



UNIVERSITY OF LEEDS

Managing a research laboratory

Professor Nicola J. Stonehouse

Chair of Communications Group and Elected member of Council



Overview

A bit about me and my journey...

Challenges and rewards

A typical day?

Urgent vs important...?

Work-life balance

School...



Languages vs Sciences vs Drama?

Self motivation...self-discipline

Why Science?

- Solving puzzles
- Answering questions
- Finding out new things
- Developing new medicines or technologies

Biological Sciences at UEA...





Swansea University
Prifysgol Abertawe

Swansea



If you don't love what you are doing – do something else!



Oral Biology, Faculty of Medicine

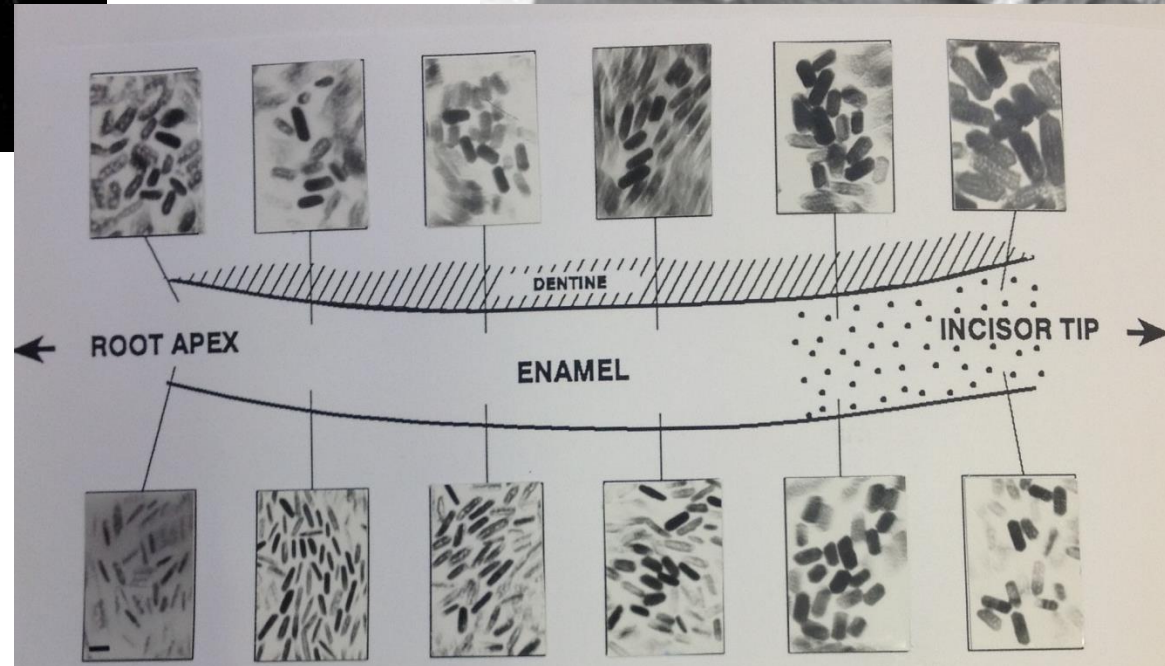
Grade C research technician – amino acid analysis





Networking and conferences

Part-time PhD – dental enamel development



Could combine the PhD project with ongoing research...but not always!

