



Division of Graduate Medical Sciences

[Office of Postdoctoral Affairs](#)

The office of Postdoctoral Affairs is pleased to announce Speaker Series. The series aim to provide the postdocs with information and resources and to exchange of ideas and the intellectual enrichment of the postdoctoral community. Our next event speakers are: Associate Professor in Department of Microbiology and Medicine at BUSM, Barbara Nikolajczyk and Dr. Rachel Weiss of Biomed Program and CityLab Academy who will be speaking on Lab Time Management.

Title: **Lab Time Management: a Practical Perspective**

Date: Thursday, October 27, 2011

Time: 8:45 – 10:00 AM

Location: 72 East Concord St., Room L-203

Additional Information [Registration Required](#), Breakfast Provided.

Brief Description: From a practical perspective, one of the most daunting challenges for beginning investigators is learning how to cram an impossible load of new obligations into a 24-hour day. Finding ways to manage the conflicting demands on your time can be a key to developing a successful career and a rewarding personal life.

Bios:

Dr. Barbara Nikolajczyk, PhD, is an Associate Professor in the Departments of Microbiology and Medicine at BUSM. Her NIH-funded research interest is on the role that the immune system plays in type 2 diabetes. Dr. Nikolajczyk has practical experience in multi-tasking that includes juggling experiments, grant reviews and teaching during grant-writing time. She has also successfully navigated the lab time management challenges of two offspring and a full-time working spouse.

Dr. Rachel Weiss serves as the mentor coordinator for [CityLab Academy](#). In addition, she provides counseling services to students enrolled in CityLab Academy, a 1-year certificate program in biotechnology and laboratory science, as well as the Biomedical Laboratories and Clinical Science Bachelor's degree program in the Metropolitan College at Boston University. In 1991, she received her Master degree in counseling psychology from Northeastern University, and in 1996, she earned her doctorate in counseling psychology from Boston University. She

specializes in counseling college students, as she worked in a number of college counseling centers in the greater Boston area. In addition, she taught psychopathology in the GMS program at Boston University School of Medicine in the Behavior Science and Mental Health Counseling Master's program.

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