



HOST GUIDE

**SUPPER WITH
A SCIENTIST**

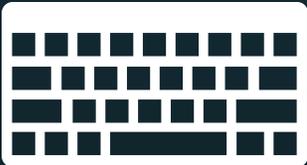
THE BASICS

6-8

The number of of people we recommend you invite for your dinner. If its more or less - it's no problem!

RSVP

Received all of your RSVPs? Start thinking about the structure of the dinner and conversation. See page 4-7 for ideas.



Do your homework. Understand the current state of science in the US - check out the resources we've provided for you on page 10



Choose a date, send your invites, and get ready to host your dinner! It is going to be awesome! Remember to document the event and take pictures.



Plates empty? Fill out our reflection sheet on page 10 to help consolidate your thoughts on the experience and remember to send your guests a thank you email!

THE GROUND RULES

Supper with a Scientist operates on three guiding principles:



RESPECT

Everyone deserves respect and will receive respect during the meal



TOLERANCE

Of other ideas and opinions. No arguments directed at people



PATIENCE

Don't interrupt

THE PREP



Remember: You are the expert and this is an opportunity to share the wealth of knowledge you have acquired.

Start with what you know best: Your own research - past or current. You can use these questions as a prompt to craft your story:

BECOMING A SCIENTIST:

- o Where did you go to grad school? Did you choose this school for a particular reason?
- o What did you study? (see our guide on how to explain scientific concepts easily on page 7)
- o Out of all the things you could have chosen to study, why this topic?
- o What were the major findings of your research?
- o Why is it important and how does it relate to society?
- o What do you find challenging?
- o What do you find particularly inspiring about being a scientist?

CONTINUED...

THE PREP

THE CURRENT SCIENCE LANDSCAPE:

- o What are your thoughts about the current scientific environment in the US?
- o What most concerns you about science or your particular area of science?
- o What can the community (aka your guests) do to make a difference or become active science advocates?

THE SCIENCE PROCESS:

Keep topics in your backpocket that the lay public usually doesn't have a good understanding of, but might be interested in learning. For example:

- o How do you get funding?
- o What is the publishing process and the idea of "publish or perish"?
- o What is the total process of becoming scientist from PhD to a tenured professor?
- o What other careers could you consider as a scientist?



REMEMBER: This is not meant to be an exhaustive list! As you start reflecting on your own journey as a scientist more questions will naturally start to come to you.

THE SUPPER



THE LOGISTICS:

1. The vision is yours

Every dinner will be different - because you as a host are so unique. From cookies and coffee to a 7-course meal, you are in the drivers seat.

2. Mingle

Welcome to your supper! Allow about 30 minutes for guests to mingle and grab a drink before you sit down to eat. This will give some lee-way for anybody running late (because we all lead busy lives).

3. Lets eat!

Make sure everyone has ample time to pile up their plates. Allow a few minutes for your guests to settle in before starting your conversation.

4. Wrap-up

At the end of the evening, ask your guests what their thoughts were of the evening. What did they learn? What was the most impactful thing for them? Anything they would do differently or anything that really appealed to them?



THE CONVERSATION:

1. Start with introductions

Raise a glass to all of your guests and thank them for taking time out of their day. Make sure all of your guests have had a chance to get to know each other and explain why they decided to attend.

2. Set the ground rules

Setting the rules will empower you to shut down any line of conversation that enters the realm of abuse, harassment, or disrespect. Ask your guests if they would like to add any other rules for the evening.

3. Start the show!

Now is the time for you to kick off the dinner with the story you have crafted. Remember, this is your time to connect your friends, family, and community with science.

4. Keep the conversation flowing

Keep some well crafted questions handy that can be used as the conversation begins to flow. Remember, there is no particular formula for your discussion, so be flexible and encourage honest open opinions and curiosity.

