

关键点：

1. I am fourth-year PhD. student，I need to show more confident
2. Write 4-5 sentences biological to introduce yourself, (education background, research, representative work), which is important to send e-mail to some
3. Start to find postdoctoral job, and contact 5 professor jobs.

Suggestion:

Confident

Better understanding of the structure

As challenging anymore

Or cognitive taxing

cognitively

taxing

negative feedback --> constructive feedback

future job opportunities

Need to show off

Exude confidence

Summarizing your research

bio for yourself

what research problems are you interested in?

[researchgate.net/profile/Kai-Zhang-164](https://www.researchgate.net/profile/Kai-Zhang-164)

4-5 sentences bio

bio = biography

[ldi.upenn.edu/fellows/fellows-directory/bat-zion-betsy-hose-phd/#:~:text=Bat-Zion “Betsy” Hose, PhD is a postdoctoral,understanding and improving complex systems](https://ldi.upenn.edu/fellows/fellows-directory/bat-zion-betsy-hose-phd/#:~:text=Bat%2DZion%20%E2%80%9CBetsy%E2%80%9D%20Hose%2C%20PhD%20is%20a%20postdoctoral,understanding%20and%20improving%20complex%20systems).

Structure to include

Bio is good for emailing professors

that you would want to work with in your postdoc

redundant

Subject line: e-introduction to learn more about your work [4th yr grad student in...]

Nag

Shift to start to network

Goal: reach out to 5 professors

So it will be a good fit

Power distance

|  |
| --- |
| * **Postdoctoral Fellow, Anesthesiology and Critical Care**, Perelman School of Medicine |
| Bat-Zion “Betsy” Hose, PhD is a postdoctoral researcher in the Department of Anesthesiology and Critical Care at the University of Pennsylvania. Dr. Hose is trained in understanding and improving complex systems. In her research, Dr. Hose applies human factors and systems engineering principles to study the complexity of team-based care processes for vulnerable patient populations, like critically injured children and adults. She also designs solutions, like health information technology, to support health care teams working together to provide high-quality, safe patient care. Dr. Hose is dedicated to her research about transforming health care to improve patient safety and clinician well-being. She received her Bachelor’s, Master’s, and PhD from the Department of Industrial and Systems Engineering at the University of Wisconsin-Madison. |

### archive.mp4

说话人1 00:00  
Hello, how are you?

说话人2 00:02  
I'm doing well, how are you?

说话人1 00:05  
Yeah, i'm fine. Yesterday. Ii have a review, and I finished the my papers review, and ii submit the paper in before the deadline. Exciting. Thank you.

说话人2 00:24  
What's the paper about?

说话人1 00:28  
It's okay. It's about use the pillar technology to solve the traffic assignment with two models. And the primitive cars. You can drive your choice drive car or you choice the subway model. So my worker is to solve the urban field that the demands more than the one. I think the more than the ones, 10,000 peoples and use some parallel trick to solve it fast.

Thanks.

说话人2 01:23  
Interesting. So what journal did you submit it to?

说话人1 01:27  
Can you say again?

说话人2 01:31  
So is the article in chinese? Can you say it again? That's what you said. What journal did you submit your article to。

说话人1 01:42  
it's about? Is a computer and coa computer and operation.

说话人2 01:52  
That's great. And is your article in english? Yeah.

说话人1 01:59  
If in our country, maybe when you want to get your in apdd degree, and you need to publish the english paper. And nowadays in in my team, we are always published english at papers rather than the maybe our language papers. That's crazy.

说话人2 02:32  
Let me know if I can be helpful with submitting comments to reviewers or anything in the future.

说话人1 02:40  
Thank you.

I think sometimes maybe you are right, you have the enough impress about it. I think the now i'm the 4th years. The pd student, I have some impress soon. I ii have the feeling before because my I support, ii think my pk degree because I have the different bachelor and mastery. My pillar and master is the computer sense. However, my pt the degree is the traffic assignment, maybe a traffic program.

