



Eat2beNICE

Effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing Behaviours

H2020 - 728018

D 8.10 - Mentorship program for early career researchers

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Executive Summary

During the project, each young researcher had to choose a mentor (a senior academic) to learn from someone who is working at another institute and might have a different perspective on their work. We have facilitated the new generation of scientists to develop a personal portfolio, namely the Training and Supervision Plan, and to regularly update it, in order to have more information about their training needs and wishes they to ensure progress. Young researchers have been corresponding with mentors throughout the project period, via email, teleconferences and there were dedicated mentor-mentee consultation time intervals at the General Assembly meetings as well, where early career scientists could benefit from the advice and insights of more experienced professionals. We have given young female researchers the opportunity and facilitated to choose a female senior academic within Eat2beNICE as a mentor to enhance the retention of female researchers in academic research.



1. Deliverable report

Each young researcher had to choose a mentor (a senior academic) to get helpful perspectives in their academic work. There were dedicated mentor-mentee consultation time intervals on the General Assembly meetings (2022, 2023). Three joint teleconferences were held, in addition to individual mentor-mentee online meetings:

- 1) December 11th, 2018: first next generation scientist TC. Jonathan Marx gave a talk on social communication issues. Discussion on training plans and mentorship issues.
- 2) April 11th, 2019: second next generation scientist TC. Discussion on mentorship, individual work, social communication, and time management issues.
- 3) April 28th, 2020: presentation by Tünde Kilencz on ADHD neurocognitive assessment and discussion of Methods lab concept.

Next generation scientists developed their own Training and Supervision Plan, altogether 18 were written in the consortium.

2. Tables and other supporting documents where applicable and necessary

Not applicable.

3. Acknowledgement and Disclaimer

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