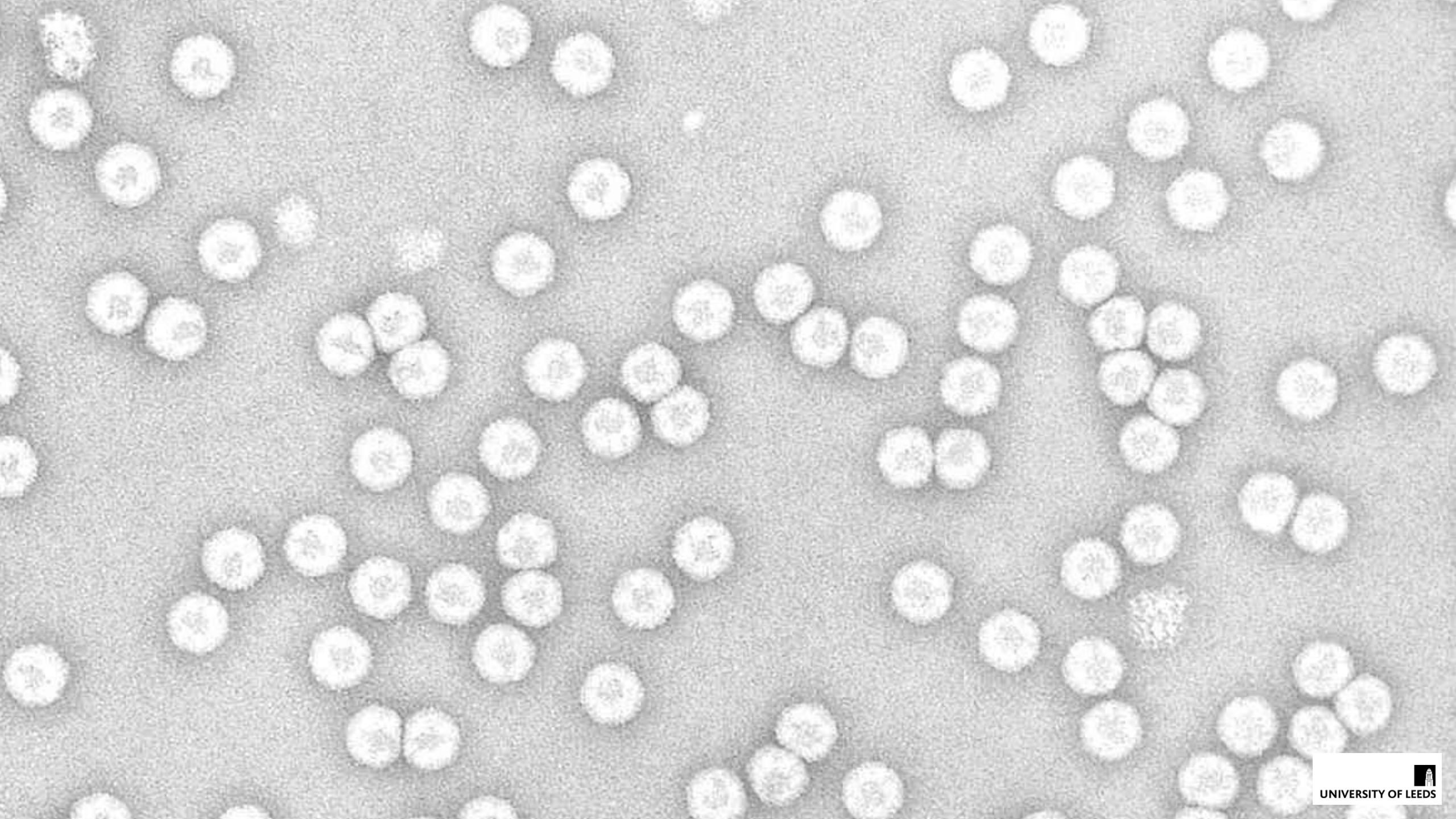
PhD 1992



**Grade 5 Technician
Permanent contract**

Three publications

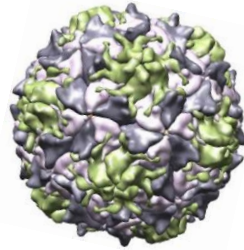
Taking risks...



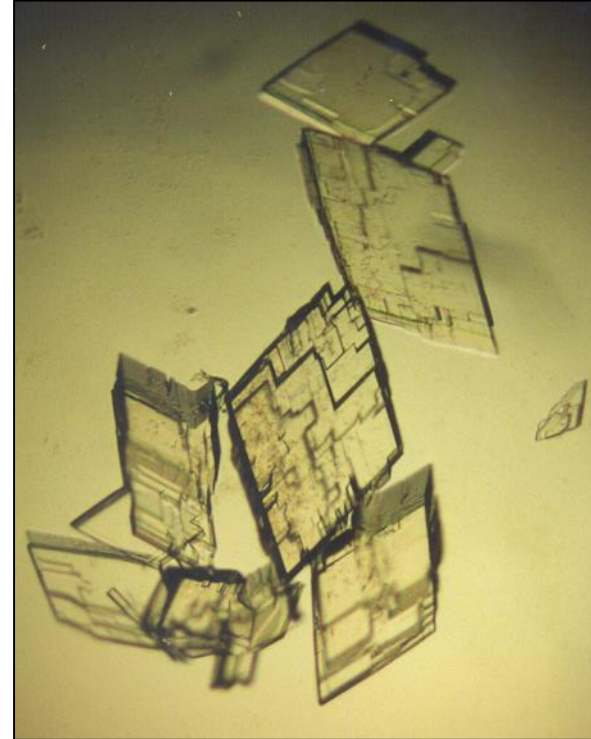
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1992

