



RISE GUEST SPEAKER



Gilberto A. Santiago, MS,
PhD

On February 9th, Dr. Gilberto Santiago hosted an in-person conference titled: "Tracking viruses with genomics: Modern tools for public health." Currently, he is a microbiologist that leads the Molecular Diagnostics Research Team at the Centers for Disease Control and Prevention, Division of Vector Borne Infectious Diseases, Dengue Branch in San Juan, Puerto Rico. His research focuses on studying the genomics of different viruses like Zika, Dengue, and SARS-Cov-2 to trace the emergence, spread, and evolution of these viruses in Puerto Rico. To conclude his lecture, Dr. Santiago met with RISE trainees and offered advice on how to be successful in the scientific field.

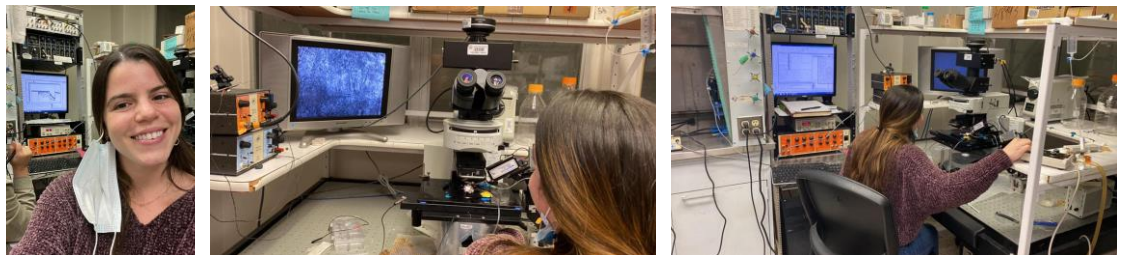
By: Paola Flores (1st year RISE trainee)

EXTERNAL TRAININGS

Our trainees have the opportunity to benefit from External Trainings to increase their competence in application of research techniques. Yesenia Rivera Escobales (3rd year RISE trainee) received a first-hand training on fiber photometry technique at The Ramirez Group, led by Dr. Steve Ramirez (Boston University, Rajen Kilachand Center for Integrated Life Sciences and Engineering) from January 10-22, 2022.



Jessalyn Pla (4th year RISE trainee) received hands-on training on whole cell patch clamp electrophysiology at Dr. Carlos Jimenez Rivera's laboratory (UPR-Medical Sciences Campus) from December 16-22, 2021, under the mentorship of PhD students in Physiology, Karl Bosque & Cristhian Calo.



Congrats, Yesenia & Jessalyn! Keep up the good work!

THESIS PROPOSALS DEFENSE

Congratulations to 3rd year RISE trainees, Nelly Arroyo and Yesenia Rivera-Escobales who successfully completed the Ph.D. Qualifying Examinations and were promoted to the candidacy toward the PhD in Biomedical Sciences. Good job!

TRAINEE PUBLICATIONS

- **Rivera-Ortiz J, Pla-Tenorio J, Cruz ML, Colon K, Perez-Morales J, Rodriguez JA Jr, Martinez-Sicari J, Noel RJ Jr.** Blockade of beta adrenergic receptors protects the blood brain barrier and reduces systemic pathology caused by HIV-1 Nef protein. *PLoS One*. 2021 Nov 16;16(11):e0259446. doi: 10.1371/journal.pone.0259446. PMID: 34784367; PMCID: PMC8594844.
- **Appleyard CB, Cruz ML, Velazquez-Cruz J, Rivera-Mendez RM, Jimenez-Garcia JG, Rivera LA, Mendez-Casillas M, Flores I, Al-Nakkash L, Chompre G.** Voluntary Wheel Running Reduces Vesicle Development in an Endometriosis Animal Model Through Modulation of Immune Parameters. *Frontiers in Reproductive Health*, volume 3, 2022. <https://www.frontiersin.org/article/10.3389/frph.2021.826541>. doi 10.3389/frph.2021.826541. ISSN=2673-3153

FORMER RISE TRAINEE NEWS!

