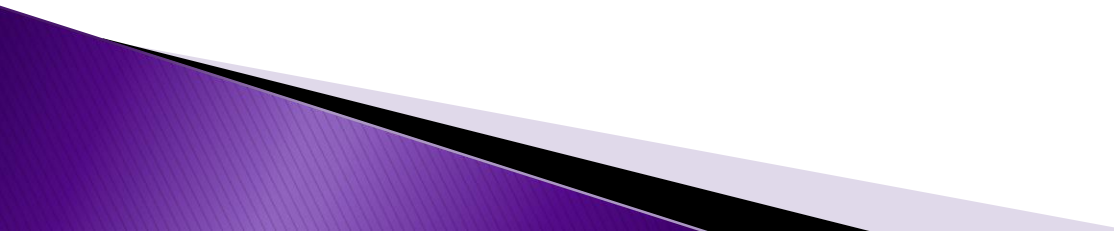


# **Undergraduate Summer Research Workshop**

**Western Undergraduate Research Journal:  
Health and Natural Sciences  
[ir.lib.uwo.ca/wurjhns](http://ir.lib.uwo.ca/wurjhns)**

# Outline

- ▶ **Introductions: WURJHNS team**
  - ▶ **Why do research?**
  - ▶ **Typical duties of an undergraduate research assistant**
  - ▶ **Where to start looking?**
  - ▶ **Application Timelines**
  - ▶ **Contacting potential supervisors**
  - ▶ **Transcripts and Grades**
  - ▶ **Resumes and Cover Letters**
  - ▶ **After you've applied**
- 

# The WURJHNS Team

## ▶ **Editors-in-Chief**

- Himanshu Gupta
- Kevin Lam

## ▶ **Managing Editor**

- Alice Tan

## ▶ **Associate Editor**

- David Li
- Sean Tom

## ▶ **Editorial Review Board**

- James Nugent
- Kristen Reilly
- Natalie Scime
- Vivian Tan
- Diana Varyvoda
- Alex Zhou

# The WURJHNS Team

- ▶ **Production manager**

- Bhavini Rathod

- ▶ **Outreach Coordinator**

- Jerry Shum

- ▶ **Academic Affairs Coordinator**

- Nicholas Jackson-Chornenki

- ▶ **Advisors**

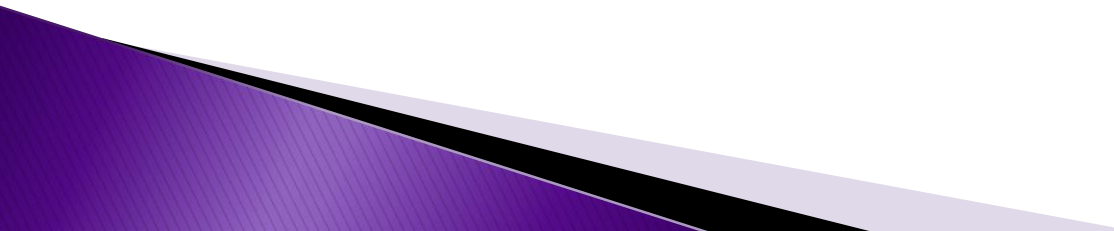
- Alex Yan
- Vinay Garg
- Anson Li
- Lipi Mishra
- Ayo Odutayo

# The WURJHNS Team

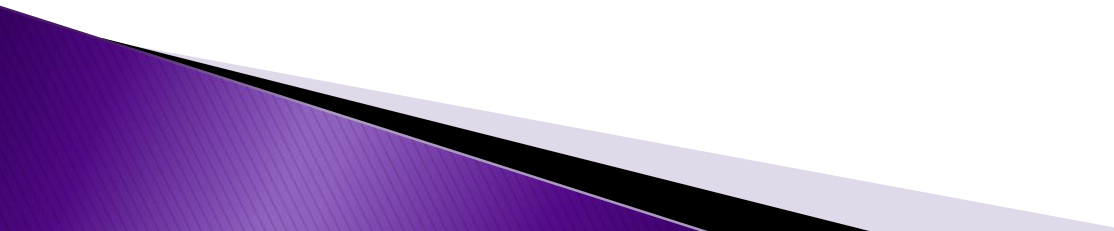
## ▶ **Second Year Representatives**

- Andrew Wang
- Valerie Yau
- Serina Cheung
- Ahmed Mukadam
- Alex Lau

## ▶ **First Year Representatives**

- Irene Ying
  - Emerald Liang
  - Brandon Lieng
- 

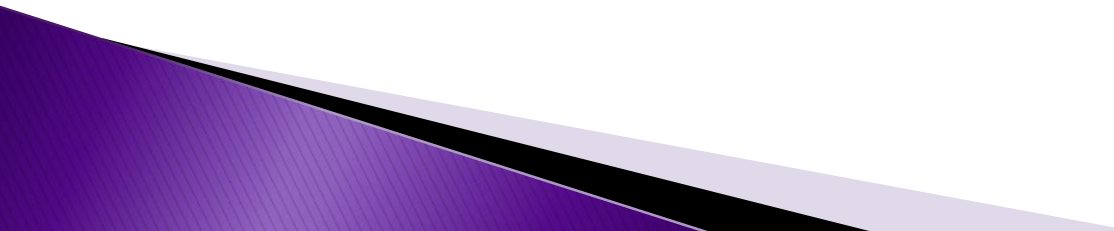
# Why do Research?

