



I have only recently awoken from my Christmas hibernation, and as I sit at my remarkably uncluttered 'work' desk at home, I think it's appropriate to start thinking about my resolutions and ambitions for 2010. In order to do that, it's probably worth reflecting on what happened in 2009. On both a personal and professional level, last year was quite significant. The year started with a bang, with me completing my PhD. This event was closely followed chronologically by the birth of my first child. Following these two profound events, the rest of the year was destined to be much less exciting. In spite of this, there were a couple of other notable events that occurred – I wrote several manuscripts, one of which was published, I gave my first two lectures and found out my fellowship application was successful. All in all, I was pretty happy with 2009.

Many of the things I achieved last year were one-offs, and cannot be repeated nor built upon this year. With all this in mind, what would I like to achieve in 2010? Well, first and foremost, I'm hopeful that my interstate move will be hassle free and that I can start work with my new group as seamlessly as possible. I have maintained contact with my proposed supervisor and we have talked about ethics applications and grants, and I therefore feel confident that I will be able to start there shortly with all guns blazing. The only thing standing in our way now is finding accommodation. That can't be that hard, can it?

My first resolution for 2010 is that I have promised my wife that I will no longer check my work emails on weekends. You see, I have developed this nasty habit of checking them regularly during the weekends, just to see if something important pops up. I'll be the first to admit that I'm probably mildly addicted to email. But aren't we all? It's going to be tough to give this one up. Maybe she won't notice if I discretely check the emails using my phone...

Similar to my first resolution, I also resolve to keep work time separate from family time. This one should actually be relatively easy this year. One advantage of moving to a new city is that there are so many new things and places to explore. I am sure that our weekends for the foreseeable future will be filled with travels to new and exciting places. Having said that, I

have no idea what the expectations of my future post-doctoral supervisor are. They might be expecting me to work 12 hours a day, 7 days a week. I'm certainly not afraid of hard work, but all work and no play is not conducive to making me a happy scientist!

Thirdly, I am going to try to make big inroads into improving my networking. I am well aware that to make a success of research, you need to be able to demonstrate that you are in collaboration with other scientists, not only on a local and national basis, but also internationally. I must admit to still finding it very awkward to go up to someone at a conference, someone who I only know through reading their research in a journal, and talk about collaborative research with them. To me it seems a bit like speed



dating. It is quite amazing to walk around at conferences and to watch the experienced networkers do their thing. By the end of a conference (and often after just a brief talk!), they have virtually nipped out their next grant application. It is a skill I certainly lack, but one that I will definitely try to improve upon this year.

I must admit to being fairly confident that I will be able to successfully undertake all these resolutions. Perhaps my resolutions are a bit soft, but you have to start somewhere I suppose.

Well, that's it for now. I hope that 2010 brings you all much happiness and success.

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