We are very happy to share that former RISE trainee, Luis Rivera, has been selected to serve as the 2022-2024 Graduate Student Ambassador acting as a link between the American Physiological Society and local students. More information about program can be accessed through: <https://www.physiology.org/professional-development/awards/trainees/gsa?SSO=Y>
Congratulations, Luis!



FORMER RISE TRAINEE NEWS!



Claudia B. Colón Echevarría, PhD, MPH

We are very happy to share that former RISE trainee, Dr. Claudia Colón, has accepted a new position as Scientific Development Administrator at Moffitt Cancer Center, effective January 24th, 2022. The Office of Scientific Development (OSD) provides comprehensive project management and scientific editing support for large-scale, complex grants such as P01s, SPORes, and other multi-project mechanisms throughout their life cycle from proposal initiation to submission as well as ongoing support post grant award. OSD offers basic team management and infrastructure, administrative support, project resource management, figure development for grants, and outcome tracking. OSD also works to support the Moffitt Cancer Center Support Grant, which gives the Center its NCI Comprehensive Cancer Center Designation.

Congratulations, Claudia, all the best in your new position!

PD SESSION: MY PROFESSIONAL IMAGE

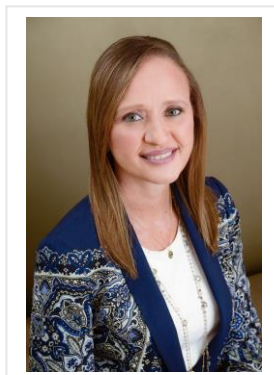
On Friday, January 14th, 2022 our trainees received a professional development session titled 'My Professional Image' by Dr. José Soto-Franceschini. Dr. Soto is a licensed professional counselor at Ponce Health Sciences University who holds a PhD in Industrial & Organizational Psychology, and who has been a great in-house collaborator for our RISE Program.

Aligned with our program's goal to increase competitiveness and success of students graduating from our Biomedical Sciences PhD Program, and to augment the development of their professional skills, Dr. Soto provided our trainees with information on how to convey a professional image, as well as its relevance and importance for employers when seeking new hires. He stressed the importance of improving and maintaining professional image as an important tool for careers. This includes general appearance as well as body language, verbal and written communication, among others. He also mentioned the Do's of Professional etiquette. Our students found this to be a very informative session that brought them valuable information, good suggestions and tips to apply in their professional life. One of them stated that "Dr. Soto went beyond the seminar's scope, advising us to improve ourselves as a person to function as the capable professionals we aspire to be". Thank you, Dr. Soto, for such an interesting and useful session!



PD SESSION: MEDIA TRAINING (PART I)

By: Yadiel Rivera (1st year RISE trainee)



On February 25th, RISE trainees participated in the professional development workshop "Media training (Part I/theory)" offered by Catherine Morales Maurás, a media specialist and publicist. The workshop focused on conveying a message through the media. The most important points discussed were: you must have credibility, be proactive, and there must be reciprocity. In addition, it is important to know the public you want to impact and the means of communication that will be used to achieve it. As spokespersons for this message or news, we must be confident and controlled when communicating it, be level-headed, have a firm stance, have an appropriate appearance, be natural, and deliver a direct message, avoiding technical language or jargon. For this message to be quickly accepted and spread, it must be new, interesting, current, and relevant to the public.



Additionally, Catherine Morales Maurás offered the trainees advice on how to act during an interview, such as: concentrating the message on at least three points, using a bridge/transitional phrase to return to the key message, avoiding fillers, using data and examples that support the message, limit yourself to answering what is necessary, and always remember the public. It should be noted that RISE trainees will have the opportunity to put all these tips into practice in part 2 of this workshop through an interview section very soon. We thank Catherine Morales Maurás for such an excellent workshop and sharing her knowledge with the RISE trainees.



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