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Striving for an easier career in the lab

Recently, we were delighted to welcome the first early career researcher (ECR) ambassador to *BioTechniques*, Chinmaya Sadangi from the University of Toronto, Canada. As an ambassador, Chinmaya's role will include helping the Editorial team ensure we meet the needs of life science ECRs, and provide the opportunity to discuss the problems they face.

I've spoken to many ECRs from across the life sciences about the challenges affecting them, and those challenges are often similar across disciplines. Some are ingrained and difficult to overcome – the pressure to publish or perish, securing funding, attaining a faculty position, and so on. Others might be difficult but are easier to surmount – finding the right mentor, finding time to get out of the lab and network, and network successfully. Others are relatively 'new' (or perhaps not) to the agenda but are also hugely important – for example, gender or diversity inequalities and mental health.

With ECRs waiting in the wings to become the next-generation of star researchers, it is concerning to think that we might be losing many of them because of these challenges. As a result, we'll be publishing features going forward with a focus on the path to career success, and encourage all ECRs who have faced or are facing these issues and want to contribute to the discussion to get in touch.

Get in touch at f.lake@future-science.com.

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BioTechniques is a peer-reviewed journal dedicated to the publication of original laboratory methods, related technical tools, and methods-oriented review articles that are of broad interest to scientists engaged in basic applied life science research. Complete Instructions for Authors are available at: <https://mc04.manuscriptcentral.com/fs-btn>, *BioTechniques'* website for online manuscript submission. All manuscripts should be submitted at this site.

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