

# Lisgaras Christos-Panagiotis

Ph. D. candidate

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To the scientific board, regarding the 4<sup>th</sup> WHBA course,

I am a second year graduate student at the laboratory of Animal & Human Physiology in the University of Ioannina, working towards my PhD. Throughout my studies I have constantly tried to achieve higher results, in order to prepare myself for a life of learning. My daily life is naturally spent in the laboratory, working on electrophysiological techniques. I am currently investigating the neurophysiological changes underlying immature *Status Epilepticus* in the function of the mature brain. Recent analysis focuses on the characterization of high-frequency oscillatory activity (HFOs) recorded from adult hippocampus *in vitro* and its modulation following an early-life seizure. Pathophysiological HFOs may serve as biomarkers for epileptogenesis with a diagnostic value, particularly in patients with progressive epilepsy disorders.

I have participated in the course for one time, now and the 3<sup>rd</sup> WHBA has proven especially motivating for me to re-apply. The last WHBA program has definitely contributed to my progress in being mentored while being inspired to further achievement. Please note, that after the course, I was selected based on my qualification to participate in competitive retreats sponsored by *Bodossaki foundation*, *Onassis foundation* and *FORTH*. Additionally, I had the opportunity to teach in the Physiology laboratory, as a Professor's assistant for two months. The most significant of my achievements, however, was obtaining sponsorship of my thesis project by *Astron Chemicals S.A.*, (Chemical industry) whom I approached on behalf of the University of Ioannina. They accepted my proposal based on my experience in working on the project.

Obtaining funding is critical, considering the adverse financial situation that researchers are currently confronted with, in Greece. By working hard in the lab, I have, I believe, demonstrated my resourcefulness, ingenuity and self-motivation in order to complete a thesis project that inspires me to do my utmost to reach the goal I set for myself. Our future plans, are initially to use the grant to fund new experimental procedures, including sharp-electrode intracellular recordings and patch-clamp protocols.

I expect that this summer's course will offer me further preparation and knowledge in managing my research through the valuable guidance and discussion with professors of the highest caliber, as well as giving me further inspiration and motivation to achieve my future goals. In particular, my relative inexperience in the field of management will be greatly increased by the course's interactions. Also, as I work towards preparing the first full research publication, I expect to gain practical advice regarding scientific writing and editing.

In consideration of my additional educational credentials in the past eight months since the last summer school in Mani, I have proven myself deserving of this additional opportunity to gain further experience and knowledge in various aspects of my field.

Thank you for your kind and careful consideration of this application.

Sincerely yours,

*Lisgaras Christos*