

# Social Media for Scientists

Nicolette Heinsinger, PhD Candidate Karuna Meda, Science Writer

### Why use social media?



Jefferson | Home of sidney kimmel medical college

#### "Scientists and The Social Network", Nature 2014

### Why use social media?

- CONNECT with peers, community, public, policy makers
- SHARE research, anecdotes, experiences
- DISCOVER papers, conferences, mentors, jobs
- EXPAND professional networks, science and world-views



### Reputation building - share YOUR science!

Jefferson Research @ResearchAtJeff

Hi, this is Nicolette Heinsinger @nheinsinger & Vivian Allahyari @allahyarivivian from the lab of Dr. Angelo Lepore in the Neuroscience Department at @JeffUniv. Follow us today for our theme of "Mind the gap – Therapeutic Strategies for treating Spinal Cord Injury" #Jefftakeover





#### Jefferson Research @Rese... · 1/8/20 ···· Replying to @ResearchAtJeff

Spinal Cord Injury (SCI) currently affects nearly 300,000 people in the US, and there are about 18,000 new SCI cases every year. SCI results in loss of motor function, as well as debilitating chronic neuropathic pain (NP). #neuroscience #spinalcordinjury #ScienceTwitter

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 $Q_1$   $Q_5$ 

Jefferson Research @Rese... · 1/8/20 ···· Many SCI patients suffer from limb paralysis and loss of respiratory function, and treating these symptoms is critical to restore quality of life for these patients. The Lepore lab is dedicated to finding novel therapeutic strategies for repair. #regeneration @ReeveFoundation



Jefferson Research @Rese... · 1/8/20 ···· Many patients also suffer from chronic #neuropathic #pain (NP), often described as "burning, stinging or pins and needles". Understanding the causes of NP is critical to develop new treatments for these patients. The Lepore Lab seeks to understand the underlying mechanisms of NP.



Jefferson Research @Rese... · 1/8/20 ···· Vivian (@allahyarivivian) is a postdoctoral fellow studying how diverse cell types can be used to promote #regeneration after #SCI. Specifically, she is interested in cell #transplantation therapeutic strategies to improve respiratory function following SCI. @OpenAcademics

♀1 ℃14 ♡11 ♪



Jefferson Research @Rese... · 1/8/20 ···· Nicolette (@NHeinsinger) is a 4th year PhD Candidate studying #neuropathic #pain following SCI. She is interested in how plasticity of excitatory #synapses after SCI could contribute to neuropathic pain. #PhDChat @OpenAcademics #AcademicTwitter

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### **Reputation building - share your** accomplishments!



Sidney Kimmel Cancer Center - Jefferson Health @KimmelCancerCtr

Congratulations to medical student Signe Caksa, who has received a Medical Student Award from @CureMelanoma for her project, "Role of SOX10 in Metastatic Melanoma Drug Resistance." @JeffersonUniv @ResearchAtJeff #melanoma #melsm #JeffersonResearch



3:21 PM · Feb 2, 2021 · Hootsuite Inc.



Congratulations to Dr. Isidore Rigoutsos (@IRigoutsos) from @CompMedicineTJU for being elected as a @aaaas Fellow for 2020 for his groundbreaking research in computational biology! Read more about this prestigious honor:

jefferson.edu/about/news-and...

#JeffersonResearch @JeffersonUniv

2:47 PM · Nov 24, 2020 · Twitter Web App





Science Twitter friends (and real life friends 😃) - Come visit my poster titled "Role of neurofilament subunit dysregulation in motor neuron degeneration in SBMA" tomorrow at 11:00am! Can't wait to talk to you about our studies using iPSCs and mouse models to study SBMA 📊 کې 👷 🧠



4:14 PM · Jan 10, 2021 · Twitter Web App



Emanuela Dylgjeri @EmanuelaDylgie1

Had a great meeting with @SenBobCasey's wonderful staffer Dr.Schaechter to discuss increased funding for @NIH and @theNCI Thank you for your continuous support for medical research and cancer researchers #AACRonthehill #aacrecr21 @biancaislam @clschuerger





We found that a new class of small #noncoding #RNA, #ribosomal RNA fragments (#rRFs), are produced consistently and abundantly in our #cells and depend on #geneticancestry 🖋 🌍

#### Full 📺 youtu.be/KarpR35NSIM

#scicomm #miRNA #animate #Science @ResearchAtJeff @SciSketch





It's not official til it's on Twitter, right? Happy to announce the project I pitched for my #postdoc position in the Lepore Lab is officially being #funded by the @NeilsenFndn! #WomenInSTEM #SomeGoodNews #SCIresearch #astrocvtes



### Share resources, crowdsource ideas



Jefferson Postdoc Association @JeffPostdocs

Hello Jeff postdocs and grad students! We are planning a virtual Winter Bash for v'all, potentially in Gather town.

