Contents

| Ac | knowledgements | vii |
|----|---|------|
| Au | ithor biographies | viii |
| Fo | reword | X |
| | | |
| 1 | What do we mean by science and | |
| | 'being a better scientist'? | 1 |
| 2 | What characteristics should I have as | |
| | a scientist and am I that person? | 15 |
| | 19th Chaousis and Charlie Outhwaite, whose advice | and |
| 3 | Understanding the hypothesis | 29 |
| 4 | How do I find my way? | 43 |
| | own students, especially Rumi Tanoue, who not | 13 |
| 5 | Integrity in science | 55 |
| 6 | Lack of confidence and the | |
| | embarrassment factor | 69 |
| | | , |

Contents

| 7 | The basics of doing an experiment | 81 |
|----------------------------------|---|-----|
| 8 | Time management | 97 |
| 9 | Giving a presentation or a poster | 109 |
| 10 | Writing a (good) scientific paper | 139 |
| 11 | Writing grant proposals | 165 |
| 12 | How to cope with rejection | 179 |
| 13 | Interacting with the science community through social media | 189 |
| 14 | When things are not going well | 199 |
| 15 | How to be a better supervisor | 209 |
| 16 | Wider aspects of science management | 221 |
| 17 | Final thoughts | 237 |
| derstanding the hypothesis xsbnI | | 240 |