

ASHBI

An Ex-Cell Press Editor presents:

Telling your Story in a Scientific Paper

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NSHBI

Scientific Advisor

Research Acceleration Unit WPI-ASHBi (Kyoto University)

SPYROS GOULAS PhD

ASHBI

Who am I?



- 2006-2011, *PhD in Molecular Biology* (lab of **Dr. Juergen Knoblich**)
 Institute of Molecular Biotechnology Austria (IMBA)/University of Vienna
- 2012-2018, *Post-Doc/Special-Appointed Prof.* (lab of **Prof. Shigeo Ohno**)

 Yokohama City University

- Spyros Goulas, PhD
- 2018-2022, Associate Scientific Editor (handled ~1600 papers) at Developmental Cell (IF=12.27; Cell Press/Elsevier)
- 2022- , Scientific Advisor

 Institute of Advanced Studies for Human Biology (ASHBi), Kyoto University



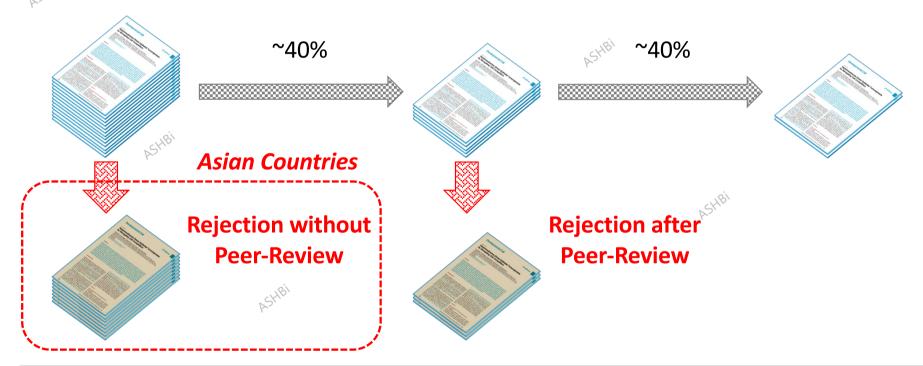
Papers from Asia have a High Rate of Rejection Without Peer-Review



Developmental Cell

~1300 Paper Submissions/Year Out To Peer-Review (OTR)

Accepted (16.47%)



A

From my Editorial Experience: Papers from Asia Often do not Develop Their Stories

Aim of Today: How to Effectively Tell your Story in a Scientific Paper





From a Former Editor's Perspective:

- The Value and Function of Telling your Story in a Scientific Paper
- Strategies on How to Tell your Story more Effectively



Ultimate Goal Provide you with the Necessary Toolbox to Publish your Work Efficiently

3-Part Seminar Series: Roadmap to Publishing Papers





Today's Agenda





- 1) What is Scientific Storytelling?
- 2) Why is Telling your Story Important?
- 3) How to Tell your Story Effectively ~The Basic Structure of a Scientific Story~
- 4) Example of a Paper with Good Storytelling
- 5) Advice on How to Construct your Story Effectively



Today's Agenda







- 1) What is Scientific Storytelling?
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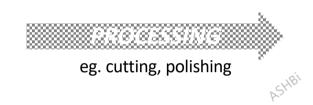


Scientific Storytelling is like DIAMOND Processing























Storytelling is NOT Magic, it can ONLY be as Good as your Actual Data

A Good Story is a Path to New Understanding





Interpretation – To find the Meaning Behind the Raw Data

Knowledge – Facts generated from data points

Understanding – Assimilation of various pieces of knowledge to acquire a deeper insight into processes and how they function

It is YOUR job to Explain the Deeper Insight Obtained from YOUR Data, it is NOT the Job of the Reader/Editor to EXTRACT This!!

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- 5) Advice on How to Construct your Story Effectively

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...because you only get 20-30mins to Tell your Story to an Editor



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SHB

...because you only get 20-30mins to Tell your Story to an Editor



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❖ So Make Sure to Tell your Story Effectively to Convince the Editor your Paper is Interesting!!

