8 Insights
for turning challenges into opportunities

1 REPLAN, REDIRECT, RESCHEDULE
Reflect on and reprioritize essentials of your research. Reach out to others for advice
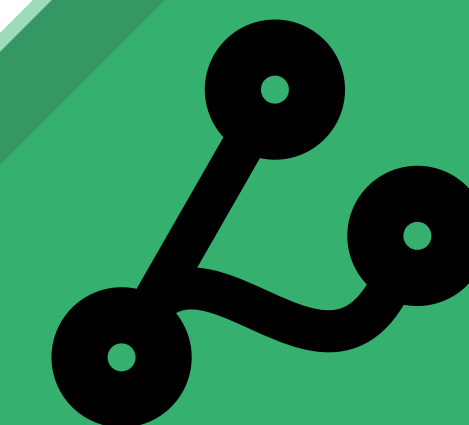
2 FIND WHAT WORKS FOR YOU
Set a routine that balances work and mental health. Team up and create virtual work spaces

3 GROW YOUR RESEARCH PORTFOLIO
Expand your skillset and set new knowledge baselines

4 DON'T ISOLATE, COLLABORATE
Reach out, share data and establish new networks. Consider interdisciplinary collaborators
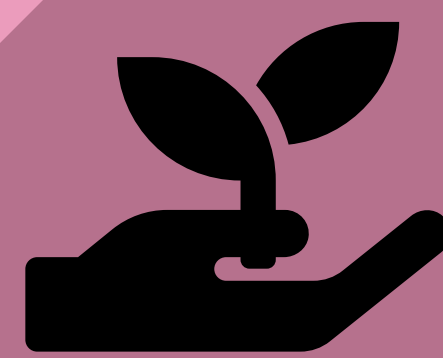
5 REMOTE COLLABORATIONS
Use online tools to share, communicate and meet with others. Incorporate version control and reproducible practice
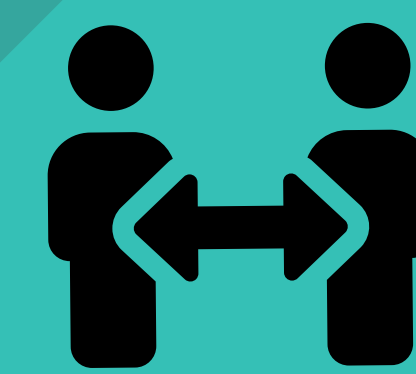
6 UTILIZE VIRTUAL PLATFORMS
Virtual conferences and platforms provide opportunities to connect with a broader audience

7 COMMUNITY ENGAGEMENT
Create an online profile to increase your visibility and reach out to the broader community

8 CREATE A KINDER COMMUNITY
Take the extra steps to break down potential barriers - particularly when going online