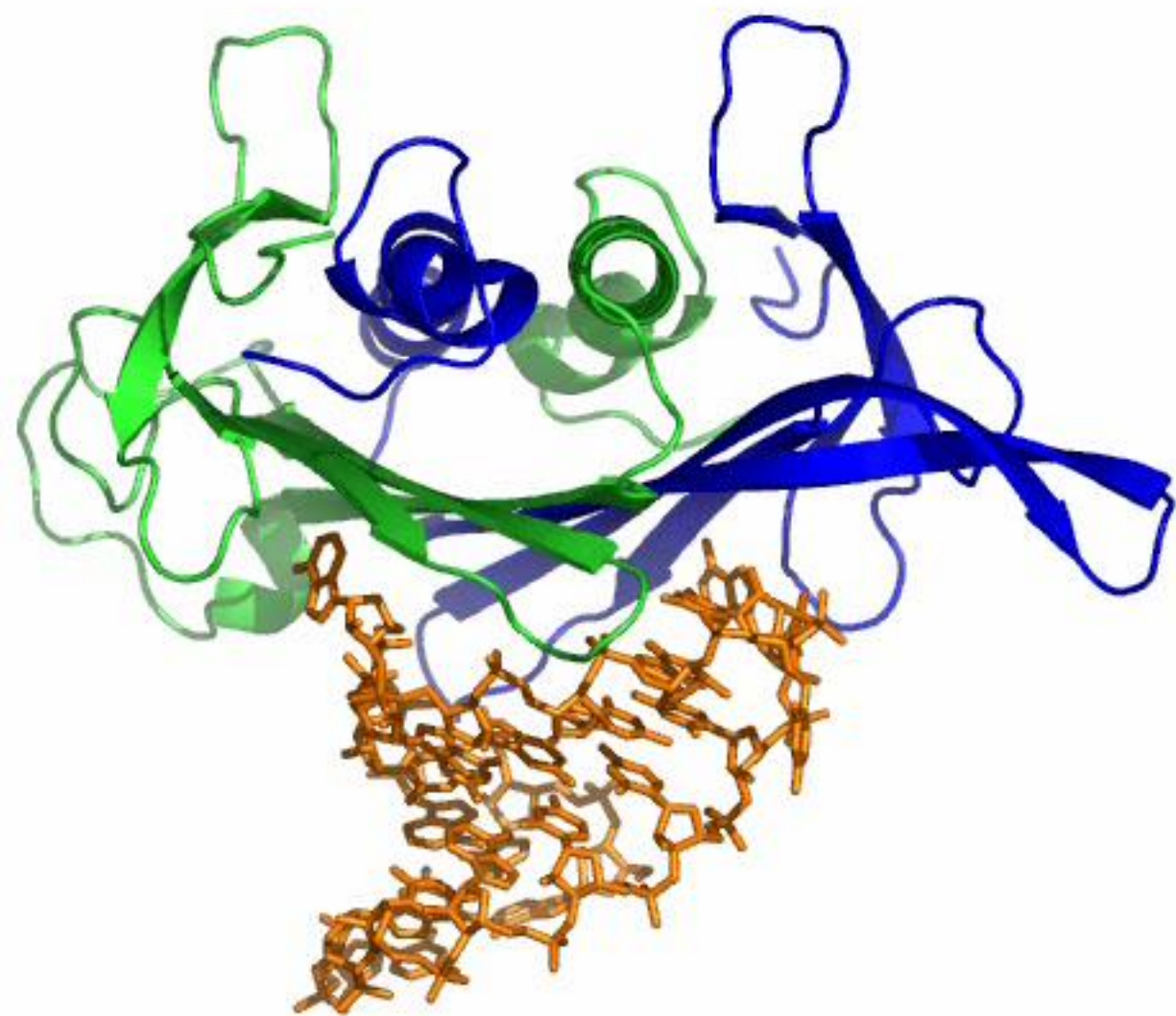
PhD Oral Biology

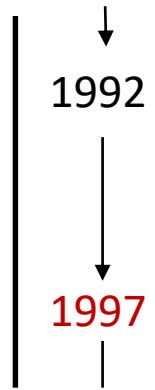
Postdoctoral Researcher



From inorganic crystals to protein crystals...







1992

PhD Oral Biology

Postdoctoral Researcher



1997

MRC Career Development Fellowship





An MRC Career Development Fellow in the Astbury Centre





...probation...and the joys of undergraduate teaching...!



...the balance between being prepared and perfectionism



How to say No....and RESILIANCE!



From I to We...