...because Your Storytelling Impacts How Editors Tell your Story to Their Team



What **ACTUALLY** Happens with your Paper...

STEP 1:

AUTHOR(S) HANDLING Editor



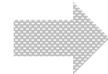
Typically 20-30 mins.







Peer Review





Publishing Paper

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...because Your Storytelling Impacts How Editors Tell your Story to Their Team



What **ACTUALLY** Happens with your Paper...

STEP 1:

STEP 2:

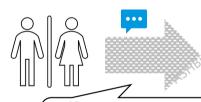
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HANDLING Editor

Editorial Team

Peer Review

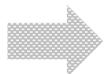
Publishing Paper

















Telling your Story to the Editor

Typically 20-30 mins.

Handling Editor
Conveying your Story
to Their Team

Typically 5-10 mins.

...because Your Storytelling Impacts How Editors Tell your Story to Their Team



What <u>ACTUALLY</u> Happens with your Paper...

STEP 1: STEP 2:

AUTHOR(S) HANDLING Editor Editorial Team

Peer Review Publishing Paper



Telling your Story to the Editor

Typically 20-30 mins.

Handling Editor
Conveying your Story
to Their Team

Typically 5-10 mins.





* Your Storytelling is also Important so that the Editor can Convince their Team it is Interesting

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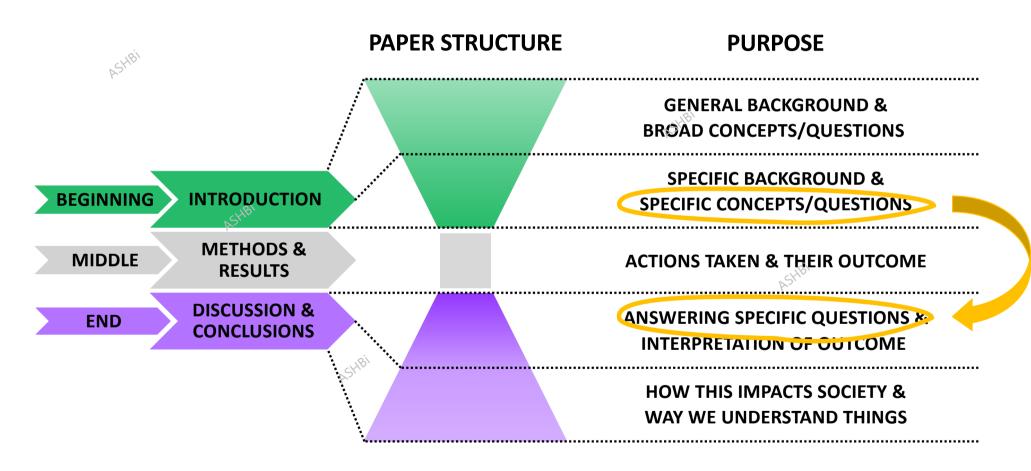
- 1) What is Scientific Storytelling?
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Using the Hour-Glass Structure to Answer the Question in a Scientific Paper





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4) Example of a Paper with Good Storytelling

- I. INTRODUCTION
- II. RESULTS
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- 5) Advice on How to Construct your Story Effectively



Example of a Scientific Paper with Good Storytelling



DOI:https://doi.org/10.1016/j.devcel.2020.04.008

Sanaki et al., 2020. Dev Cell

Developmental Cell





Hyperinsulinemia Drives Epithelial Tumorigenesis by Abrogating Cell Competition

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*Correspondence: igaki.tatsushi.4s@kyoto-u.ac.jp https://doi.org/10.1016/j.devcel.2020.04.008



Key Definitions

Drosophila= Fruit Fly (ショウジョウバエ) **Hyperinsulinemia**= The Overproduction of insulin **Cell Competition** (細胞競合)= Mechanism that Removes

Abnormal 'Loser' Cells like Tumor Cells **Tumor** (腫瘍)= Abnormal Cells with Potential to become Cancer

The Central QUESTION How does Hyperinsulinemia Lead to Tumor Growth?

