able to guide and nudge you in the right direction, and direct you to a professional, if required.

For additional information regarding help with mental health issues, email A.Kitashova@campus.lmu.de and lsm@biologie.uni-muenchen.de

How did being part of the LSM help you find or adjust to your current position?

The LSM enabled me to conduct useful courses, such as "Self- and Time Management in Natural Sciences" (LMU career), "GMP", "Scientific writing" and "Conflict Management" (IMPRS).

Working in the LSM's student council has taught me how to work with people from different disciplines and departments, which is often a challenge in my current position, and it has been good practice.

How can you apply the experiences gained throughout your doctoral studies to your current job?

Mostly, I apply soft skills gained during my doctoral studies. Since I am involved in bioanalytical projects and I have to present scientific data on a regular basis, my high frustration tolerance, troubleshooting skills and presentation skills are extremely important. My expertise in immunoassays and antibodies from my PhD was also quite helpful when I started my current position.

What is your general advice for current LSM students?

You should start social networking with people in your field and people from other disciplines as soon as possible, regardless of whether you are planning a career in academia or industry. I highly recommend that you take as many courses and training as possible apart from your doctoral project. Interdisciplinary skills are often more relevant than expert knowledge.

What is the motto of your life?

My motto of life is "Per aspera ad astra". This latin phrase means "through hardships to the stars". Sometimes you need to overcome barriers and step out of your comfort zone to achieve goals and great things.

LSM council is looking for new members!

The LSM student council represents all graduate students within the LSM. New members are always welcome to the student council any time!

For more information contact: A.Kitashova@campus.lmu.de

Call for publications

On the LSM website you can find a list of all publications of LSM students. In case your publication is not listed yet, please send it to: Kilian.Schumacher@lmu.de

If you have any interesting content that you want us to share, please send it to: sharma@bio.lmu.de

Follow us on Instagram & Twitter!



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@lifescimunich



LSM Alumni group

Feel free to join our new LSM Alumni group on LinkedIn! In this group, all LSM students can stay in touch and exchange ideas about career, PhD and other topics. This is not only good for professional networking, but also for our growing LSM community.