RNA virus replication - FMDV

Dani Pierce, Sue Matthews, Christian Lawson-Statham

RNA aptamers as novel topical therapeutic agents

Virus structure

Joe Snowden

VLP vaccine development

Lee Sherry, Keith Grehan, Nat Kingston, Mona Shegdar, Kaniz Fatema, Jehad Alzahrani



Part of three large consortia e.g.



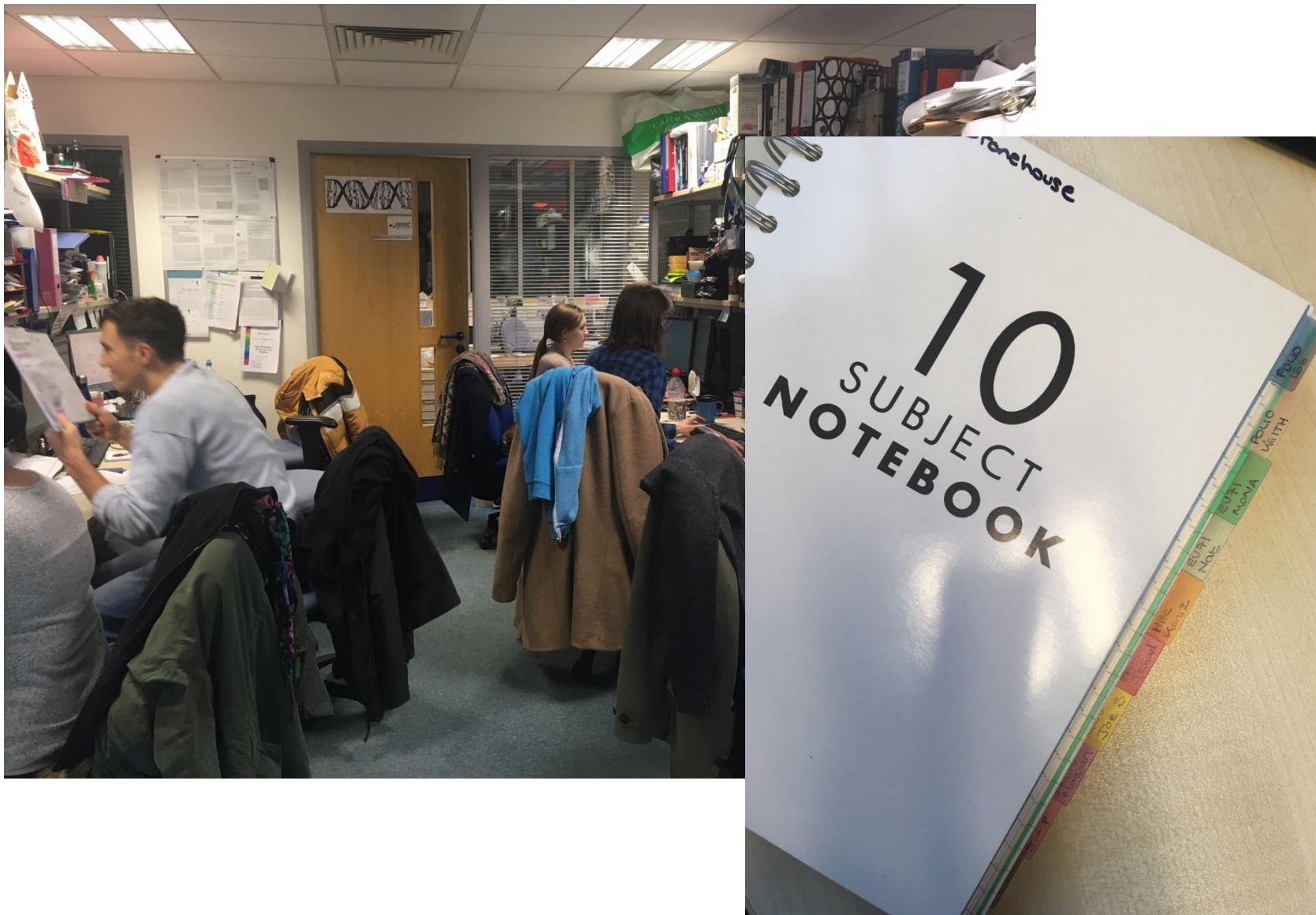
sLola team - FMDV replication

Teamwork...and when to take the lead and when to be led...

Projects are actually people



Open door policy? Making time for people





Art meets science



Over 2500 views on Twitter!

Creativity...

The benefits of delegation...

Managing a research group is not one job but many?