THE STORY

WATCH YOUR WORDS

It is so easy to get lost in the world of scientific jargon. Scientific words, phrases, and abbreviations are second nature to us, but are a foreign language to those around us. Before your supper, take a moment to run through your internal script of how you describe your work and make a list of words that you might need to either change or explain further. Before starting your dinner - empower your guests to challenge you by inviting them to interrupt you at any time if you say something they don't understand. If one person doesn't know something, it's safe to assume that everyone else is in the same boat.

FLIP THE SCRIPT

As scientists we are taught very uniformly how to communicate with the rest of the scientific community: Start with a lot of background (the why), provide supporting details (the how) and finally share your results (the what). To ensure the maximum impact with your guests, consider flipping this: Explain upfront your underlying contributions to science and why it's relevant to them. Why should they care? Then go into further detail and explain the why and the how.

ELEVATE YOUR PITCH

Think of your guests as being your biggest advocates, but also possibly your toughest crowd - they will be attending your supper with high-expectations and are showing up to learn! Make sure you capitalize on this opportunity and convey your message dynamically and concisely. Metaphors and analogies go a long way in conveying difficult concepts. Don't be unprepared - take some time before your dinner to craft a compelling story. Remember, you are not going to be able to rely on slides so the power will lie in your words.

IT TAKES PRACTICE

Just like everything else, the more you talk about your work in simple and engaging terms to a public audience, the better you get. Think of this not only as an opportunity to share your science knowledge, but as an opportunity to practice the way you think and talk about it. And finally - have fun! You are the expert, so be confident and enjoy this memorable event.

THE CHECKLIST



ABOUT ONE MONTH BEFORE:

- Using our email template, or creating your own, send an email to gauge the interest of those who you wish to invite.
- Once you have about 6-8 interested guests, set a time and date that works best for everyone.
- Decide on the format of your dinner. If you want a pot-luck - set up a Google form so that you can keep track of what your guests will be bringing.
- Send out your official invitation for your supper (see our templates!), which lays out the objectives, guiding principles, and expectations of the dinner

A FEW DAYS BEFORE:

- Make sure you have a suitable space for your guests. It should be a quiet enough space to be able to hear each other easily.
- Purchase your food and prepare your dish you will be providing.
- Send a reminder email to your guests (see our template!).

THE DAY AFTER:

- Send a thank-you email to all of your guests and a follow-up survey.
- Dont forget to send us your pictures and testimonies!

THE RESOURCE LIST

FOR YOU - THE HOST:

Science after a year of President Trump (Nature 553, 380 (2018))

Public and Scientists' Views on Science and Society (Pew Research Center)

Why everyone needs to understand science (World Economic Forum)

The quiet war on science (TED)

This is the end of bystander science (TED Fellows)

FOR YOUR GUESTS:

Eureka alerts

Science MOOCS

Science and technology TED-Ed videos

Finding your congressional representatives:

House

Senate

THE REFLECTION



You did it!

Thank you so much for sharing your time and knowledge with your community. Once you have had a moment to reflect on your supper please answer these questions and send them back to us.

1. What was the most inspiring part of your evening?
2. What was the most challenging conversation you had?
3. How do you think your guests felt leaving the dinner?
4. Were there any surprises during the evening, or anything not go according to plan?
5. Did the guide help you prepare for your supper? If so, what was particularly useful. If not, how could we improve?
6. Based on this experience, would you host again?
7. Anything else you would like to share?

THE PROBLEM + SOLUTION

In today's world, it's hard not to be confused about what to believe or not believe, especially given the misinformation we find at our fingertips. Science is a powerful thing – it is not based on religion, superstition, social media, or any other colored lens we see the world through. Science is based on empirical evidence that informs us about our world and behaviors. People are hungry for accurate information, and Supper with a Scientist is a way to provide just that, by bridging the chasm between society and science.

THE MISSION

Supper with a Scientist is a new approach with an age-old solution – bringing people together in the spirit of celebration, to build new relationships, to learn about science from an expert – and to do it all over the joy of sharing food.