- Identify a Factor needed for Tumor-removing Cell Competition
- 2) Loss of this Factor causes *Hyperinsulinemia*
- Increased Insulin prevents Tumor-removing Cell Competition
- 4) Changing Diet or using Anti-Diabetic Drug affects Tumor Growth

The ANSWER

Hyperinsulinemia Promotes Tumor Growth by
Avoiding Cell Competition

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INTRODUCTION: Find a Context of Broad Relevance and Properly Set Up Your Central Question to Make a Story More Engaging



DOI:https://doi.org/10.1016/j.devcel.2020.04.008

Sanaki et al., 2020. Dev Cell

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PAPER STRUCTURE



Introducing Context/Problem of Broad Interest

- Metabolic diseases
- Cancers
- Links between Metabolism and Cancer



Advantages of System being Used

INTRODUCTION

Metabolic diseases such as type 2 diabetes and obesity are often accompanied by hyperinsulinemia, which is characterized by high levels of circulating insulin. In epidemiology, hyperinsulinemia has been implicated in increased cancer incidence (Pollak, 2008; Giovannucci et al., 2010; Shi and Hu, 2014; Tsujimoto et al., 2017). For instance, the risk of liver, pancreas, endometrium, kidney, and bladder cancers increases 1.5- to 2-fold in people with hyperinsulinemia (Vigneri et al., 2009). Although previous studies in *Drosophila* and rodents unveiled some aspects of the mechanism by which hyperinsulinemia promotes tumor growth and malignancy (Hirabayashi et al., 2013; Xu et al., 2018), the underlying mechanisms are still largely unknown (Zhang et al., 2019).

The Central QUESTION

How does hyperinsulinemia promote tumor growth?

INTRODUCTION: End it on a High NOTE by Heightening Anticipation and Curiosity

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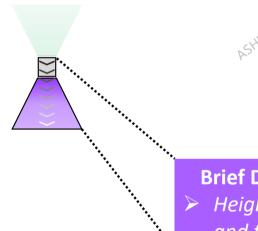
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Sanaki et al., 2020. Dev Cell

PAPER STRUCTURE

teros-Arias, 2015; Di Gregorio et al., 2016; Clavería and Torres, 2015; Baker, 2017; Madan et al., 2018; Nagata and Igaki, 2018). We have previously found multiple mechanisms that drive this cell elimination via cell-cell interaction between scrib and wild-type cells, which include Sas-PTP10D ligand-receptor interaction (Yamamoto et al., 2017), Slit-Robo2-Ena/VASPmediated scrib cell extrusion (Vaughen and Igaki, 2016), and engulfment of scrib cells by wild-type cells (Ohsawa et al., 2011). Here, through a genetic screen in *Drosophila*, we find an unexpected new regulatory mechanism whereby hyperinsulinemia systemically abrogates tumor-suppressive cell competition and thus causes tumorigenesis in the epithelium. Our data could provide a mechanistic explanation for the epidemiological evidence that links hyperinsulinemia and cancer incidence, thus contributing to a better understanding of cancer biology in vivo.



Brief Description of Results and Implications

Heightens anticipation and curiosity of results and their broader potential implications

RESULTS: Use Active Subheadings and Linking Subsections to Make it More Reader- (and Editor-) Friendly



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Sanaki et al., 2020. Dev Cell

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Downregulation of *chico* in IPCs Causes

