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

ERC-StG
SH4-Human Mind and its Complexity

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ERC-StG: COGNAP project-GA 757763
WHY an ERC ?
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« Should I stay or should I go »
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« Should I stay or should I go »

ERC-StG
What for a project?
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FNRS application + reviewer evaluations
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« The mystery of THE project »
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**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?

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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