So busy before the 2 years of my pd ii need to study some basic, basic knowledge.

说话人2 03:49  
Can you see me to give it a frozen? Hello? Yes, guess now I can see, I think so it's for a second. Okay.

说话人1 04:02  
sorry. Ii have feeling sometimes ii think I always climb the mountain yet. And maybe nowadays ii climb the several mountains. Ii can say stay on the top and I can say something. Yeah. I think that such as I do some work, maybe to summar summarize my worker into one paper. So I know what I want to show for the review for the reader. And ii think I gradually know the trick how to or write the good papers for maybe the quality paper. And ii think maybe it's a parents. Maybe our team gave me its purse, and my in the past, maybe I read many papers.

Yeah, I think gradually I feel the well to write something。

说话人2 05:04  
that's great, like you're feeling more confident.

说话人1 05:07  
You are right because I know more and more and I decrease to, ii can find more and more my issues and create.

And some before the 2 years, I feel i'm confident because I always make the issues about some research. I have the bad hospital. Yeah. Sometimes ii ii will first do the expert rather than to do some mathematical knowledge. This is a mistake way. They don't have the right direction to or guilty. Let's give you the right way to do some work. So I I do this mistake way. Ii need to do the worker again and again. And in the family, I need I need to find the mathematical way to support my work. So I think I do something in the output I need to. So in the recent worker, the the 2 years year, last year and today year, I graduate to first, I will to study and to research the mathematical work.

And then I will do some theory. And I will I the right theory. And then I will do some experiment to support my. Sorry, I think this is the right way. I think I a graduate, ii think the write the paper is not the difficult not to make make me feel the brain or something。

说话人2 07:18  
like it's not like as challenging anymore or like.

说话人1 07:25  
Yeah, you are right. Con congress. Sorry.

说话人2 07:33  
I miss full that cognitively.

说话人1 07:38  
Yeah, I think another, in addition, my my team members, we are all improve our ability. We are work together yet. Even we have the issues, they will give me the net negative feedback. Iiii ii will save it. Thank you them. I will change it. Yeah. I think is good for me. I always to because I need to say, yeah. Ii I think the my bachelor degree is a computer since I don't have a strong math, mathematic, basic. So in our field, you need to have the ability. So you can you can write a some of the important papers, maybe a publish papers in some important general.

So I always to study improve this. My mathematical ability. That's great.

说话人2 09:04  
I think chi that you should be more confident like, I think so, because it's like, and I i'm speaking from experience too of how I felt everything you're saying of, like first 2 years of grad school, not that confident everything took a long time, constantly iterating doing things over again. That's normal.

But like you're going to go on the job search, you're about to like work on your dissertation (degree paper), work, like you kind of have to like tell yourself mentally. I'm the best like not everyone gets aphd in looking at how to how traffic flows and like not everyone gets a bachelors and masters, but just like think that you're the best.

And like let that like show off like exude. Yeah.

说话人1 10:08  
you are right, yeah. As. Yeah, you are right? And maybe if I in the future for my potential, both of the potential, the job may be, I will make the confidence to show my work yet. Just like you say, I need to practice this way for me. And sometimes i'm I always to show my feeling about my worker and not to show my how is great my work yet. That likes you, see you. I need to do it to lighten. My might have the more quantity and the ability to to support this position to can have the ability to to get this work. You are right. Thank you.

说话人2 11:15  
How so you just submitted the paper. Are you like looking into postdoc opportunities? Have you thought about summarizing your research?

说话人1 11:26  
Have you thought of memory, your research?

说话人2 11:31  
Like summarizing?

说话人1 11:33  
I know the two conclusion, your research? I think that my conclusion, my research about because I have the computer technology and the traffic program, engineering things.

So I I think I always do something about use the some computer seems to solve the trial computer, computers, technology to solve the some traffic problem. Yeah. I think this is a popular way and I always do this and about the surprise summarizing my research. And I will do some work about ii the above things。

说话人2 12:44  
like think about like a bio for yourself. It would be like, what research problems are you interested in? Like, what journals have you submitted your work to or have published?