We next investigated the consequences of *chico* downregulation in IPCs. As IPCs produce and secrete Drosophila insulin-like peptides (Dilps) (Brogiolo et al., 2001; Ikeya et al., 2002), we examined whether chico downregulation affects Dilps levels. Intriguingly, chico heterozygosity or IPCs-specific chico knockdown caused a significant increase in the expression of dilp2 and dilp5 mRNAs as well as anti-Dilp2 and anti-Dilp5 immunostainings without affecting IPCs' volume (Figures 2A, 2B, and S2A-S2E). These data indicate that downregulation of insulin signaling in IPCs causes upregulation of insulin peptide production probably via a feedback mechanism. To examine whether this leads to high levels of circulating insulin peptide, we measured circulating Dilp2 levels by a sandwich ELISA method using a modified Dilp2 fused with hemagglutinin (HA)-tag and FLAG-tag (aka. Dilp2-HF) (Park et al., 2014). Crucially, circulating Dilp2-HF levels was significantly increased in chico heterozygous animals at both early and late third instar larval stages (Figure 2C). Furthermore, analysis of insulin-PI3K signaling activity in the fat body, which would be elevated by circulating Dilps, by measuring the ratio of plasma membrane/cytosolic PH-GFP (GPH; Britton et al., 2002) signals revealed that insulin signaling activity was significantly increased in chico heterozygous larvae with or without scrib clones in the eye discs (Figures 2D-2I). Supporting this notion, circulating sugar levels in the larval hemolymph was significantly decreased in chico heterozygous animals at 96 h after egg deposition (AED) (Figure 2J). Together, these results indicate that downregulation of chico in IPCs causes hyperinsulinemia, an excess circulating insulin relative to blood sugar levels.

Active Subheadings

Allows reader to understand the essence of the sections with a glance

Effective Linking Subsections

Allows reader to understand better your trail of thought and logic

Subsection Summary Sentences

Re-enforces the message of each section

RESULTS: A Logical Data Sequence that Answers the Central Question

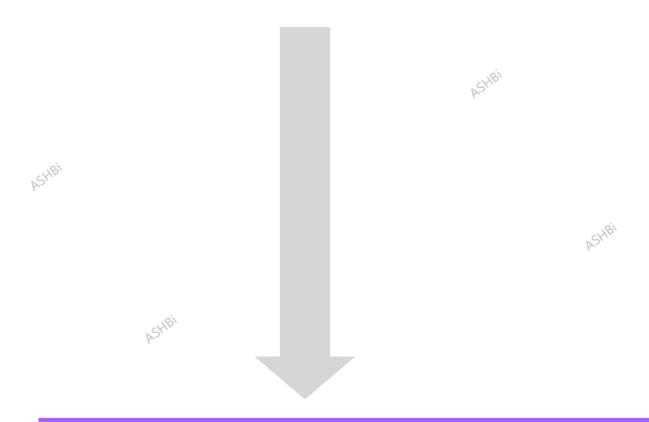


INTRODUCTION

The Central QUESTION - How does hyperinsulinemia promote tumor growth?

(ie. what is the mechanism...)





DISCUSSION

The ANSWER - Hyperinsulinemia promotes tumor growth by avoiding cell competition

RESULTS: A Logical Data Sequence that Answers the Central Question



INTRODUCTION

The Central QUESTION - How does hyperinsulinemia promote tumor growth?

(ie. what is the mechanism...)



chico Is Required for Tumor-Suppressive Cell Competition (Fig. 1)



2. chico Is Required in IPCs to Eliminate scrib Cells in the Eye Discs (Fig. 1)



- 3. Downregulation of chico in IPCs Causes Hyperinsulinemia (Fig. 2)
- 4. Hyperinsulinemia Abrogates scrib Cell Competition (Fig. 2)
- 5. Hyperinsulinemia Suppresses Cell Competition by Boosting Protein Synthesis in scrib Cell (Fig. 3&4)



- 6. Diet-Induced High Levels of Insulin Causes scrib Tumorigenesis (Fig. 4&5)
- 7. Metformin Suppresses Hyperinsulinemia-Induced scrib Tumorigenesis (Fig. 5&6)

DISCUSSION

The ANSWER - Hyperinsulinemia promotes tumor growth by avoiding cell competition

RESULTS: A Logical Data Sequence that Answers the Central Question



INTRODUCTION 4

The Central QUESTION - How does hyperinsulinemia promote tumor growth?

(ie. what is the mechanism...)



WHAT factor regulates (the mechanism of) tumor growth?

1. chico Is Required for Tumor-Suppressive Cell Competition (Fig. 1)

WHERE does this factor function?

→ 2. chico Is Required in IPCs to Eliminate scrib Cells in the Eye Discs (Fig. 1)

HOW does this factor (and mechanism) function?