What do v'all want us to include in this virtual event? Let us know here!! Or DM us!!

#### @GsaJefferson

12:53 PM · Jan 21, 2021 · Twitter for iPhone



**Raul Arturo Ramos Garcia** @RamosNeuro

Hi tweeps, I need an assist. This week, we are teaching our students about Genetically Encoded Calcium Indicators.

To drive the message home, I wanted to show them a cool video of calcium imaging in action. Can anyone share their calcium imaging video with me?

10:55 AM · Feb 28, 2021 · Twitter Web App



So ya'll that do calcium imaging in cell culture and slice using calcium indicator dyes... which do you prefer flou4-AM or flou8-AM? Are there better ones? Is there also a no wash version that I could use similar to the FLIPR assay kits? Whats your favorite red calcium indicator?

11:01 AM · Feb 12, 2021 · Twitter for iPhone



Any *#journal* editors out there, could you please tell me, do papers that have been given 'minor revisions' generally go back to the reviewers, or just to the editors/editorial board?

#### @Scholarly\_Peers @AcademicChatter #PeerReview





Current PhD students: What are the best things your supervisors do to support your #mentalhealth and #wellbeing? PhD supervisors, what do you do? Previous students/advisors welcome too! 👮 🧟

@AcademicChatter @PhD\_Balance @DearGradStudent @DisInHigherEd #AcademicMentalHealth

7:22 AM · Feb 28, 2021 · Twitter for iPhone

Lauren Langbein @Lauren Langbein

Blunt end ligation: is it as difficult as it sounds, #ScienceTwitter? Got any advice? #biology #lab #science

5:51 PM · Jan 28. 2021 · Twitter for Android



Anna Matuszyńska @AnnaMatuszvnska

Hey Academic Tweeps. I'm preparing a course for fresh PhD students and I need your help. Name one tool that really revolutionazed your PhD and why

#### @AcademicChatter @OpenAcademics

4:25 PM · Feb 23, 2021 · Twitter for Android

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0	Replying to @ Wow! I am ov collection of	AnnaMatuszynsk erwhelmed! Thanl	tuszynska · Feb 24 a ‹ you all for sharing. s still growing! I hop	
	Q 1	î.↓	0 6	1 1

If you are a PI in STEM, have you ever spoken to a journal editor about potentially publishing your research w/them?

If ves, please comment with some details; this seems to be an unspoken step-mysterious to folks without experienced mentors so pls share how/why it's done.

No	
Yes, they contacted me	
Yes, I contacted them	
Just show results	

508 votes · 16 hours left

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

3:12 PM · Mar 1, 2021 · Twitter Web App

# Find a job, fellowship, or conference!

...



#### KMBussard @KMBussard

Post-docotoral positions available in the Bussard Lab! We are looking for highly motivated post-docs to join the team! These positions are DOD grant funded. Check out our research below and contact Dr. Bussard if interested. research.iefferson.edu/labs/researche...@KMBussard @ResearchAtJeff

3:09 PM · Jan 12, 2021 · Twitter for Android



Elena Blanco-Suárez @westboundsigned

Call to all students and trainees at #SfNConnectome21 looking for postdoc positions 📢 If you are interested in glia biology, stem cells and/or stroke DM me. We have a spot for you! #SfN #postdocjobs

10:01 AM · Jan 12, 2021 · Twitter Web App

Austin Chiang, MD MPH @AustinChiangMD · Jan 26 Check out the 3rd Annual Jefferson Women and GI Health Symposium (Virtual) featuring keynote speaker the one and only Dr. @AmyOxentenkoMD on FEB. 19!

Topics include liver disease. IBD in women, bariatric surgery, and more. #WomenInMedicine

MORE INFO: cme.jefferson.edu/content/women-...



#### **Jefferson Women** and Gastroenterology Health Symposium

**Jefferson Course Directors** Cuckoo Choudhary, MD Dina Halegoua-DeMarzio, MD

Friday, February 19, 2021

Vou and 9 others





The Society for Neuroscience (SfN)

The Neuroscience Scholars Program (NSP) applications are now open! Learn more about NSP and find out how you can join the 2021-2023 cohort: bit.ly/32E7UXc

#### **#NSPeeps**



Black In Neuro 🧠 @BlackInNeuro

We are so excited to partner with @NIH to bring you a webinar on Grad student and Postdoc Funding Opportunities! 💰 💰 The webinar is open to all and will be held February 22, 2021 at 2:00 EST | 11:00 AM PST.

