DR. ROOSE’S PYRAMID OF BIOCHEMISTRY GREATNESS

HONOR
If you need it defined, you don’t have it. (unedited)

PANEL REVIEW
Science’s way of determining who is funded and who is poor

SELF-RATE
Trust yourself. (unedited)

SELFISHNESS
It’s tradition!

SELF-RELIANCE
Don’t trust anyone else’s data. You should also doubt your own.

INTENSITY
Give 100%. Giving 110% is for assistant professors on the tenure track.

DISCIPLINE
The ability to repeat a boring thing over and over again. (unedited)

CITATIONS
Use them. Format them properly. If you don’t cite yourself or anyone else, you’ll thank yourself later.

ATTIRE
Lab coats and closed-toe shoes. Also known as PPE

HYPOTHESIS
Start with one or find it along the way but always have one.

SELF-RELIENCE
Trust yourself. (unedited)

SUSPICION
Don’t trust anyone else’s data. You should also doubt your own.

POISE
You know more about this stuff than anyone.

GREATNESS ITSELF
The best revenge. (unedited)

SAFETY
Always. Otherwise there’s too much paperwork.

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