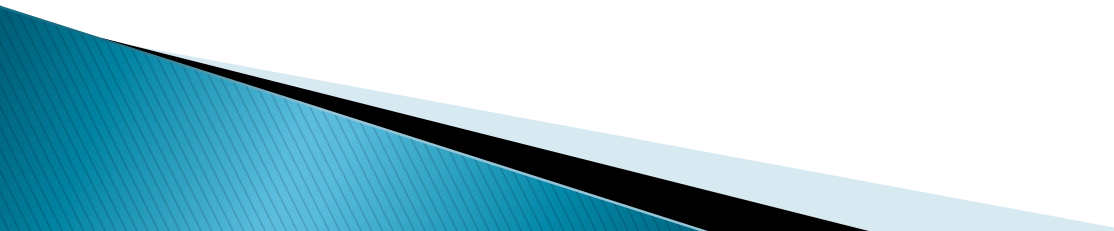


Success: a point of view

Sarah Berenbrinck
Professional Development PD06
PhUSE 2020

Things we will cover

- ▶ My goals in life
 - ▶ Input/expectations from parents and culture
 - ▶ Me vs my sister
 - ▶ Just and Only
 - ▶ “popular culture”
 - ▶ A little science
 - ▶ Bias
 - ▶ A successful trail
 - ▶ My goals in life, achieved
- 

Disclaimer

- ▶ Note this is a personal opinion, with anecdotal accounts from friends, family and popular culture.

My goals in life

- ▶ When I formed them



- ▶ How they have changed

Input/expectations from parents and culture

- ▶ Use of technology at work



Input/expectations from parents and culture

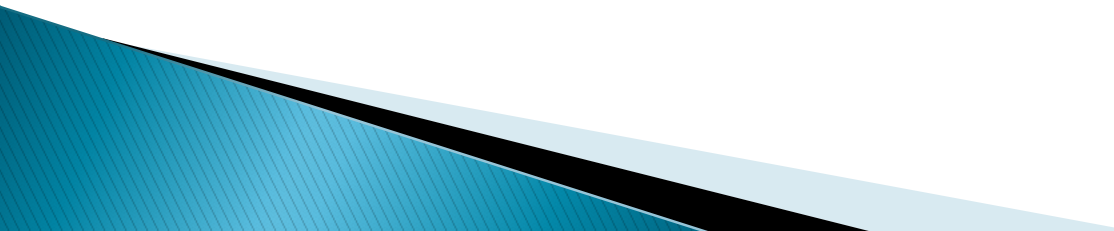
- ▶ Do your best

Input/expectations from parents and culture

- ▶ Do your best
- ▶ Be average, (the best and worst get picked)



Input/expectations from parents and culture

- ▶ Do your best
 - ▶ Be average, (the best and worst get picked)
 - “They took a trip to Vienna earlier this year for Sarah to speak at a conference on a paper she had written, on her return she mentioned casually that she had come first in her group, slipping into the conversation that she had also won last year, just failed to mention this,”
- 

Me vs my sister

- ▶ Achievements vs goals



Me vs my sister

- ▶ Achievements vs goals
- ▶ Shared experiences and learning from them



Just and Only

- ▶ Not helpful in most circumstances
- ▶ It's not *just* a proc freq,
 - it is a program that counts potentially thousands of events and moves a project forward.



“popular culture”

▶ Maeve in Sex Education

- “In 10 years' time, I want to live in a house with big windows. I want the house to be large enough to have a kitchen table with four chairs but not too roomy to ever feel the depth of my aloneness. Because I'll probably be alone. But I think aloneness won't feel so all-consuming with windows that protect me from the world but still let me watch it.”

