DEVOTION
COST ACTION CA18211
Perinatal Mental Health & Birth Related Trauma:
Maximising Best Practice & Optimal Outcomes

Informal café for Early-Career Investigators – a peer-support meeting

Lead by Prof Sandra Nakić Radoš & Maja Žutić

Early Career Investigators shared some tips & tricks:

MOBILITY

- ✓ Join **COST Actions** and **Societies** in your field for information on Workshops & Training Schools.
- ✓ Make sure you have a strong **peer support group!**
- ✓ When to travel for research? Everyone is different, but keep in mind if you go **earlier**, you might not focus on the most important aspects of your thesis, but going **later** might be more challenging as you have more work and are multitasking with more things.
- ✓ Do **not compare** your PhD/research journey with others.

PUBLICATION

- ✓ Submit and submit until **acceptance**!
- ✓ Align your paper to mathc the journal **aims and scopes**.
- ✓ Look for **special issues** in journals.
- ✓ Don't worry about the high **Impact Factor**.
- ✓ Rejected? **So what!** Everyone gets rejected from time to time, even the best researchers!
- ✓ Don't agree with the reviewer? **Be polite;** if you sill have conflict, explain it to the editors.
- ✓ Go to **publishing courses**!

CONFERENCES

✓ SRIP, Marcé Society (International & National), Preterm birth conference, European Congress of Psychology (Slovenia, 2022).

✓ Poster or presentation? **Depends** on the audience, aims, personal preferences, type of research.

✓ Prerecord or live? Have a **prerecorded backup** but always try to **do it live**, as it gets you into contact easier.

✓ How to mingle at conferences? **Direct message** people.

✓ Use **Twitter/Social Media** to get into contact.

✓ Go to **coffee breaks** and approach people!

SOCIAL MEDIA

✓ **Twitter** is most common for **academics**.

✓ **ResearchGate** is like LinkedIn for **researchers** (homepage to promote yourself).

✓ **Facebook** is useful for **recruitment** (depending on the sample).

✓ **Instagram** is useful for **recruitment** and following **NGOs**.

✓ Where to share your research? ResearchGate & Twitter.

✓ **Post** frequently to increase visibility and **interact**.

✓ Try and get your posts **retweeted** by popular accounts.