

Informational Page: Month 1 - Undergraduate Research (Part 2)

How do I know which lab to choose to reach out to?

Choosing a lab to reach out to might seem like a relatively daunting process; however, start with thinking more about your personal interests. Are you interested in chemistry, human nutrition, or astronomy? Maybe you're interested in other disciplines beyond science, such as public health, government, or policy. After identifying your interests, you can begin by searching for opportunities within your college/university or researching other labs at different universities, research hospitals, etc. that have research labs focused on your interests. The Internet is a powerful tool for this. If you end up finding multiple labs you are interested in, try looking into research papers they have published and determine if their work piques your interest.

Interviewing at labs?

Interviewing at labs can take on multiple different forms. They might be one-on-one style with the PI or a group interview with other students who are also interested in obtaining a lab position. For interviews, it is important to develop a type of pitch, explaining why you are specifically interested in their research and what you can contribute as a part of their lab. In addition, however, some other factors to consider for taking on interviews include how many hours per week you are expected to work in their lab, the possibility of obtaining a mentor, whether you will be working in their lab as a volunteer, for credit, or for pay, etc. Be sure to ask any relevant questions you might want to get answered!

How can I make the most of my research experience?

Making the most of one's research experience can take form in a variety of ways. For example, you might be interested in learning about or further developing your own lab techniques. In addition, you might want to develop your own poster summarizing your research within the lab for general presentation. You may also want to go further and develop your own type of research project within your lab, working towards the development of a research thesis, and then presenting at a symposium or to a professional committee. You might be interested in submitting your research for publication as well.

What are undergraduate research programs in the US and internationally?

Check out the AAMC website and the University of Chicago College Center for Research and Fellowships for more resources

- Summer Undergraduate Research Training Program - Baylor College of Medicine (Houston, Texas)
- Harvard Summer Research Program in Kidney Medicine - Brigham and Women's Hospital (Boston, Massachusetts)
- Summer Internship Program - Johns Hopkins University School of Medicine (Baltimore, Maryland)
- Eugene and Ruth Roberts Summer Student Academy - City of Hope National Medical Center and Beckman Research Institute (Duarte, California)
- The ISTernship Summer Program - (Vienna, Austria)
- Multidisciplinary International Research Training Program - (Various Locations)