#### Register at: nih.zoomgov.com/meeting/regist...



3:38 PM · Feb 11, 2021 · Twitter Web App



What a great collaborative event, @AWISPHL! Well done! @Jefferson students & postdocs interested in a little science policy should attend. @AWISNational @GsaJefferson @JeffPostdocs

Or. Heather Bloemhard @DrHBloemhard · Jan 28 I'm really excited to share this event I've been planning for @AWISDC, @AWIS\_Bethesda & AWIS PHL w/ @AdrianaBankston: How to get involved in policy from the bench. Feb 18 6pm EST It's free for anyone to join; registration is required bit.ly/3qWbUfl Show this thread



**Jefferson Research** @ResearchAtJeff

The next #SciComm Series Workshop is all about social media! Join us on March 11th to learn tips on how to share your science, network and build community on various social media platforms! We'll be joined by @westboundsigned & @AustinChiangMD

Register: eventbrite.com/e/social-media...



pants a follow. Learn tips and best practices to cultivate online community

Learn how to use social media platforms or networking, peer support and communicating about your research.

> Thursday, March 11, 2021 1:00pm to 2:15pm

## Community building



in honor of #InternationalWomenInScienceDay ... two brilliant scientists that keep the @moscalab thinking, laughing, and striving to do the best science we can. i am fortunate to work with both @GAL4science and

@2LexA4myshirt !!



4:37 PM · Feb 11, 2021 · Twitter Web App



Sidney Kimmel Cancer Center - Jefferson Health @KimmelCancerCtr

Today is the U.N.'s International Day of Women & Girls in Science. We honor all of the women at SKCC who are conducting leading-edge #cancerresearch so we can one day see a world without cancer. 🔬 🤬 @UN\_Women @ResearchAtJeff #WomeninScience #WomeninSTEM #UntilEveryCancerlsCured



Fab 11 0001 Upstavita Inc 9:37 AM



Today someone from the area where I grew up found me through @500QueerSci and we connected to establish a dialog about being gueer in STEM from rural southwestern PA.

It feels good to be able to be a role model to people with shared experiences

6:25 PM · Feb 15, 2021 · Twitter for iPhone



Time for a little fun @AcademicChatter

@OpenAcademics!

What's the weirdest thing someone would find in your desk at work?

10:16 AM · Feb 25, 2021 · Twitter Web App



Looking for an informal way to meet new people and take a break from your academic work? Join us every Wednesday on the #PhDStrongerTogether Discord server for your weekly coffee break! 10:30ET / 15:30 GMT

#### #AcademicChatter #PhDChat #PhDLife

#### To join: discord.com/invite/q9j9Vra



12:00 PM · Feb 23, 2021 · Hootsuite Inc



Looking for a way to set your goals and aspirations for 2021? Join us for our first #BlackInNeuro social of the year at #SfNConnectome21! RSVP here: tinyurl.com/y26dfc8c #NSPeeps



12:37 PM · Jan 8, 2021 · Twitter for iPhone

**OpenAcademics OA** @OpenAcademics

#FollowFriday - 1st gen edition (join if you're a 1st gen academic)

1) Who are you (in words) 2) Who are you (in pictures or a GIF) 😍 3) Follow each other #AcademicTwitter



8:30 AM · Feb 26, 2021 · Twitter Web App

## Community building highlight: #BlackInX organizations



Black In Neuro @

Highlighting Black excellence in all — related fields. See website for #BlackInNeuro profiles & events!

S blackinneuro.com 🖽 Joined July 2020

170 Following 19.4K Followers



BlackInImmuno

A collective of scientists celebrating, amplifying, and promoting the work of Black #Immunologists across the globe.

S blackinimmuno.org/team 📰 Joined August 2020

185 Following 3,551 Followers



BlackInGenetics @BlackInGenetics

BIG is an organization dedicated to amplifying voices and work by Blackidentifying geneticists. #BlackInGenetics contact us blackingenetics.com/contact

♥ United States 𝔅 blackingenetics.com/job-board
I Joined August 2020

316 Following 4,786 Followers



@BlackInThelvorv

Amplifying the voices of "Blackademics" to speak truth about racism in academia | #BlackInThelvory | The Creator @DrShardeDavis

© blackintheivory@gmail.com 𝔗 blackintheivory.net III Joined June 2020

1,817 Following 10.4K Followers



Black in Physiology @BlackInPhysio

Community. Black Physiologists. Supporters. Excellence.