“popular culture”

- ▶ Thief of Time by Terry Pratchett
 - ‘I have heard the heartbeat of the universe. I know the answers to many questions. Ask me.’
The apprentice gave him a bleary look. It was too early in the morning for it to be early in the morning. That was the only thing he currently knew for sure.
‘Er...what does master want for breakfast?’ he said.
Wen looked down in their camp and across the snowfields and purple mountains to the golden daylight creating the world, and mused upon certain aspects of humanity.
‘Ah,’ he said. ‘One of the *difficult* ones.’

“popular culture”

▶ Pretty Woman

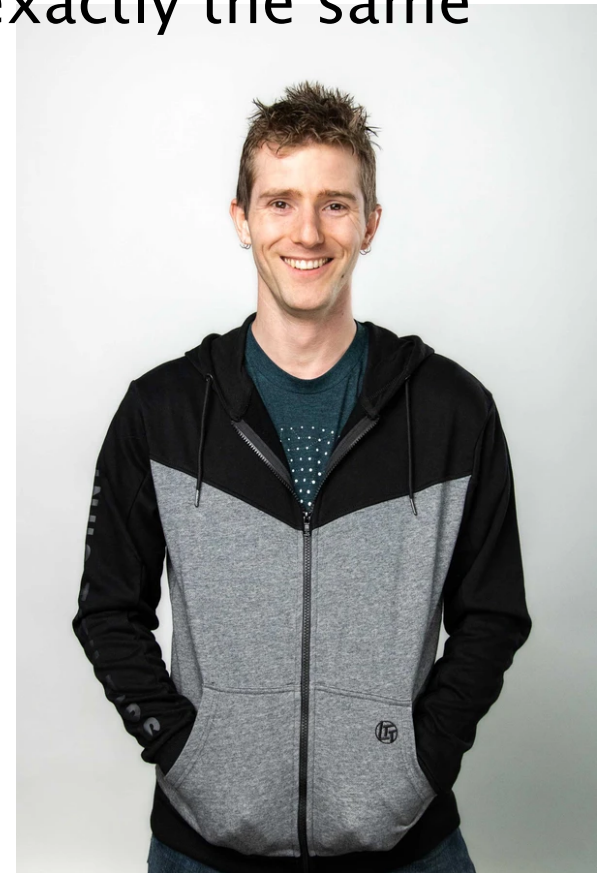
- “People put you down enough you start to believe it.”
- “your father would be proud”



“popular culture”

▶ Linus Tech Tips

- “I went from being the weird kid to... Finding 10 million of you who are weird in exactly the same way that I am.”



