

“Day in the life” Video Guide for Contributors

About the Series

The aim is to demonstrate the diversity of researchers, approaches and biological questions within the Proteostasis UK community.

“Day in the life” is a social media series from Proteostasis UK showcasing the diverse people and research across the proteostasis community. Each video will introduce one researcher, explain their work in an engaging and accessible way, and highlight why their research matters.

Length: 3 minutes (maximum)

Audience: Scientists, students, researchers from other disciplines, and members of the public with an interest in science.

Before You Start

Try and keep the language simple whilst avoiding complex scientific jargon.

Imagine you're explaining your research to a friend who enjoys science but doesn't work in your field.

Your personality is just as important as the science; we want viewers to get to know the researcher behind the project.

Video Structure

Include intro slide with

- ✓ Proteostasis UK logo
- ✓ Your name
- ✓ Position (PhD student, Postdoctoral Researcher etc.)
- ✓ Institution
- ✓ A photo of yourself
- ✓ Your research area
- ✓ Your model system (e.g. yeast, flies, plants, mice, human cells)
- ✓ Main research question

Example:

Charlene Dambire BBSRC Research Fellow | University of Nottingham

How do protease targets help plants respond to stress?

Model system: plants- *Arabidopsis thaliana*

Introduction

Briefly introduce yourself and what viewers will see.

Example:

"Hi! I'm Charlene Dambire, a BBSRC Research Fellow | University of Nottingham. Today I'll show you a typical day in my lab while explaining the research I'm working on and why it matters."

The Big Picture

Start with a broad explanation.

Examples:

- ✓ What is proteostasis?
- ✓ What challenge are scientists trying to solve?
- ✓ Why is this field important?

Then narrow down to your specific research.

Example:

"Proteostasis describes how cells make, fold, repair and remove proteins. When this system fails, it contributes to diseases such as Alzheimer's, Parkinson's and cancer. My research focuses on understanding how cells respond to heat stress."

Your Research

Clearly explain:

- ✓ What scientific question are you asking?
- ✓ Which pathway, protein or process do you study?
- ✓ Why did you choose this question?

Keep this section specific but accessible.

Example prompts:

- ✓ "I'm interested in..."
- ✓ "We study..."
- ✓ "We're trying to understand..."
- ✓ "One protein we're investigating is..."
- ✓ "We think this could explain..."

A Day in the Lab

Show your day while explaining the science.

Possible footage:

- ✓ Walking into work
- ✓ Cell culture
- ✓ Microscopy
- ✓ PCR
- ✓ Protein purification
- ✓ Western blot
- ✓ Coding
- ✓ Data analysis
- ✓ Lab meetings
- ✓ Coffee break
- ✓ Writing
- ✓ Reading papers

Rather than simply showing what you're doing, explain why.

Example:

"I'm preparing protein samples to measure how cells respond after stress. These experiments help us identify which proteins are activated when damage occurs."

Why Does This Matter? Answer one simple question: **Why should people care?**

Examples:

- ✓ Could it improve treatments?
- ✓ Does it help us understand disease?
- ✓ Does it improve agriculture?
- ✓ Does it reveal fundamental biology?

Looking Ahead

Finish with:

- ✓ What comes next?
- ✓ What excites you most?
- ✓ Thank viewers.

Example:

"We still have lots to discover, but every experiment helps us understand how cells keep proteins healthy. Thanks for joining me!"

Filming Tips

- ✓ Record in good lighting
- ✓ Minimise background noise
- ✓ Show yourself on camera
- ✓ Include both lab work and life outside the lab
- ✓ Keep background music quiet so narration is always clear.
- ✓ End with Proteostasis UK branding and social media handles.