To nap or not to nap? Why napping habits interfere with cognitive fitness in ageing [COGNAP]

ERC-StG
SH4-Human Mind and its Complexity

Christina Schmidt

Research Associate FRS-FNRS
GIGA-CRC in Vivo Imaging
University of Liège, Belgium

WHY an ERC ?

WHY an ERC ?

Context: FNRS application (2016, 2017)

WHY an ERC ?

Context: FNRS application (2016, 2017)

« Should I stay or should I go »

WHY an ERC ?

Context: FNRS application (2016, 2017)

« Should I stay or should I go »

⬇

ERC-StG

What for a project ?

What for a project ?

FNRS application + reviewer evaluations

What for a project ?

FNRS application + reviewer evaluations

« The mystery of THE project »

What for a project ?

FNRS application + reviewer evaluations

« The mystery of THE project »

Beyond the classical writing process:

- Enter in contact with institutional responsible for ERC
- Communicate with other researchers, also from different domains: identify, reject, re-identify/restructure, clarify the research question
- Keep all versions
- Read grants from others
- « High risk/High gain» : a by-product of the writing process («ambitious») ?

What for a project ?

FNRS application + reviewer evaluations

> ## « The mystery of THE project »

Beyond the classical writing process:

- Enter in contact with institutional responsible for ERC
- Communicate with other researchers, also from different domains: identify, reject, re-identify/restructure, clarify the research question
- Keep all versions
- Read grants from others
- « High risk/High gain» : a by-product of the writing process («ambitious») ?

Timeline

- December 2015: start participation to GoGetERC meetings

- May 2016: FNRS application not successfull

- May 2016: ERC institutional contact person initiates process, submission of idea(s), choosing the panel, participant portal

- May 2016-August 2016: regular « brainstorm » meetings (GIGA-CRC, GIGA director, PsyNCog)

- 13th September 2016: Satellite meeting of ESRS congress: insight on how to build up the story [preliminary data]

- 13th September – 16th September; European Sleep Research congress. Submission of the idea to collaborators and colleagues from different research labs.

- September 15th 2016 – October 18th 2016: writing day and night, interspersed with meetings of the institutional contact person and the GIGA-director, PIs of the GIGA-CRC and others.

- Decide on when to stop the process of integrating feedbacks (repetitive reading)
- Get helped for administrative and financial issues (deadline setting in parallel to scientific work)
- Get informed on ethics and open data management before

Interview

- Get informed about the procedure during the interview day
- Not too much details for the presentation, be prepared
- Arrive the day before depending on when the interview is scheduled ?
- Answer straight to the questions: more you get questions, better it is