

Hints for UGSRF Students

1. Talk to your research host and decide what weeks you will be working and what hours each day you should be in the lab.
2. Ask your research host when lab or team meetings are held and if there are any other meetings or seminars you should plan on attending during your time in the lab.
3. Discuss with your research host how he/she wants to handle discussing your project and progress: weekly or on an as-needed daily basis. Make sure you know who you report to in your research host's absence.
4. Be sure you understand your project and have a clearly defined hypothesis in place that you are testing. Discuss what experiments you'll be doing on your own and what ones you will be carrying out with other people's help.
5. Discuss the specific skills you have and whether there are skills you are especially interested in improving.
6. Let your research host know if you are having problems with your research, either protocols or data. Also let him/her know if there is any other problem in the lab with other people working there.
7. If you have the chance, present your project and discuss your ongoing experiments in lab meetings. It is good experience and you can get some great advice on what experiments to do next from others.
8. As you finalize experiments toward the end of the summer, you should discuss with your research host whether you have enough data to write an abstract. (Remember, you will receive funds from APS to attend the Experimental Biology meeting whether you have an abstract or not.) Discuss whether there are other meeting(s) you could submit to as well. Be sure to double-check the meeting dates with any potential conflicts (exams, MCATs, etc.). At this point, be sure to find out whether your research host will be paying the abstract fee and for preparing the final poster (APS does not reimburse for these) and helping you in any way with EB meeting expenses above the \$1,300 APS will reimburse you.
9. Be sure to have your research host read the abstract and approve it before you submit it. Allow time to do several revisions before the submission deadline (usually the first part of November). Check out the APS career web for hints on writing research abstracts (<http://www.the-aps.org/careers/careers1/Undergrad/uabstract.htm>).
10. As you are getting ready for the meeting, talk to your research host about the best way to prepare the poster. Be sure to have him/her approve the poster. Again, allow time to do several revisions before leaving for the meeting. Be sure to check out the APS career web for hints on preparing research posters (<http://www.the-aps.org/careers/careers1/Undergrad/uposter.htm>).