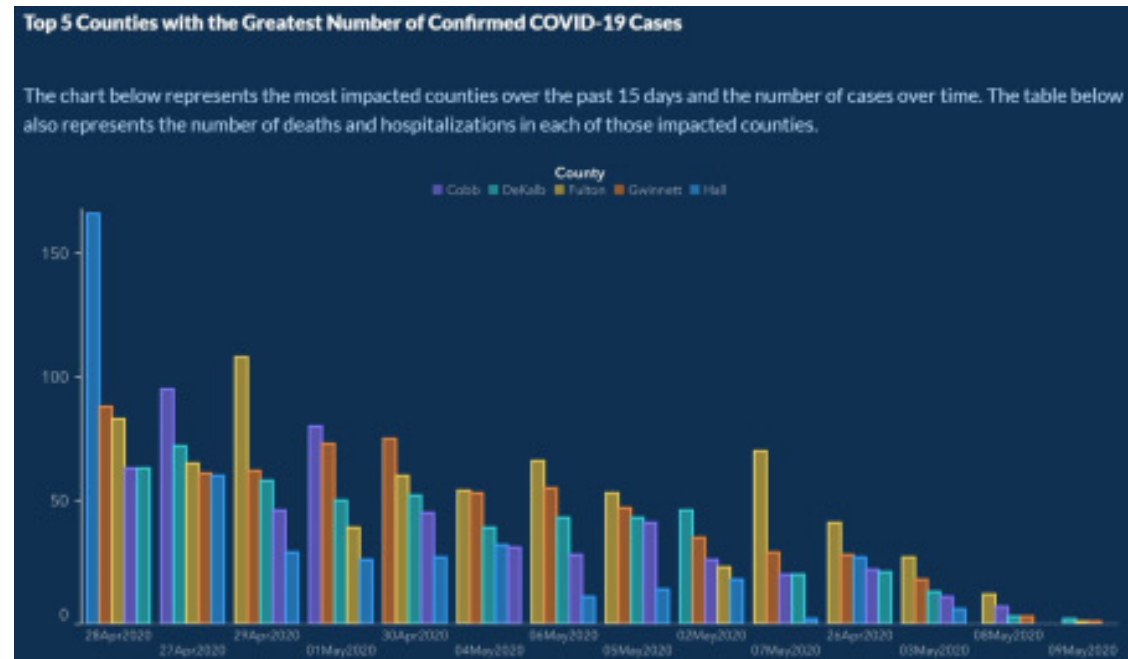
A little science

- ▶ Rewarding success and achievements



Bias – clinical trails

- ▶ Actual bias
- ▶ Perceived bias



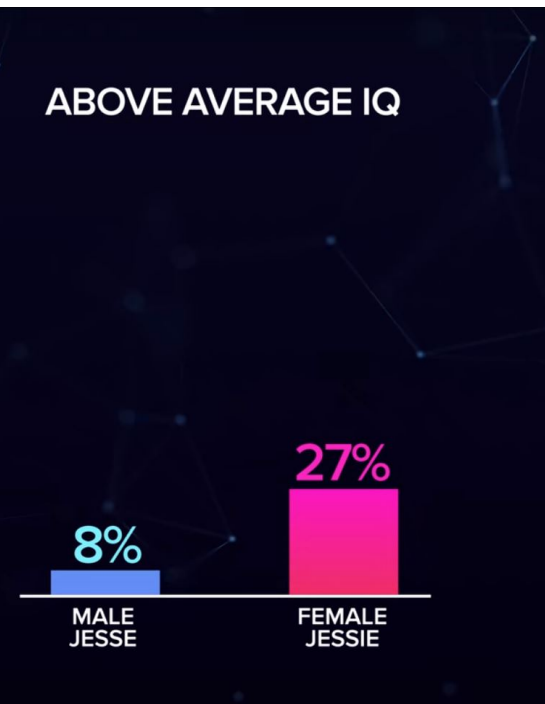
Bias – unconscious

- ▶ Subconscious bias (Jesse from 100 humans)



