

Abstract Information

First Name :	Sonia
Last Name :	Bansal
Email :	sbansal@som.umaryland.edu
Address :	1111 Orren St NE
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Title :	Building a Scientific Career in Neuroscience: How to be reflective
Co-Authors :	SONIA BANSAL, UNIVERSITY OF MARYLAND, USA; Martha I Davila-Garcia, HOWARD UNIVERSITY, USA

Abstract :

As scientists we spend little time being self-reflective, truly thinking about what we want and where we want to go outside of science. Knowing yourself is the best way to define your goals and build your career. Knowing your own strengths and weaknesses helps you make better decisions. Develop your own narrative, describe yourself to others, talk about your passions and career goals with others. You will find strength in knowing yourself better.

Being a reflective scientist involves ongoing self-assessment and critical thinking on a personal level, as well as throughout the research process. It requires regularly questioning one's assumptions, methodologies, and conclusions, while also being receptive to feedback and different viewpoints. Reflective scientists evaluate their practices and decisions, acknowledging both their strengths and areas for growth. This introspective approach strengthens the rigor of scientific inquiry, promotes ethical responsibility, and encourages innovation. Furthermore, it strikes a balance between the excitement of new discoveries and the humility to recognize the limitations of one's work. Reflective practices not only foster personal development but also drive progress in the field by enabling more thoughtful, responsible, and impactful contributions. Being reflective as a scientist involves developing habits that encourage self-awareness, critical thinking, and continuous improvement in both your research and your professional practice. In this presentation, I will draw upon my own background and experiences to highlight some ways to be reflective, including strategies for reviewing your work, seeking feedback and constructive criticism, identifying and challenging assumptions and adopting a growth mindset, among others.