Research

Supervision
Papers
Grants
Budgets
Team work/Project management

Teaching

Lectures etc
Marking
Module evaluation/planning

Admin

UCAS/open days
Committees...

Networking

Conferences
And coffee!

External

Grant panels
Reviewing
Microbiology Society Council

Mentor

Formal and informal

March 2019

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25 26 27 28 1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

April 2019

MO TU WE TH FR SA SU

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 1 2 3 4 5

6 7 8 9 10 11 12

My Calendars

☒ Calendar

New Group

Other Calendars

☐ schedule.ics

Shared Calendars

11 - 17 March 2019

Leeds, England

Today 54° F / 39° F

Tomorrow 55° F / 38° F

Saturday 49° F / 38° F

Search Calendar (i)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11	12	13	14	15
08		Grant review			
09	Circulate agenda and call info			Job shortlisting	Lab Meeting MR3 REM
	Pelumi here	Meeting re GCRF/ MadeAtUni case studies. Discussion with Prof Nic Garstang 8.53b	Robert Will re Comms		
10	ATU exam question scrutiny meeting Worsley TR 8.43J Felicity Jackson		biopharm telecvon		
			Undergraduate Taught Student Education Meeting (UGTSEC) Astbury 11.106B Shareen Kininmont		
11		BIOL5296M Anticancer aptamers W SR 9.60	check my talk	david monthlymeeting	Telecon greenaltech telecon
12	EV71 telecon?		monthly meeting JSS Nic Office Nicola Stonehouse	misc toby paper, more info for inc grant	Photo shoot
		[Imcbacademic] SMCB Staff Meeting Astbury Meeting R Joanne Gorner	keep free		see Dave MISC
13					
14	New Event See Pelumi	Judy here talk 3-4 then microsoc	Nat Sci interdiscp. talk 250 - 330		Interview with Elena MR1 Annabel Box
15	Jake				Notes and Jihad report and incucyte Grant and Toby paper
16	[Imcbacademic] SMCB Ad Hoc Seminar- Garstang Seminar Room fbsris			Christian progress meeting	
17					
18	Anders to dinner - home		MISC	Collect printout	
19		Dinner with Judy and Peter at Sous le Nez			Dinner To Dave and Bry
20					
21					
22					
23					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8	9	10	11	12
	◀ From 7 Apr		M Soc Belfast		
					<div>Astbury at 20</div> <div>Target date for completion of MBIOL p...</div>
08					
09					<div>Lab Meeting MR3</div> <div>[Astbury] Astbury @ 20 Celebration Conference Auditoria Lucy Gray</div>
10	Managing lab				Simon 1100
11					
12					
13		meet with Charlotte			
14					
15					
16					
17					
18					Vent du Nord
19		Presidents dinner			Le Vent du Nord Saltaire Mark Harris
20					
21					
22					

Urgent vs important?

It's 0815 and you've just arrived at work.

You have a final year lecture at 0900.

A tutorial for 6 students at 1500, marking of students' work not yet done -

But you have free time beforehand...

There's a stream of water running out of the Gents' toilets.

You receive an email with reviewers' comments on your paper.

Your PG student is in tears and wants to see you urgently.

A friend/colleague pops in for a chat – you sense there's something very wrong.

You receive an email from Jes-1 to notify you of an error with the grant you submitted yesterday.

The Head of School phones and wants to discuss an urgent HR matter.

Your daughter phones and says she's just been in a car accident.

Things I wish I'd known when I was young(er)!

Be enthusiastic – or do something else...

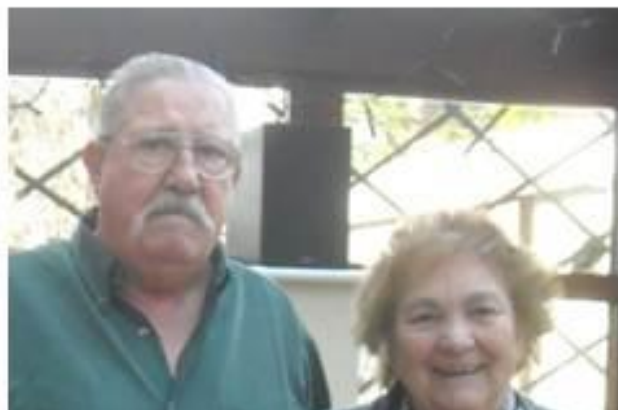
Take risks!

Work in teams, but maintain your own identity

Knowledge —————> confidence

Be prepared! But not too much of a perfectionist

The importance of mentors – colleagues, friends & family



Work-life balance?



Work-life balance?