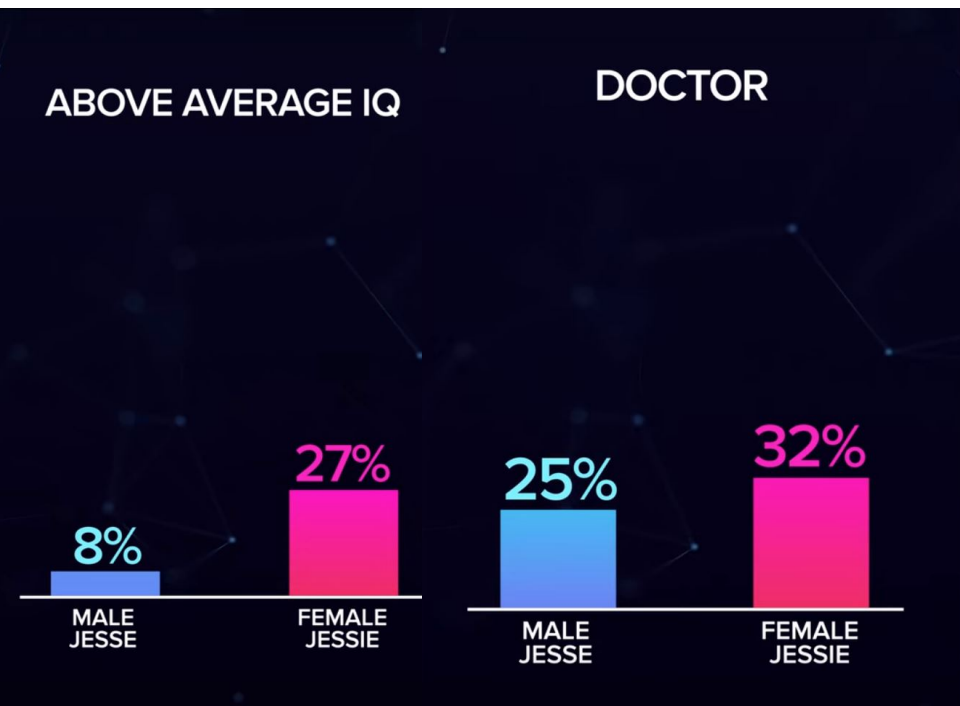
Bias – unconscious

- ▶ Subconscious bias (Jesse from 100 humans)



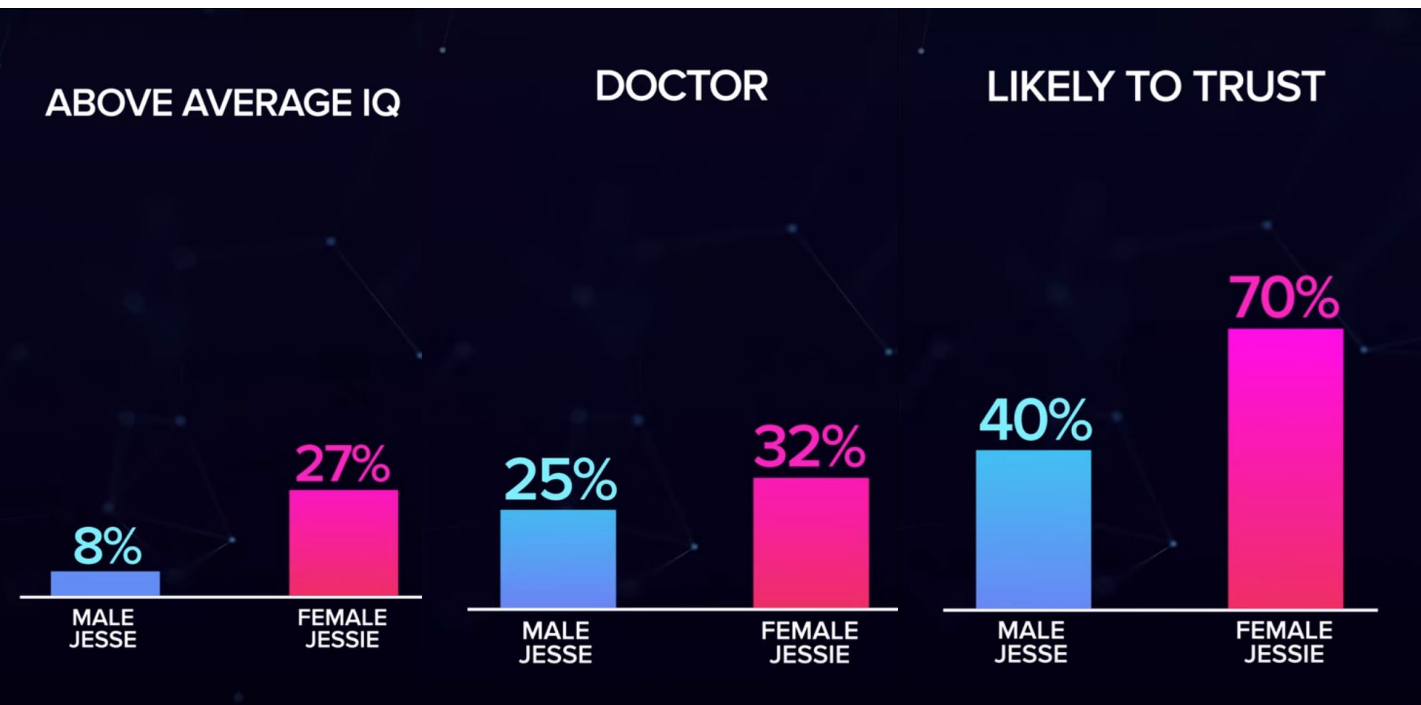
Bias – unconscious

- ▶ Subconscious bias (Jesse from 100 humans)



