

Graduate Student Advising Statement

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of your work, **all records must be accessible to me at all times**. Please remember that all lab notebooks (electronic or physical) and data are the property of the lab, not individual trainees.

Data management. All original data should be found in at least two places. Generally, one will be your computer or
unsure how best to implement this for new data types, please let me know and we will find a solution.

Communication. The default method for electronic communication with me is through my university email address cesare_orlandi@urmc.rochester.edu. Please try to respond to any inquiries received outside of normal work hours as soon as possible the next day you are back in the lab. If there is an emergency (e.g. lab fire or flood), please call or text me, regardless of time, at 561 401 1372.

Cleaning. Everyone in the lab is responsible for cleaning their immediate area, whatever major equipment they use, emptying unneeded items from the fridge/freezers, defrosting, backing up data, and other tasks as needed. Periodically, the lab will agree on a date when everyone will spend the day working together to clean and organize the lab.

Lab meeting. Our lab meetings are held every Friday at 8:45 AM in room 1-8513. Lab meeting attendance is mandatory. You are encouraged to present your recent data, new ideas, practice talks, or lead a journal club discussion on relevant papers. The idea is to create a safe environment for discussing our work and to get helpful feedback from colleagues. Please use this [Google8\(di\)6\(scus\)13\(si\)5\(ng\)14\(\)JTETQD.0](#)

Department participation. Effective communication and networking are invaluable for future job searches. Trainees should seize every opportunity to enhance their communication skills. This includes asking questions in seminars, presenting posters at retreats or departmental functions, leading discussions in journal clubs, conducting lab demos for new students, attending speaker lunches, and actively engaging in departmental activities. These experiences not only facilitate learning, scientific discussions, and networking but also foster friendships and professional connections that can be beneficial for future career endeavors. Participation in these activities is expected from all trainees.

Conflict resolution. Conflicts within a group can arise, but early communication is crucial for minimizing them. If you have any concerns about your interactions with me or others, please don't hesitate to discuss them with me. If you prefer confidentiality, please make that clear at the beginning of our conversation. If you're uncomfortable talking to me directly, I suggest reaching out to the department chair, graduate program director, or an ombudsperson. You can find a list of other available support resources and individuals to speak with [here](#).

Professional Development

Goal Setting and Accountability. Setting goals is a valuable professional practice to develop during your training period. It is beneficial to have multiple goals of varying lengths and difficulties. It is important for me, as your advisor, to be aware of your current goals to better support you. I am here to assist you in defining your goals and adopting practices to hold yourself accountable. I understand that goals can evolve, so please inform me promptly if they change. I will help you track your progress through our weekly meetings, project reports at lab meetings, and yearly evaluations.

Publications. For PhD students, the goal is to publish at least three high-quality first-author papers during their degree. I expect my trainees to increasingly demonstrate independence in directing each project based on the collected data. Our regular meetings will be used to shape the narrative of our research and determine if it is ready for publication. I pledge never to delay publication for non-experimental reasons. Advisees need to understand that their publication record is ultimately their responsibility; they will reap what they sow in terms of hard work and diligence. Your publication record significantly impacts your CV and influences employers' decisions about you. A strong publication record enhances your chances of securing future opportunities.

Authorship. Whenever possible, authorship is determined early in the process. Anyone making a significant contribution to the study, such as developing the original idea, experimental design, data collection, analysis, manuscript writing, or assisting with resubmission, will be listed as an author. As a general rule, you will be listed as an author if the final manuscript would not be the same without your contribution. The first author typically leads project execution, manuscript writing, and revision oversight. Even if they leave the lab, the first author retains primary responsibility for the publication process. If new experiments are needed due to reviewer comments and the first author has left the lab, someone else may complete them, and any potential revisions to the author list/order will be openly discussed. While I make authorship decisions, it is an ongoing conversation as your work progresses.

Literature. A thorough understanding of past and current scientific literature is essential for a successful research career. Therefore, I expect my students to dedicate significant time each week to reading scientific literature directly related to their research projects and broadly relevant to the field. Starting with articles published from our lab is recommended. Additionally, staying updated on recent advancements in the field is crucial. Trainees should regularly search the PubMed database and subscribe to article alerts using platforms like Google Scholar, MyNCBI, BioRxiv, or PubCrawler. These tools allow you to set up customized keyword searches and receive alerts about relevant articles, ensuring you stay informed about important developments in the field.

Conferences/Meetings. Subject to funding availability, I anticipate all lab members to participate in at

meeting will be mutual, I reserve the right to assess the appropriateness of presenting your findings based on various factors, such as competition for research funding. Generally, our lab attends conferences such as the American Society for Pharmacology and Experimental Therapeutics (ASPET), Great Lake GPCR retreat, and Gordon Conference on Phosphorylation and G-Protein Mediated Signaling Networks.

Grant writing/funding. Securing funding for research and supporting trainees' stipends/salaries is my responsibility. However, grant proposal writing is a crucial skill regardless of career path. Thus, trainees are expected to participate in the preparation of federal grants and progress reports for the lab.

Career Development. I am fully dedicated to supporting trainees in their career aspirations. While technical competence in certain methods is valuable, the most critical skills include designing and troubleshooting experiments, evaluating scientific studies, and developing critical thinking, communication, and time management skills. Participation in activities and events sponsored by the Center for Professional Development, such as [myHUB](#) and [URBEST](#), is strongly encouraged, especially for those interested in pursuing careers in pharma, biotech, or non-traditional science fields. Trainees are expected to discuss their evolving career goals with me so that I can assist them in identifying potential opportunities or internships that align with their research progress.

Collaborations. Science thrives on collaboration, and our impactful discoveries are made possible through the support of collaborators both within and outside the University of Rochester. You are encouraged to explore new collaborations to enhance our research efforts. However, please remember that all materials and data belonging to the Orlandi lab are confidential and cannot be shared outside our group without my explicit permission. If you are approached by a collaborator or prospective collaborator seeking data or information, refrain from sharing any such details without obtaining my consent first.

Leaving the lab. Before you leave the lab, you must document everything. This includes reorganizing freezer samples for easy retrieval, updating inventories of plasmids, primers, and antibodies, disposing of unnecessary samples, and cleaning your workstation. Most importantly, every trainee must ensure that all primary and analyzed data are saved in a location accessible to the rest of the lab. Trainees have a responsibility to future lab members to maintain complete and accurate lab notebooks. Please allocate sufficient time to ensure this is achieved before leaving.