LETTER FROM THE STC CHAIR

INSAR Student and Trainee Members,

I hope you are as excited for the INSAR Annual Meeting as I am! After the 2020 meeting was canceled, and the 2021 meeting went remote, I know I am thrilled for the chance to convene in person again. I look forward to days filled with absorbing the state of the science in our field, catching up with colleagues and friends, and making new connections.

The Student and Trainee Committee (STC) strives to promote education and training in the field of autism research by representing the perspectives and needs of student and trainee members; offering learning, networking, and mentorship opportunities; and increasing the global representation and accessibility of INSAR activities. The COVID-19 pandemic has affected our work in each of these areas, with some beneficial and some unfavorable effects. As a committee, STC members have persevered over the last two years by working collaboratively, thinking creatively, and approaching problems flexibly. It has been a joy and an honor to Chair the committee during this time.

As my two-year term as STC Chair ends, I want to share my gratitude with the INSAR Board (especially Drs. Brian Boyd and Cheryl Dissanayake, our Board Liaisons), the STC members with whom I have had the privilege to work, and with you, the INSAR Students and Trainees! I hope that you participate in and enjoy the events we have planned for this year (in-person and/or virtually). If you’ll be in Austin, we would love to see you. Stop by our STC Booth and join us for the Student, Trainee, and Early Career Social!

Alana McVey, STC Chair
The Student and Trainee Booth is back in-person this year! Stop by to chat with STC members, try your luck at our ring toss game, and pick up your INSAR Bingo Card for the chance to win prizes. We will be located in the Exhibit Hall on May 11, 12, & 13!

**STUDENT AND TRAINEE BOOTH**
Co-Leaders: Molly McCabe & Desi Jones

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**PRE-CONFERENCE WORKSHOP**
Leader: Michal Cook

The Preconference Workshop will provide students and trainees with an in-person opportunity for individualized mentorship from leading autism experts specifically surrounding how to 1) market oneself for academic and industry research positions and 2) develop and maintain meaningful stakeholder and community partnerships. This two-part workshop consists of a panel presentation with Q&A followed by small group discussions facilitated by faculty experts. Seating is limited and pre-registration is required. Please note: this event is only available to current INSAR Student Members also registering for INSAR 2022 and attending in-person.

**STUDENT, TRAINEE, & EARLY CAREER SOCIAL**
Co-leaders: Meredith Pecukonis & Hillary Schiltz

This year’s Student, Trainee, and Early Career Social will be held in-person at Smash ATX (213 W. 5th Street) on Thursday, May 12th from 7:00pm-9:00pm. Come by for free food, ping pong, and the opportunity to network with other students and trainees! Compliments of the INSAR Board. **No pre-registration required; must be 21 years or older to attend.**
The Meet-the-Experts lunch will return in-person this year! MTE is a relatively informal roundtable event in which autism research experts share experiences regarding their career, research from their laboratory, and advice on how to build a successful research career. This event provides students and trainees with direct access to leaders in the field. This year’s MTE will take place on Thursday, May 12th from 12:30-1:30 pm. Due to limited seating, pre-registration is required for this event. MTE is only available to current INSAR Student Members also registering for INSAR 2022 in person. Keep an eye out for a virtual offering later this year!

**MEET-THE-EXPERTS**

Co-leaders: Desi Jones & Hillary Schiltz

The 2022 INSAR Institute series will consider autism research and autistic experiences by focusing on Autistic People’s Research Priorities. The STC and Autistic Researchers Committee have co-developed this theme and will work collaboratively to deliver this year’s Institute.

Topics include: participatory research, augmentative/alternative communication, adult diagnosis, burnouts/meltdowns/shutdowns, mental health, and sleep differences.

Opt in for INSAR emails, follow @AutismINSAR on Twitter and @autism.insar on Instagram, and keep an eye out on our website for more information:

https://www.autism-insar.org/page/Institute

**INSAR INSTITUTE**

Co-leaders: Nick Fears & Molly McCabe

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**FOR MORE VISIT:**  https://www.autism-insar.org/page/STC
A LETTER FROM A NEW STC MEMBER

It's (almost) the most wonderful time of the year—the INSAR Annual Meeting!

I joined the STC in January 2022, with the hope to help and support the STC’s great effort in organizing significant and memorable events for all INSAR’s students and trainees members. As a doctoral student, and before I joined the STC, I have found the STC events to be a place where I could focus on one thing at a time, relax, and enjoy the opportunities to connect with people who share the same interests as me in the sometimes chaotic environment of a professional conference. As an international and first-generation student, attending a professional conference can be intimidating and overwhelming, and having the support of the STC has made a difference for me. The diversity of opportunities and the well-organized structure of the events gave me the confidence to network, explore, and enjoy these conference days full of opportunity.

Written by Sapir Soker-Elmaliah

MEET OUR NEWEST MEMBERS

Gabrielle Agnew
Molly McCabe
Rachel Mukwezwa Tapera
Meredith Pecukonis
Elizabeth Perkovich
Mallory Stevens
Sapir Soker-Elmaliah
Divya Swaminathan
As a committee devoted to supporting the education and development of student and trainee autism researchers, the STC is uniquely poised to lead the way in promoting anti-racist education and identified actionable items in autism research. To achieve this goal, the STC maintains a repository of anti-racism resources that are directly pertinent to our constituency. The **STC Anti-Racism Repository** is a collection of resources to aid researchers in actively creating and participating in anti-racist practices. This repository focuses on the intersecting domains of anti-racism and autism research. The committee regularly updates this repository with new resources, and invites you to submit any resources for inclusion. Please see the website for more details.
INSAR STC WORD SEARCH

INTERNATIONAL
DIVERSITY
TRAINEES
MEETING
HYBRID

PRECONFERENCE
STUDENTS
ADVOCACY
SOCIAL
INSAR

NEWSLETTER
INSTITUTE
RESEARCH
EXPERT

INCLUSION
BREATHER
SOCIETY
AUTISM
Being a student or a trainee is difficult, especially as we enter year 3 of the COVID-19 pandemic. Remember to practice self-care to prevent burnout and preserve mental and physical health. You can't help others or perform at your best if you're running on empty, so give yourself permission to periodically step away from academics and take a breather! Here are some tips to refill your tank and keep your eyes on the prize:

Note to self:
- Go outdoors
- Spend time with loved ones
- Ask for help
- Practice your favorite hobby (or find a new hobby)
- Exercise
- Have an at-home spa day
- Practice mindfulness/gratitude
- Journal
- Express yourself artistically
- Volunteer
- Take a vacation/staycation
- Celebrate the little things

Written by Gabrielle Agnew

We would love to hear from you! Please click the INSAR logo to provide feedback on our newsletter.

STC Newsletter Co-leaders: Sapir Soker-Elimaliah and Mallory Stevens