#BlackinPhysiology #BlackinPhysio

⊘ info@BlackinPhysiology.com
⊘ blackinphysiology.com
IJoined August 2020

146 Following 2,269 Followers



@BlackInMicro

Black Microbiologists Assoc./Black In Microbiology Official Twitter Page #BlackInMicro Contact: admin@blackinmicrobiology.org

Become a member on our website!

S BlackInMicrobiology.org III Joined July 2020

73 Following 7,785 Followers

#### **#BlackInSciCommWeek is October 4-10!**



#### Black In Science Communication

We're building scientists and sharing science, in service to our communities and beyond. Founded by @ravenscimaven, and organized by caring volunteers. #scicomm

Ø Worldwide III Joined August 2020

74 Following 12.7K Followers



Black In Chem @BlackInChem

Amplfying Black voices and celebrating Black excellence in chemistry #BlackInChem blackinchem@gmail.com

𝔗 blackinchem.com III Joined July 2020

501 Following 6,974 Followers

# EMPOWERED WOMEN.





Black Women in STEM @BlackWomenSTEM

An online community for self-identified Black women in STEM (Science, Technology, Engineering and Mathematics)

III Joined January 2016

900 Following 15K Followers

### Social media - A new metric of visibility and impact





### Most journals have a social media presence



Nature Communications 📀 @NatureComms · Feb 2 A new study identifying molecular mechanisms of p53 binding to high- and low-affinity p53 response elements in the genome, linked to cell cycle arrest and proapoptotic genes, respectively. @JeffersonUniv @IcahnMountSinai



#### go.nature.com/36yuLp4



By isolating extracellular vesicles from nerve cells, researchers have created a therapy that can restrain autoimmunity to self-antigens, neuroinflammation, and other hallmarks of #multiplesclerosis in a mouse model. @JeffersonUniv fcld.lv/fa55wrv



4:30 PM · Nov 11, 2020 · Facelift-Cloud





#### Jefferson Research @ResearchAtJeff · Feb 26

Huge congratulations to Dr. Tchantchaleishvili on becoming the new Editorin-Chief of @ArtifOrgans!

#### Artificial Organs @ArtifOrgans · Feb 26

Introducing Vakhtang Tchantchaleishvili, MD @JeffersonUniv as the new #EditorInChief of @ArtifOrgans 👇 onlinelibrary.wiley.com/doi/10.1111/ao...



@ChenWuMD

Preprint of our work on a neuromotor prosthetic to treat stroke-related paresis on @medrxivpreprint.

**#BCI** coupled with exoskeleton has the potential to "electrically bypass" the stroke and promote neurally driven limb function!

#### @ResearchAtJeff

#### medrxiv.org/content/10.110...



12:21 PM · Feb 19, 2021 · Twitter Web App

6 Retweets 1 Ouote Tweet 37 Likes

## Other platforms

### Lee\_The\_Scientist - Instagram





### **Career Conversations - YouTube**







How to create the PERFECT TWITTER PROFILE | Twitter... 1.5K views • 4 months ago

Turn Your Paper Into a Video Abstract (Promote research ...

1.4K views • 1 year ago

Choosing A Phd Supervisor Good Boss Qualities

625 views • 11 months ago







How to Deal with Imposter Syndrome | Academia | PhD... 1.2K views • 1 year ago

STOP PROCRASTINATING 945 views · 10 months ago

Scientific Publishing (How to promote my video abstract)

<u>\_</u>

546 views • 1 year ago

### Rae Lambert- Facebook

Rae Lambert, MSc. @appalledimmuno · Mar 24, 2020

I made a video answering some of the most frequent guestions I've gotten about #COVID19 / #SARSCoV2



Novel Corona virus O + A Session Answering some of the guestions I've been hit with the most often. Feel free to ask questions below an... 

Lab Shenanigans - TikTok









...