说话人1 13:06  
Ii have wait 1 minute, which is my proof for you. Maybe this is, do you use the research guitar?

说话人2 13:29  
I do.

说话人1 13:31  
Yeah, and I do my cv, just like you say to maybe the 1 page to introduce my work, my research, my public papers and yeah, my educate ii have write it in some in sometimes I ii need to send it to my boss to something I need to apply.

Yeah. Yeah.

说话人2 14:07  
But like it's good to have like 45 sentences.

说话人1 14:14  
I I have the four research point, 4 to 5 sentences. Bill。

说话人2 14:28  
bio is short for biography or biography.

说话人1 14:34  
Yeah.

说话人2 14:37  
How about I show you something like。

like for the institution, i'm doing my post docker. This is like a bio. I don't know if it pasted, but you can see like it gives the idea of like what structure to include.

说话人1 15:02  
Iii got it by two business pity is supposed to their house. Change is understand and I prove。

说话人2 15:23  
I but having hello like having a bio.

说话人1 15:33  
Yeah, I can help with you. Iii think I do not make the bell. Ii think I only take the the cv for me. I had maybe the 1 page to introduce myself. I think the further my education ground at my research ., and then my published workers or another I and the last one are the rewards not to such as you to make the summarize. Aa sentence maybe is, though 54 to 5 sentence. I need do it.

说话人2 16:17  
I always like good for emailing professors that you would want to work with in your post. Off to you, email them and say, hi, my name is kai. At your bio. Then you tell them that you're interested in, working with them and ask them if they have opportunities available. Tell them why you're interested in working with them, like because you do research in xyz I think that it would be a wonderful opportunity for me to be able to work with you and collaborate.

说话人1 17:02  
Yeah, you are right.

说话人2 17:04  
But that's why the bio is like helpful to have. So if you want to email people.

说话人1 17:10  
yeah, you are right. I think that I need to make something too simply not to to make the long writing about introduce me because some people, if I know some professor they are very busy, they will click it and seek it.

One one times a year, if you like the important thing. In maybe the several sentence, they will remember this. And when they will, then they will know if you something.

说话人2 17:44  
you write something more or。

说话人1 17:48  
we wait, I forgot this, write a readiness raiders.

说话人2 18:04  
What is that?

说话人1 18:04  
I see this redundancy.

说话人2 18:08  
So if you write something that's like redundant, yeah. Then they will like ignore it.

说话人1 18:21  
You're right. And it is interesting. Maybe if I want to find a job or connect some professor, I will know their workforce. I will make the relative about my work with he, his work. I then I will write the email to introduce my worker is very have the some . to football your group.

And I if I join you, enjoy your group, ii can we can work together, make some interesting work. I I ii always do I how we do this way.

说话人2 19:17  
You could even include the subject line, like when you send an email, you have the subject line, and then you have the email. So like the subject line could be like e like electronic introduction to learn more about your work. **But I would push you or encourage you to get like a template** where you can have something that you just slightly revise for different professors. And then you can reach out and ask about different postdoc opportunities, because there's a lot of time like between like talking to people and actually getting an offer.

说话人1 20:05  
Yeah, you are right. I think there I decide to gain. It began to seek the post doctor's job. I think I need to practice more. I think you're right. Yeah, ii think maybe just like you see, I have if you don't tell me.

Yeah, I think I need to after the 3 to 4 months. Yeah, and then in that time, something push me to do this work. I think I will feel something is hurry to do something.

说话人2 20:46  
I'll push you to do it. And hopefully I can keep, we have like slang term called like nag. It means like to constantly remind in a almost annoying fashion. But I will like remind you.

说话人1 21:09  
thank you. So I think that maybe you gradually such as the professor, maybe you can golden your up a student make like their work. I think this way I need to to study year.  
And in my group, maybe we work together and we always to to god in the some person. They have the low graded. Maybe they are the master. They are the freshman of the pd we will help them to do some work or give some suggestions to me. It's very the normal thing in my group. That's good.

