Adjusting to academic life in the US
When you first arrive
Things that I needed as a foreigner
Language and Cultural Differences

• Verbal and Non-verbal differences

• Social customs

• Being BOLD
Difficulties for non citizens in the lab

• Funding – selecting grant agencies
• Approaching your PI and colleagues about disagreements
• Visas – when does yours expire? Do you want to begin the green card application?
• Global competition – only so much lab space for the world
Goals of today!

• Dare to approach people when you have a problem, regardless of whether you think it is awkward
• Be bold about challenging your mentor with your ideas in the lab
• Get tips from mentors about public speaking