### Guest speaker - Dr. Elena Blanco-Suárez!

- Assistant Professor of Neuroscience, Thomas Jefferson University
- **Past organizer**, ComSciCon



### Guest speaker - Dr. Austin Chiang!

- Assistant Professor of Medicine, Sidney Kimmel Medical College at Thomas Jefferson University
- Chief Medical Social Media Officer, Jefferson Health
- Founding President, <u>Association</u> for Healthcare Social Media (AHSM)

Twitter





YouTube

Adv Endo





### Let's make a Twitter account!

- 1. Visit twitter.com or download the Twitter app on your phone.
- 2. Create a handle or Username.
- 3. Bio can link to your Department + University handles, or lab. Can include hashtags of your research interests, e.g., #neuroscience or #mitochondria. Can include personal interests as well like #scicomm or #scienceadvocacy
- 4. Take a selfie add it to your profile can change this any time.

### Start building your community!

- 1. Follow @ResearchAtJeff !
- 2. Follow your "neighbors" -share your handle in the chatbox!
- 3. Follow a few professional societies + journals relevant to your field.
- 4. Spend a minute looking at their feeds.
- 5. Retweet something with a comment why did you find it interesting?

### Useful Twitter accounts to follow

- @biorxivpreprint
- @AcademicChatter
- @nationalpostdoc
- @NatureNews
- @massivesci
- @500womensci
- @500QueerSci
- @cientificolatin
- @PhDBalance
- @PhDForum
- @DisInHigherEd

- @sciam
- @NIHfunding
- @AAAS
- @newscientist
- @OpenAcademics
- @LGBTSTEM
- @LatinxinSTEM

### Jefferson accounts:

- @ResearchAtJeff
- @GsaJefferson
- @deijournalclub
- @JeffPostdocs

### Useful hashtags

- #phdchat
- #AcademicTwitter
- #AcademicChatter
- #ScienceTwitter
- #scicomm
- #mentalhealth
- #WomenInStem
- #STEM
- #BlackInSTEM
- #FirstGen

- #phdlife
- #LGBTQinSTEM
- #QueerinSTEM

### Workshop Deliverable - Option 1

Twitter Takeover (#JeffTakeover):

- Plan and write 2 original posts
- Retweet useful research resources or interesting videos
- See how many new followers you can garner
- Create and pin a graphic letting others know you're posting (we will help with this part)

Contact us at <u>ResearchNews@jefferson.edu</u> to arrange a date.

### **#Jeff Takeovers**

Jefferson Research @ResearchAtJeff · Feb 17, 2020 #JeffTakeover is back, and we couldn't be happier! Tomorrow, researcher Clinita Randolph (@DrNitabyF8th) will help us celebrate #DiversityandInclusion initiatives at @JeffersonUniv and in honor of #BlackHistoryMonth \*\*, spotlight contributions to the #JeffersonResearch community. **Twitter Takeover** Feb 18, 2020 Black History Month and diversity in #JeffTakeover @DrNitabyF8th 17 1 Lauren Langbein @Lauren\_Langbein · Jan 23, 2020 What's that? I just switched over to talking about mental for my #JeffTakeover? You don't say! 0 1 Follow along @ResearchAtJeff and let's talk about it! Twitter Takeover lan 23, 2020

#JeffTakeover

@Lauren Langbein

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0 4

1 Jefferson | HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

Jefferson Research @ResearchAtJeff · Jan 14, 2020 It's Takeover Time! Follow along as @AshleyLiautaud tells us all about migraines and how they're different from a regular headache.

#JeffTakeover #JeffersonResearch @JeffHeadacheCtr



#### Jefferson Research @ResearchAtJeff · Jan 8, 2020

It's time for another Twitter Takeover! Follow researchers from the Lepore Lab, Nicolette (@NHeinsinger) & Vivian (@allahyarivivian) as they tweet all about "Mind the gap: Therapeutic strategies for treating spinal cord injury".

#JeffersonResearch #JeffTakeover #AcademicTwitter

### **Twitter Takeover** Jan 8, 2020



...

#JeffTakeover

Jefferson Research @ResearchAtJeff

'hat's right, another Twitter Takeover! Tomorrow, Grace @Graceful Views) & Samantha (@smiizbrown) will tell us about research in the field of #PancreaticCancer. They'll also highlight another important topic -#WomenInSTEM! Don't miss it!

#### #JeffersonResearch #JeffTakeover

**Twitter Takeover** lan 16, 2020





#leffTakeover

### Workshop Deliverable - Option 2

Create a video on YouTube or TikTok - we'll share on the @ResearchAtJeff channel! This could be:

- An elevator pitch of your research (think 3MT!)
- A concept related to your research
- An issue in STEM/academia/research you care about
- A graphical or video abstract (think Science Sketch!)

**THANK YOU!** 

# QUESTIONS??

