

# LABNOTES

**MENTORING Q&A** YOUR QUESTIONS ANSWERED  
**POLICY IQ** PHYSIOLOGY ON THE HILL AND IN THE HALLS  
**RESEARCH FIZZ** BUZZ-WORTHY RESEARCH  
**STATS & FACTS** PHYSIOLOGY BY THE NUMBERS  
**UNDER THE MICROSCOPE** OUR MEMBERS, UP CLOSE  
**PUBLISH WITH POLISH** BUILD A BETTER RESEARCH PAPER

## STATS & FACTS

# 63

The number of days between the sequencing of the COVID-19 genome to the beginning of the first clinical trial for a vaccine in the U.S.

Nature

## RESEARCH FIZZ



**Effects of aging and lifelong aerobic exercise on basal and exercise-induced inflammation**

This study of lifelong exercise in men found that their long history of physical activity had an anti-inflammatory effect on the muscles and circulation.

*Journal of Applied Physiology*, January 2020  
<https://doi.org/10.1152/jappphysiol.00495.2019>



## MENTORING Q&A | POSTDOCTORAL DECISIONS

# Location, Location, Location?

### What to consider when choosing a postdoc.

Each issue, we'll ask a trainee to pose their career questions to an established investigator and mentor. Here, Maria Jones-Muhammad, a PhD student in the neuroscience program at the University of Mississippi Medical Center, asks Rudy M. Ortiz, PhD, a professor and chair in the School of Natural Sciences, University of California, Merced, how important location is when choosing a postdoctoral position.

Above: Illustration by Kagan McLeod; far left: iStockphoto

**Q: My question pertains to advice about choosing a postdoc once we graduate. I had been told by other professors that the postdoc itself is more important than where it is located. Is it true that location should not be a high priority when choosing a postdoc?**

**A:** This is a great question that doesn't have a clear black or white answer because everyone is different and everyone has different priorities. Personally, I think that the person I'll be working with is more important than the geographic location,

I weighed who my postdoc mentor was, his history of training individuals and their histories, and the reputation of the department and institution before considering the geographic location. However, the location did weigh into my decision.

With the understanding that the tenure of the postdoc was only for two to three years and not permanent, I knew that my family and I could be happy in that location, allowing me to be successful and productive.

overcome a challenge. And this lesson will very likely be an important one later in your academic career and in your personal life as well.

Selecting a postdoc position in a seemingly less-than-ideal location at first may be a bit challenging, but at the end of your tenure, it may actually end up having been the best decision.

Thus, while location may not be the highest priority for selecting why you go to a particular institution to work with a specific mentor, it should be considered for various reasons. Ultimately, the weight applied to it as a contributing factor will vary from person to person based on their priorities and personal well-being.

But keep in mind that a postdoc is intended to be a temporary position, so selecting to work in a less-than-ideal geographic location could be viewed as a challenge that may lead to life-changing experiences and lessons that will last a lifetime.

For more information and suggestions, check out the National Postdoctoral Association's career page at [www.nationalpostdoc.org/page/Career\\_Resources](http://www.nationalpostdoc.org/page/Career_Resources).

**Got a career question you'd like to submit? Email it to [education@physiology.org](mailto:education@physiology.org) and we'll consider it for an upcoming Mentoring Q&A.**

#### RESEARCH FIZZ



### 66 **Bilateral differences in hamstring coordination in previously injured elite athletes**

Research found that athletes with previous hamstring injuries had differences in coordination in their legs, even after completing rehabilitation for their injury.

*Journal of Applied Physiology*, February 2020  
<https://doi.org/10.1152/jappphysiol.00411.2019>

#### STATS & FACTS

# 188

**The number of countries to have announced nationwide school closures in response to COVID-19 as of April 3, 2020**

*United Nations Educational, Scientific and Cultural Organization*

#### STATS & FACTS

# 89.5%

**Total learners, pre-K through university-level, out of school because of COVID-19 school closures**

*United Nations Educational, Scientific and Cultural Organization*

**“Being out of one’s comfort level sometimes allows oneself to grow and develop confidence by demonstrating an ability to overcome a challenge. And this lesson will very likely be an important one later in your academic career and potentially in your personal life as well.”**

but location should be considered and will be weighed differently. For example, if you can't tolerate extreme cold, taking a postdoc position in a geographic location where there is extremely cold weather may not suit you well. And the contributing factor to a successful postdoc is your personal well-being, so if you are not happy, it makes focusing on your work that much more difficult and potentially leads to less-than-ideal performance.

Ideally, you find a great mentor in a location you love and you get to experience a win-win situation, but I'm not sure how common that is.

But a less-than-ideal location can be viewed from another perspective: This limited-time experience can be an opportunity to be adventurous and expand your horizons. Being out of one's comfort level sometimes allows a person to grow and develop confidence by demonstrating an ability to