- → 3. Downregulation of *chico* in IPCs Causes Hyperinsulinemia (*Fig. 2*)
 - 4. Hyperinsulinemia Abrogates scrib Cell Competition (Fig. 2)
 - 5. Hyperinsulinemia Suppresses Cell Competition by Boosting Protein Synthesis in scrib Cell (Fig. 3&4)

SOCIAL & CLINICAL implications

- → 6. Diet-Induced High Levels of Insulin Causes scrib Tumorigenesis (Fig. 4&5)
 - 7. Metformin Suppresses Hyperinsulinemia-Induced scrib Tumorigenesis (Fig. 5&6)



The ANSWER - Hyperinsulinemia promotes tumor growth by avoiding cell competition

DISCUSSION: Don't Re-Summarize your Results, ANSWER the QUESTION!!



Sanaki et al., 2020. Dev Cell



INTRODUCTION

Metabolic diseases such as type 2 diabetes and obesity are often accompanied by hyperinsulinemia, which is characterized by high levels of circulating insulin. In epidemiology, hyperinsulinemia has been implicated in increased cancer incidence (Pollak, 2008; Giovannucci et al., 2010; Shi and Hu, 2014; Tsujimoto et al., 2017). For instance, the risk of liver, pancreas, endometrium, kidney, and bladder cancers increases 1.5- to 2-fold in people with hyperinsulinemia (Vigneri et al., 2009). Although previous studies in *Drosophila* and rodents unveiled some aspects of the mechanism by which hyperinsulinemia promotes tumor growth and malignancy (Hirabayashi et al., 2013; Xu et al., 2018), the underlying mechanisms are still largely unknown (Zhang et al., 2019).

Q: How does hyperinsulinemia promote tumor growth?



Polyment of Circums and Circum

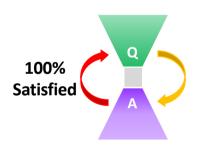
DISCUSSION

In this study, we have found that hyperinsulinemia in flies systemically suppresses cell competition in the eye epithelium, leading to tumorous overproliferation of polarity-deficient cells that are normally eliminated when surrounded by wild-type cells. It has been reported that high-sugar diet promotes tumor growth and metastasis of fly tumors with elevated Ras and Src signaling, providing a model of how abnormal physiology promotes tumor progression (Hirabayashi et al., 2013). In addition, studies in mice have shown that high-fat diet-induced obesity suppresses extrusion of oncogenic Ras^{V12}-expressing cells from mice intestine (Sasaki et al., 2018) and that endogenous hyperinsulinemia contributes to pancreatic ductal adenocarcinoma (Zhang et al., 2019). Thus, abnormal physiology, especially hyperinsulinemia.

A: Hyperinsulinemia promotes tumor growth by avoiding cell competition

PAPER STRUCTURE

DOI:https://doi.org/10.1016/j.devcel.2020.04.008



Make Sure to <u>ANSWER your QUESTION 100%</u>

DISCUSSION: Going from Fact to Speculation





DISCUSSION

In this study, we have found that hyperinsulinemia in flies sys- insulin-mTor sign "ing. Given that these to signaling pathways leading to tumorous overproliferation of polarity-deficient cells Sas-PTP10D signaling and hat high-sugar diet pre notes tumor growth ysiology promotes tumor progression (Hirabayashi et al., 2013). In addition, studies in mice Sas-PTP10D signaling have shown that high-fat diet-induced obesity suppresses extru-

cell elimination via oration between JNK signaling, which lead effector Yorkie (Yki). On the other hand, in this study, we found that hyperinsulinemia attenuates scrib cell elimination by fueling