- ▶ Pursuing an interest and expanding your perspective in academia
  - ▶ Enhance your learning experiences through real world application
  - ▶ Networking
  - ▶ Financial reward
- 

# What are the Typical Responsibilities?

- ▶ **Clinical Research Student**
  - Pulling research articles
  - Data collection
  - Completing a small personal project
  - Writing small sections of a manuscript
  - Completing ethics proposals
- ▶ **Completing odd lab jobs**

# What are the Typical Responsibilities?

- ▶ **Basic Sciences research student**
    - Optimizing and performing lab techniques (histological stains, immunostains)
    - Literature search
    - Performing experiments and interpreting data for various assigned projects
    - Collaborating with technicians in your lab or experts from other labs
    - Contributing to manuscripts
    - Completing odd lab jobs
- 



# Research Student Expectations

- ▶ **Work independently**
- ▶ **Team environment**
- ▶ **Lots of information to take in**
  - Publications, terminology, lab techniques
- ▶ **Manage time effectively**
  - Deadlines, multi-tasking
- ▶ **Seminars, posters, presentations**

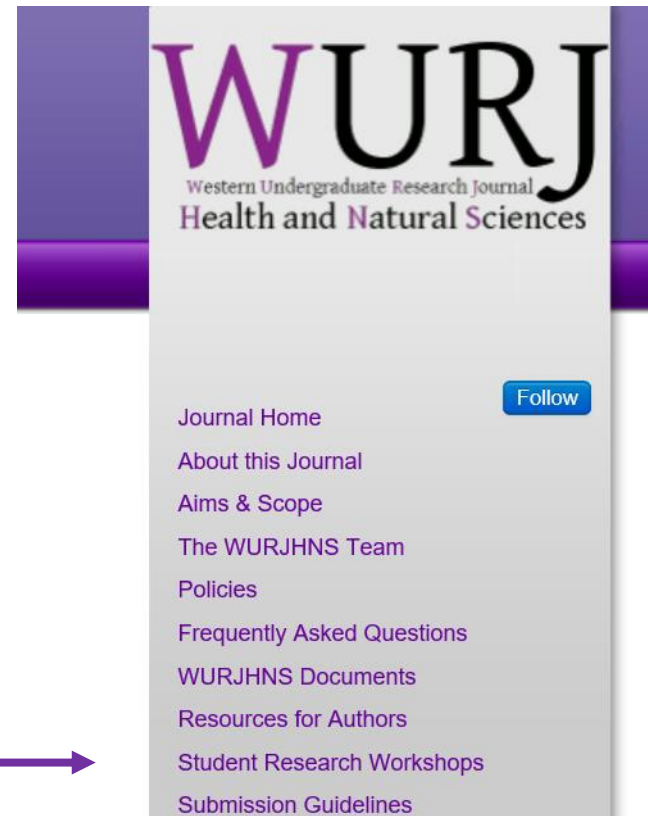
# Where to Find Research Positions

- ▶ **Good places to start looking :**
  - Go to your respective faculties
  - Contact your health practitioner
  - If you are looking for positions outside of the university (i.e. in London hospitals, or in other cities) the internet is the best place to start
- If this is your first time looking for research positions some keywords to search in Google are:
  - Summer Student Program + (insert city name)

# Where to find research opportunities:

- ▶ List of possible research opportunities that you can apply for can be found on our website

**[ir.lib.uwo.ca/wurjhns](http://ir.lib.uwo.ca/wurjhns)**



# Application Timeline

- ▶ **Some ways to apply to research positions**
  - **Directly to the supervisor**
  - **Organization website**
  - **Career central**
- ▶ **When applying through an administrative body, the timeline and due dates have already been set**
- ▶ **However, when applying to the supervisor directly, a due date is not provided. Follow up with the supervisor if they are busy at that time.**

# Application Timeline

- The key point here is that you are not the only student applying
- Apply early, once the selection process is, other emails are generally not considered
- Responses are not always immediate!

