

# Journal Clubs for Cytoscientists and Cytotechnicians

NCPTS  
2015

# Why join a Journal Club?

- Intellectually stimulating
- Expands your knowledge
- Makes work more interesting
- Very collegial
- Excellent practice at giving talks

**Make it fun!!**

# What are the barriers??

- Time involved
- Speaking in front of colleagues
- Nobody else has organised it
  
- Access to Journals
- Difficulty selecting appropriate articles

You can do it!

# Nuts and Bolts

- Minimum of two people
- 20-30 minutes once a month
- A place to meet
- Access to journal articles
- A way to select what to review
- The will to do it

# How to chose an article

- Decide **where** to look for articles
- Go for relevance : if it **interests you** it is likely to be interesting
- Something digestible: choose **one you can handle**

**Ask for input from others**

# How to prepare a review

1. Skim read it: read the abstract, look for the “big picture”
2. Read it in detail: read the methods section carefully
  - study the results to understand the findings
  - think about the points in the discussion
  - research any parts you don't understand
3. Write a one-sentence summary overview of the article
4. Summarise key points from each section:
  - Context
  - Materials and Methods
  - Results
  - Discussion
5. Write a one-sentence summary of the conclusion of the article

# How to present a review

Decide how long you have to talk: don't go over time

1. Clearly state the title, source and the authors
2. Deliver your **one-sentence overview** as your opening sentence: get the attention of your audience.
3. Present the **key points** : Aims, Methods, Results and Discussion
4. End with a **one-sentence summary/conclusion**
5. Give your **own response** to the article: what excites you? what did you learn? what do you agree/don't agree with?
6. Allow time for group **discussion** if this is appropriate