

## Be Prepared For the Start of Your New Lab Journey

Leading a lab requires more than a passion for scientific research. Before you jump into opening your first research lab, prepare yourself for the challenges that your new PI title may bring. We surveyed over 50 new PIs to understand the top challenges they faced as they started up their new labs. These were their top challenges.

“**Grant writing is difficult with teaching and everything that is going on. Set time aside to only apply for grants.**”



Grant writing is a complex process with plenty of room for error, it's no wonder 44% of respondents said it was their biggest challenge when starting their first lab.

Hiring & People Management is of critical importance to the success of any lab, but also one of the hardest to tackle as a new PI. You need to fill your benches with qualified students who can move your research forward, but also train, mentor, and guide them through their scientific journeys.



A good work-life balance seems elusive when you're hiring, training, writing grants, teaching, filling your lab with supplies, and of course, your research.

There is always more to do, and nothing short of more hours in the day can help. Survey responders said Work-Life Balance is an ever-present challenge that everyone is trying to figure out.

### 1 Grant Writing & Funding

### 2 Hiring & People Management

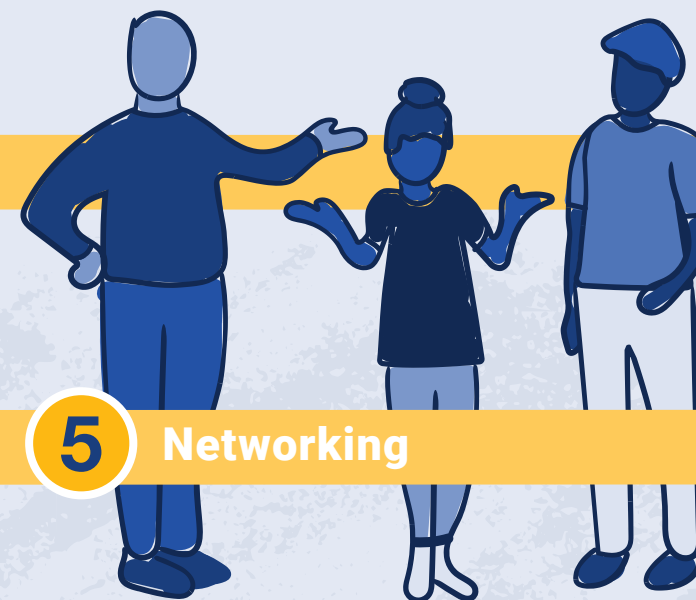
### 3 Work Life Balance



### 4 Stocking the Lab

As you are gearing up to open your lab, stocking it full of consumables, reagents and equipment is another challenge. It isn't easy hunting down every product you may need and working within your budget.

“**Finding the right instruments is always somewhat challenging given that new brands come out all the time.**”



### 5 Networking

Networking is key—not just for advancing your research, but to learn new experimental techniques and technologies or to exchange ideas about what works and what doesn't with like-minded scientists.

Small talk, meeting people, and establishing connections aren't rocket science, but can be particularly difficult to dedicate time to with an already full plate.