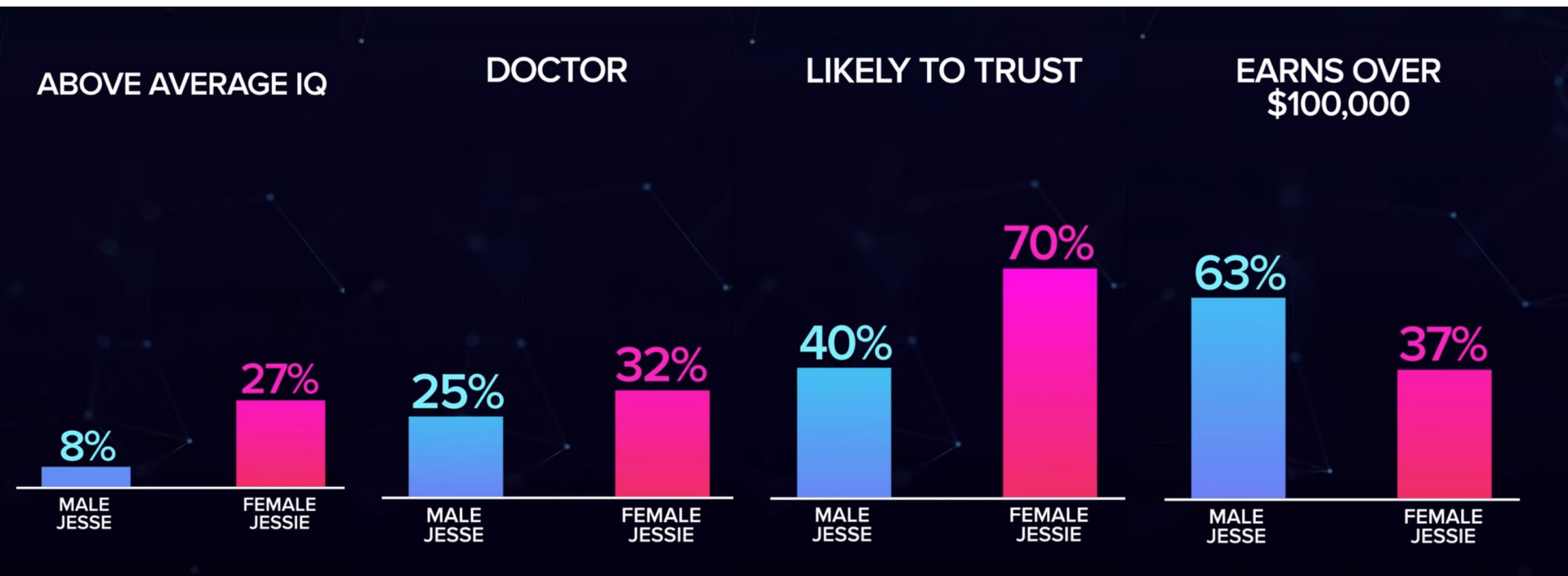
Bias – unconscious

- ▶ Subconscious bias (Jesse from 100 humans)



Bias – unconscious

- ▶ Subconscious bias (Jesse from 100 humans)



A successful trial

- ▶ A positive result?
- ▶ A clear result?



My goals in life, achieved

- ▶ Finding my people
- ▶ Being proud of my achievements



Conclusion

- ▶ Strive for success
- ▶ Be proud of what you have achieved
- ▶ Be happy for others achievements
- ▶ Help others on their journey

Any Questions



Any Questions