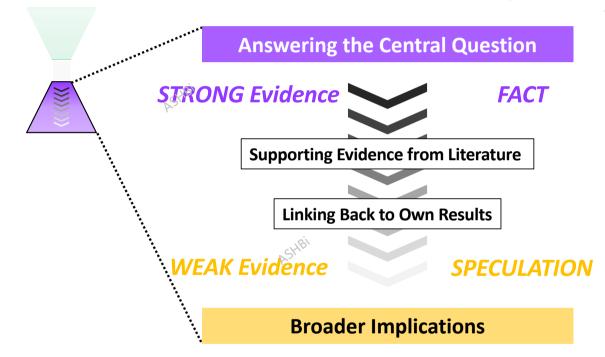
temically suppresses cell competition in the eye epithelium, are independent, tree ould be ext cross talk between hat are normally eliminated when surrounded by wild-type cells. esis. Rather, it is possible that both Sas-PTP10D inactivation as and Src signaling. lead to the same biological outcome, namely, elevation of protein

Notably, differential levels of protein synthesis between cells sion of oncogenic Ras^{V12}-expressing cells from mice intestine has long been implicated in regulating classical *Minute* cell (Sasaki et al., 2018) and that endogenous hyperinsuline nia con-competition, which is a competitive elimination of cells with a tributes to pancreatic ductal adenocarcinoma (Zhang et al, heterozygous mutation for a ribosomal protein gene (Morata 2019). Thus, abnormal physiology, especially hyperinsulinemia, and Ripoll, 1975), in addition, we have recently found that losers at and progression, of cell competition of ered by different tations such as Minnemia controls the initial ute, Myc, Mahjong, and "25F" anonly show lower protein step of tumorigenesis has been unclear. Our observations indispertations indispertations and that magnitude winners do (Nagata cate that chico heterozygous mutant or IPCs-specific chico- et al., 2019). Moreover, insulin-TOR signaling has been shown knockdown larvae can be used as a Drosophila model of hyper- to control cell competition during mouse embryonic developinsulinemia. Consistently, although chico homozygous mutant ment (Bowling et al., 2018). These observations suggest that difflies drastically decrease their body weight, chico heterozygous ferential levels of insulin-TOR signaling and protein synthesis bemutant flies show increased body weight, implying a phenotypic tween cells are the key for cell competition. Supporting this notion, scrib-induced cell competition can be compromised remically abrogates tu- either by introducing Minute mutation in wild-type winners or mor-suppressive cell compete any boosting InR-TOR-mediby overexpressing Myc in scrib losers (Chen et al., 2012). Our ated protein synthesis in pre-malignant cells may provide an data show that scrib cells are insensitive to environmental insulin in vivo mechanistic link between metabolic diseases and cancer and thus are lower in insulin-TOR signaling and protein synthesis risk (Figure 6). We have previously shown that Sas-PTP10D levels compared w. of the receives, and hyperinsulinesignaling in scrib cells promotes their elimination by repressing mia reverses this balance scrib tumorigenesis. Given epidermal growth factor receptor (EGFR) signaling (Yamamoto that a drug treatment targeting cellular metabolism could preet al., 2017). Defects in Sas-PTP10D signaling attenuates scrib vent hyperinsulinemia-driven tumorigenesis, cancer risk risen FR-Ras and TNF- by metabolic diseases may become controllable in the future.

PAPER STRUCTURE

DOI:https://doi.org/10.1016/j.devcel.2020.04.008

Sanaki et al., 2020. Dev Cell





Answer your Question First and Then Finish off with the Broader Implications of your Study

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4) Example of a Paper with Good Storytelling

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Good Storytelling Steers the Emotions of a Reader/Editor

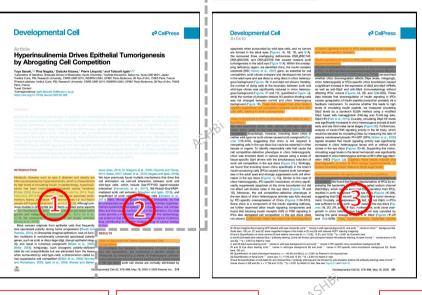


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Sanaki et al., 2020. Dev Cell



