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The joy of the lab

areer talks usually feature speakers who discuss ways to get jobs outside the laboratory. There is good reason for this long-term, well-funded research positions are hard to secure, and young scientists need to know the odds and the options. At a *Naturejobs* career symposium last month, held during the EuroScience Open Forum in Stockholm, Sweden, we featured a smorgasbord of scientists who have pursued work beyond the bench — including positions in the drug industry, communication and entrepreneurship.

But one speaker, who has stayed in the lab, reminded the young scientists in attendance that basic research is also worth pursuing and that, with determination, it can result in a satisfying career. Jon Storm-Mathisen of the University of Oslo's Centre for Molecular Biology and Neuroscience in Norway, offered some tips on how to succeed on this path.

One of the most important factors, says Storm-Mathisen, is a good mentor — someone who can inspire and generate an atmosphere of curiosity and drive. Another key point is to select a strong question to research. There are two potential pitfalls here, he notes. First, young scientists sometimes ask a question that is too easy. Initially, this might increase the odds of success, but the answer will often be empty and won't lead you forwards. Going out on a limb and asking a hard question can be frightening, but may result in greater long-term security. Second, young scientists are often tempted to follow the crowd — in terms of technology or disease area, for example. Doing so may help secure funding early on, but it won't help you to make your mark. "You shouldn't jump on any bandwagon," Storm-Mathisen says.

Finally, scientists need to have the right motivation. Storm-Mathisen uses one word: "Joy." In fact, that driver should be the same, regardless of where a scientist works.

Paul Smaglik Naturejobs editor



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