说话人2 21:58  
It's very collaborative.

说话人1 22:01  
Yeah.

说话人2 22:04  
But you guys want to help. So I think that like **pushing yourself to reach out to professors and like not being afraid, like it's better to send like five emails and be interested in maybe two of the people that you actually EMAIL.** Use the first few as like practice.

说话人1 22:30  
Yeah, thank you, I think you gave me the good suggestion.

And sometimes I think I wait the opportunity rather than to find the opportunity. I think I need to change it. Yeah, I know because draw some of the II I'd make a a group year every week, maybe half the week.

The month I will see some of the job about the post, a doctor position. I find II can see it. However I don't to contact there. So II think I need to try. First I will try it maybe. And to know what the skills and trick how let me to have the enough power to get it.

说话人2 23:35  
And it's like a shift in thinking, because you're so used to getting feedback from your professor, your PhD adviser. But like I'm saying, this is someone that's in a postdoc. **I've had to tell myself, it's important to network, to reach out, to people, to ask, to meet with them.** Even if I don't get an opportunity, it's important for them to know who I am.

So like tomorrow, I'm having coffee with someone in the area, just i've had like phone. It's been a shift for me, but I need to do it.

说话人1 24:16  
Yeah, you are right. Iii like this way, I will try it just like you see it. I think the year, yeah. I need to try it, just like I think there is a new way. Sometimes I think this way, I because my group and my tutor have the good social in our field. Sometimes we will work together yet. He got these words. Wait, come and send a EMAIL, a letter for me. And then I go to some work. I just like you say, I need to two of to find some a good professor and to discuss with them. I think just like to say, this is to the phone on discuss the normal year to know what he want need.

And what I want to, I think the post post doctors job is not only I want, but also I need to know the professor want so。

demand and supply balance. And you can work together and you can get the job. I need to know and just like you see if I have the contact the professor firstly, so I have enough time to prepare for this. Maybe I don't have the enough ability to meet his demand, so I can improve my ability to like this palace.

说话人2 26:28  
That's why I think it would be beneficial to reach out to five professors and have the first few not be ones that you're so interested in and actually meet with the ones that you're not interested in first and see how the interaction goes so that when you meet with someone that you're interested in, like what to say and what not to say.

说话人1 26:55  
yeah, you are, right?  
I think good way.  
Yeah, I think the maybe sometimes and I think I'm the I am confident to do another thing just like the sports, make the main social media, however something I'm do good at do something because in the Chinese mind, the professor we need to respect the old man and the some professor, yeah, maybe don't like in your country or some Europe.

Think the professor, if I am the ptd student, II have the equal the right to discuss with professor, because I have a however, in the China, we think they are the teacher, we are student, we need to do something, you are right。

说话人2 28:03  
more power distance.

说话人1 28:04  
I need to change this mind.

说话人2 28:08  
Yeah, it's a different cultural. Like.

说话人1 28:10  
yeah, you are right, but。

说话人2 28:15  
yeah, reach out to people. It's okay to mess up, but do it with people that you don't care about.

说话人1 28:22  
Yeah, I think just like you say, I need to practice more and I will ignore this worried and to build my confidence to do it. Yeah, I think is a not work. I because I always see some a post doctor job because they can't find the the good continent. Maybe they will, in a interview, many pd students, they will find the the best one.

So I need do this way to have many inter review. And I will feel find the the optional job for me. Yeah.

说话人2 29:17  
It's good to reflect to after having these interactions and think what didn't go well to make sure that fit is good.

说话人1 29:27  
You are right. Thank you. Course.

说话人2 29:32  
I hope you have a good day. I hope you have a productive day. And next time like, let's talk about the EMAIL and like the structure of the EMAIL.

说话人1 29:41  
Thank you, see you tomorrow. I have a good day. Bye.