



MS PHD'S Professional Development Program Minorities Striving and Pursuing Higher Degrees of Success

AGU Survival Guide

Greetings and welcome to the AGU Survival Guide! Written by this year's Dream Team, the AGU survival guide offers tips and pointers to help you enjoy a safe, healthy, and productive AGU experience.

If you have any questions about AGU and the information in this guide, please contact one of the Dream Team members who will be happy to assist you. To learn more about this year's Dream Team as well as staff and program mentors for *MS PHD'S*, please visit <http://www.msphds.org/phaseone.asp?sort=team>.

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Cohort VII Dream Team:

- [Onjale Scott](#)
- [Wanda Vargas](#)
- [Al-Aakhir Rogers](#)
- [Kamil-Armaiz-Nolla](#)
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In addition to this guide, be sure to visit the other links and resources found on the website. Make note of all deadlines and come fully prepared to shine!

Here at *MS PHD'S* we are committed to helping you achieve your professional goals through mentoring, virtual resources and a multitude of professional development activities.

Sincerely,

Lois Ricciardi

MS PHD'S Project Coordinator

Enjoying a healthy AGU experience:

During the winter season San Francisco is COLD! It is easy to catch the flu or a cold, and especially easy for those who are acclimated to warm climates. One of the main goals for the AGU conference is networking. Networking is defined as a group of people exchanging information, contacts, and experience for professional or social purposes. However, when exchanging information other “things” such as viruses, germs and bacteria can be exchanged that are not beneficial to your AGU experience.

There are a few precautions we suggest you take when attending AGU to keep you healthy and successful during your time there. Since the especially interesting virus H1N1, it is imperative to avoid contact with people who feel or seem sick as well as pay attention to your own body for flu-like symptoms such as:

- * Fever
- * Headache
- * Extreme tiredness
- * Dry cough/sore throat
- * runny/stuffy nose
- * Muscle aches

We do not suggest you become like the character Monk and refuse to share business cards or shake hands, but we do suggest you take a few precautions:

- * Stock up on vitamin C, tissues and hand sanitizer. Vitamin C helps build your immune system and fight off viruses, tissue helps you from spreading any germs or viruses and hand sanitizer is vital for when soap and water are not available.
- * Wash your hands thoroughly (or use sanitizer if you are not near a restroom) after contact with someone. Though someone may not appear to be sick, they may be carrying a virus and immediately washing your hands reduces your risk of getting sick.
- * Refrain from touching your face. It is easy to pick up germs from door handles, business cards, handshakes, etc. and direct contact with your mouth, nose and eyes creates a greater chance for the virus to infect you.

We hope you have the most successful experience at AGU and keeping healthy is the first step!

Sincerely,

Onji Scott

MS PHD'S Cohort VII Dream Team

AGU Dress Code:

Congratulations Cohort 7 and Welcome to the *MS PHD'S PDP* program!! This is an amazing achievement on your part. Having completed the path you are all about to take when I was a Cohort IV participant I have to say I am very excited for what's in store for you.

Your first stop: beautiful, exciting (and very hilly) San Francisco. We certainly want you to have a great time and be comfortable but always keep in mind that this is a professional development program and there is a level of professionalism expect from all of us. All *MS PHD'S* meetings are business attire or professional casual. Keep in mind that as you attend the AGU conference you are representing *MS PHD'S*; therefore, please dress appropriately.

Also note that this time of year can be quite chilly for San Francisco as well as humid. Be sure to do a weather check before you do your final packing. And yes bring your jeans and sneakers for there will be a field trip and, if you choose, the walk to Fisherman's Wharf over those great steep hills is definitely a San Francisco experience especially if you stop at Ghirardelli Square for some hot chocolate.

Sincerely,

Wanda Vargas

MS PHD'S Cohort VII Dream Team

Networking:

Everyone that you come in contact with at AGU is not going to be a viable resource, but there will be several that will. Just ask around. Understand that the social/academic network is very vast and helpful. The AGU atmosphere is very relaxed is sort of like a reunion for a lot of scientists, so it promotes a great social atmosphere, yet it is entirely scientific.

Yes, you can speak to someone and talk about your research, and talk about their research, and talk about future research, but remember, to have a business card handy. It saves the hassle of, "oh do you have something to write with" or "I left my bag in the hotel" (LOL- I did that before). Personally, when there is a potentially valuable contact that I want to remember me, I try to leave a favorable impression. That can be done by simply putting a big smiley ☺ face on the back of your business card or a reference to who you are.

Follow-up e-mails periodically are always goods as a reminder to those who you want to keep in touch with over time.

Lastly, Remember to use the name "*MS PHD'S*"!!! Everyone knows who we are!

Sincerely,

Al-Aakhir A. Rogers

MS PHD'S Cohort VII Dream Team

Multi-Cultural Food Festival:

The multi-cultural food festival is a traditional component of the *MS PHD'S* Phase I. It is an opportunity to get to know each other in a social setting and to share your cultural background. So what better way to do this than with a night of cooking and dancing!

Everyone is encouraged to prepare a favorite dish. It doesn't have to be fancy or complicated. The most important thing is that we all have fun! That's why we want to share some tips that will make your cooking experience enjoyable and inspiring.

Start by selecting a recipe that represents you culturally and most importantly a recipe that you like and can you identify with. Maybe that recipe has been done by your family for special occasions, or is something that is part of an everyday meal or that you simply like to eat! Then, write down the recipe including all details. We will be preparing a cookbook, so please follow this check list to ensure that all information needed is submitted:

- Your name
- The cohort you participated in
- The name of your recipe
- A full grocery list, please include all seasonings and spices used
- All cookware, bake ware, cooking utensils, etc.
- Exact measurements
- Preparation time
- Cooking temperature
- Cooking times
- All steps required, from beginning to end
- Serving size

Also, please select the categories that your dish falls under:

- Snack
- Main dish
- Side dish
- Appetizer
- Salad
- Dessert
- Drink/ Punch
- Soup
- Vegetarian

I want to emphasize that for those recipes that use rare spices and seasonings, we need you to bring that with you because most of the times they are VERY difficult to find (sometimes impossible) or they are expensive for the small amounts that the recipes call for. This is going to make our lives much easier that night and it'll guarantee that you will be able to complete your recipe.

All cookware, bake ware, and cooking utensils will be provided, but it is very important that you include them in the recipe so we can make sure they will be available.

Finally, what's a festival without music? Please bring your I-Pod or any MP3 player with your favorite music. You can even make your own mix for the night! Be ready to dance all night long!

Sincerely,

Kamil Armaiz-Nolla

MS PHD'S Cohort VII Dream Team

Oral Presentations:

As members of the new incoming cohort, you will be expected to produce and present a 5 minute presentation.

This presentation will serve as another way to introduce yourself to *MS PHD'S* and will have three parts:

1. Cover a brief background of your academic history (beginning with undergraduate education)
2. Discuss work-related experience and interests
3. Finish with short- and long-term goals (what you'd like to achieve with your career).

Be creative! Use graphics, pictures, short videos, etc. to describe the three points above. Ensure that all parts of your presentation are visible and audible (some individuals will be up to 30 feet away from the screen you will be using to present your material).

Be sure to relax; although your attire should reflect that of a professional conference, these presentations will be made before your mentors and peers, who will be providing constructive criticism.

Most of all...have fun!

Sincerely,

Ashton Robinson Cook

MS PHD'S Cohort VII Dream Team