



Editorial

Maintain your enthusiasm and do not surrender to adversity during your research career



Enthusiasm is the engine of research, and research is the engine of progress. Enthusiasm helps one overcome upsetting and disconcerting situations. However, what manner of distressing events can a researcher experiment with?

At the beginning of one's academic trajectory, enthusiasm may compensate for the novice researcher's lack of experience. In the second stage, enthusiasm may countervail, in some ways, the need of economic and human resources. To the extent that researchers consolidate their professional position, enthusiasm enables them to resist fair competition (for scientific interests) and, sometimes, even unfair competition (for personal interests). Enthusiasm in balance with healthy ambition can boost a researcher's career as long as the researcher does not become blinded by these feelings. Honesty always provides the best opportunities and personal satisfaction in the long term.

Emotionally intelligent novice researchers must prevent their academic development from being affected by factors external to research. In this way, handling these experiences (even when they are disagreeable) can become an opportunity for personal growth. If the enthusiasm is strong enough, it will not be hampered by such matters, although researchers may feel a bit frustrated on occasions. The ability to turn negative impacts into positive ones with imagination is a powerful tool for any researcher. In fact, part of the disappointment may also depend on our own (and sometimes very high) expectations about the people with whom we have just begun to interact. This frequently happens in other areas of life. Everyday problems are reflected in the researchers' lives and should never move scientists away from their main objective: working for progress.

We cannot please everyone. Some people have a marked sense of their position in the academic hierarchy, and this may appear to be an obstacle. For instance, if someone works very slowly, that person may lose opportunities, but a researcher who works very quickly may stand out and attract a great deal of attention. Therefore, the best idea is simply to follow one's research path with enthusiasm. Research entails perseverance. Researchers require knowledge, training, practise, patience, resistance, and resilience. With these ingredients, they can achieve excellence in research, and surpass difficulties. Just concentrate on research.

Not less important is the ability to work in a team, and to choose a good team. A good research team is one in which each member contributes his or her personal best. On a good research team the academic upgrading of each member is understood as beneficial for all members, as well as advantageous for scientific evolution. There is no competition, but cooperation. Team members know that they can count on the help of those colleagues they have assisted before. Actually, in a good

research team, support is neither bought nor sold, but acknowledged in the best manner: by helping others.

If you are a novice researcher, maintain your enthusiasm and do not surrender to adversity during your research career. You will need to keep your enthusiasm intact. Challenge yourself, learn from the best as much as possible, improve your research skills, think ingeniously, work hard, strive tirelessly to achieve perfection, and accept constructive criticism. Discover your passion and vocation for research. Believe in what you do and never hurt anyone. Separate your professional and private life. Look for a group in which you are respected and valued. Look for establishing active collaborations at local, national, and international levels; this will contribute to expand the horizons of your team. Have a fluid communication with your co-workers and with the team leader. The better the work environment, the better results we will get. Bear in mind what you do not like so as not to repeat it with others in the future. Maybe you cannot alter the present, but the future is your responsibility.

The main researcher plays an essential role in the research team. This person must make research turn like a wheel in which all researchers are equally distant from the central axis. Teams should be structured like a wheel instead of a pyramid where the main researcher is at the vertex. The vertex is far from the ground, far from the reality, and far from the novice researchers. If the wheel turns, the whole team treads the earth and climb to heaven, living the same experiences. The main researcher must be the turning motor, not a pharaoh for whom others work without complaining with the hope that everything will be different when they reach higher academic positions.

If you are a team's main researcher, do not forget how you felt when you started, and remember what your dreams and fears were. Do not be afraid of choosing the best collaborators; look for brains, not for names. Identify and stimulate the talent of each member. Give the appropriate work to the right individual, and assign the collaborators specific roles where they can fully exploit their capacities. All will have their place. This will be essential for success. Make your team members feel happy and motivated as you would have liked. Be empathic. You will be admired because you esteem others. Your collaborators will be main researchers for future teams, so you must set a good example. Encourage them how to conduct research in a humane, positive way, sharing knowledge to go forward together. Always teach with patience and enthusiasm. Only your enthusiasm will keep you young forever, and only by being young will you be able to understand the young people on whom research and the future depend worldwide. Listen to them. If there is no communication, there will be no evolution. Be flexible and adapt to changes. Accept innovation and opinions. Promote interna-

tional research networks. Recognise the need to develop the strengths and critical mass of research groups everywhere. Cohesiveness among team members usually lies behind triumph. Keep alive that young researcher who wanted to transform the world and make your 'little world' a better place. Your contribution is decisive. Do not stop the wheel of enthusiasm. Do not stop the wheel of progress. Give a fresh impulse to research.

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