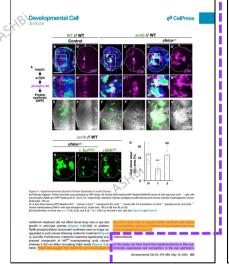
RESULTS



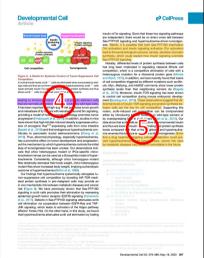
Developmental Cell

Articles

Management of the control of the con



DISCUSSION



1. Engage Audience

2. Heighten Anticipation

3. Building Up to the CLIMAX

4. Satisfaction

5. Deeper Appreciation

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Advice on Abstracts: It is a Mini-Story so Leave a Strong First Impression



Sanaki et al., 2020, Dev Cell

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Engage Audience

General Point of Broad Interest

DOI:https://doi.org/10.1016/i.devcel.2020.04.008

The Answer

SUMMARY

Metabolic diseases such as type 2 diabetes are associated with increased cancer incidence. Here, we show that hyperinsulinemia promotes epithelial tumorigenesis by abrogating cell competition. In *Drosophila* eye imaginal epithelium, oncogenic scribble (scrib) mutant cells are eliminated by cell competition when surrounded by wild-type cells. Through a genetic screen, we find that flies heterozygous for the insulin receptor substrate *chico* allow *scrib* cells to evade cell competition and develop into tumors. Intriguingly, *chico* is required in the brain's insulin-producing cells (IPCs) to execute cell competition remotely. Mechanistically, *chico* downregulation in IPCs causes hyperinsulinemia by upregulating a *Drosophila* insulin Dilp2, which activates insulin-mTOR signaling and thus boosts protein synthesis in *scrib* cells. A diet-induced increase in insulin levels also triggers *scrib* tumorigenesis, and pharmacological repression of protein synthesis prevents hyperinsulinemia-induced *scrib* overgrowth. Our findings provide an *in vivo* mechanistic link between metabolic disease and cancer risk via systemic regulation of cell competition.

Background/Context

Summary of Results

Broader Implications

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❖ Make a Strong Impact Immediately to Grab the Attention of an Editor

The 3S's to a Successful Scientific Story





- <u>Simple</u> a simple message is effective a memorable one (not to be confused with simplification)
- **Solid** results should be concrete/reproducible (ie. be convincing)
- <u>Surprising</u> surprising/unexpected findings make a more engaging story

Keeping the 3S's in Mindwhile Writing your Paper will Help you Construct a Story that is More Clear, Captivating and Memorable

MY ADVICE on How to Effectively Tell your Story



- As Papers are written Retrospective, it is NOT NECESSARY to write the Story based on the Original Logic of the Study
- 1) Identifying WHAT is the Most Interesting/Unexpected Finding in your Paper
- 2) Identify **HOW** this Finding can have the **BROADEST** Impact to the Field or Society
- 3) Build your Story Around these Points
- 4) Retrospectively Establish your 'Unique' Central Question
- 5) Fill in the Necessary Gaps/Information to be able to **Understand Sufficiently** the Story

How to Identify the Most Interesting Finding of your Paper?

Strategy for Identifying the Key Point(s) of your Paper



Strategy I

* <u>First</u> Write the Highlights of your Paper by Identifying <u>No More than 4 Key Points</u> (eg. as in Cell Press papers) of your Work and Pick the MOST IMPORTANT One to Build your Story Around

Strategy II

❖ <u>First</u> Write a Short Version of your Paper (eg. 1xA4 as in *Science*)

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* Reminder: It's ALWAYS Good ASK a Friend/Colleague for advice and WHAT they find is Interesting about your Work!!

Acknowledgements





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ASHBi Administrative Office

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Narumi Sano



Special Thanks to:

Tatsushi Igaki



Other Affiliations







Other Personal Affiliations

STELLAR SCIENCE | FOUNDATION

Upcoming Seminars from ASHBi Research Acceleration Unit



August 5th 2022

ASHBI

16:00-17:20





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Register Here:

https://forms.gle/GxHT3XHWN4aJV4Df9

Contact: ashbi-acceleration@mail2.adm.kyoto-u.ac.jp