# **NSERC Grant**

- ▶ Offered by the Canadian Government for undergraduate students doing research
- ▶ Duration of 16 weeks
- ▶ Paid position
- ▶ Heavily based on Academic standing (marks)
- ▶ [http://www.nserc-crsng.gc.ca/Students-Etudiants/UG-PC/USRA-BRPC\\_eng.asp](http://www.nserc-crsng.gc.ca/Students-Etudiants/UG-PC/USRA-BRPC_eng.asp)

# **NSERC at UWO**

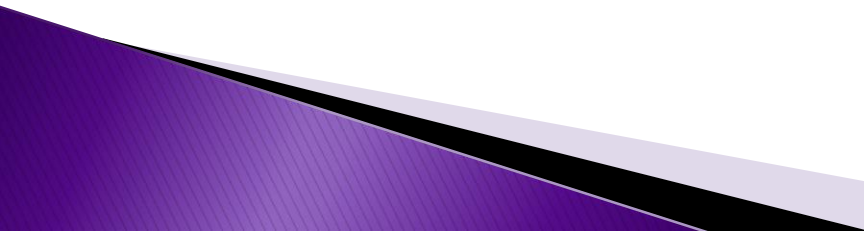
- ▶ **Departments that offer NSERC:**
  - **Schulich School of Medicine and Dentistry**
  - **Health Sciences**
  - **Biology**
- ▶ **Application processes and deadlines between departments DO DIFFER**
- ▶ **For more information, please visit your departmental counselor**

# Work Study at UWO

- ▶ Funding available to students who demonstrate financial need
- ▶ Rate of pay: \$11.25/hour
- ▶ Number of hours:
  - For school year: 200 hours for 8 months
  - For summer months: 100/200/300 for 4 months
- ▶ Apply via Student Services – Financial Aid Profile

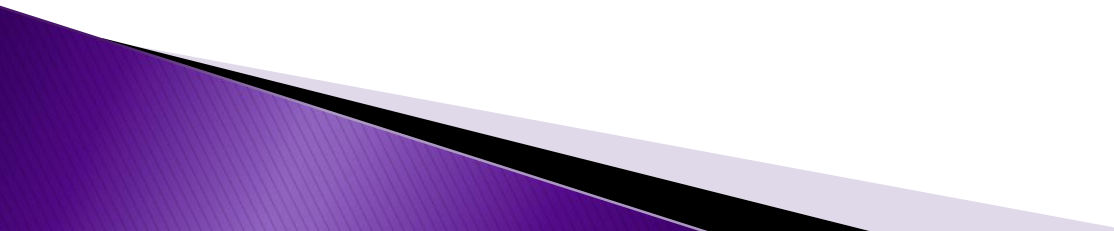


# Contacting Potential Supervisors

- ▶ If you are applying to an administrative body, there are generally instructions explaining the various requirements
  - ▶ However, if you must contact a supervisor directly then email is the best way
  - ▶ There are three key things to keep in mind
    1. Understand the supervisor's research description
    2. Be humble
    3. Avoid generic emails
- 

# Contacting Potential Supervisors

## 1. Understanding the supervisor's research focus

- Look for what type of research they do (basic science, clinical and others)
  - Have a good understanding of their research focus
  - This will allow you to understand what they may be looking for in a student
  - You can then tailor your email according to how you can potentially fulfill that need
- 

# Contacting Potential Supervisors

## 2. Be humble

- The major issue → students have misconceptions about undergraduate research
  - For instance, people send emails about the tasks they wish to achieve in the summer (without necessarily considering what their potential supervisor may need)
  - Also, people send emails about their goals without realizing the amount of time required to complete a study or the limitations of their knowledge

# Contacting Potential Supervisors

## 3. Avoid generic emails

- Avoiding generic emails can be accomplished by including information such as what you hope to get out of the research position and why you would like to work with that supervisor

# Template to get started

Good day Dr. (include name),

My name is (include name) and I am an undergraduate student at the University of Western Ontario. I found your research description on the SHSC website to be very intriguing. I also took the time to (include anything extra that you have done).

I would greatly appreciate the opportunity to work as your summer student and contribute to any aspect of your research.

(Include how you can potentially fulfill a need in their lab); (Include what you would like to get out of the research position)

Attached are my cover letter, resume, and transcript. Thank you for your consideration and I hope to hear from you soon.

Sincerely,

(include name)

# Contacting Potential Supervisors

- ▶ Apart from the short message in your email, you should attach your:
  - Unofficial transcript
  - Cover letter (if you are able to make one)
  - Resume
    - Concise and relevant

# Cover Letter and Resume

- ▶ **Some key points to consider**
  - **Avoid abbreviations**
  - **Include your computer skills**
  - **Include relevant course work or skills obtained**
  - **Everything in your resume does not have to pertain directly to research but be concise**
- ▶ **There are online resources available**
  - **Go to <https://careercentral.uwo.ca> to find workshops**

# Transcripts

- ▶ **Are my grades high enough?**
  - **It depends on the research position you are applying for:**
    - **If you are applying for a university based NSERC research position, marks are important**
    - **If you are applying to a supervisor in a hospital, however, grades are not the only factor**
- ▶ **When applying, attach a copy of your unofficial transcript (from your student center)**



# After you have applied

- ▶ **Will I get a reply right away?**
  - **If you have applied early enough, you will likely get replies**
    - **However, this is not always the case**
- ▶ **If you are offered an interview:**
  - **Great! We would love to hear about it. At the end of the presentation, we will provide some contact information.**

# After you have applied

- ▶ If you do not receive an interview, there are many other options
  - Part time research positions may be available
    - keep trying!
  - Volunteer positions in a lab can be obtained
  - Taking courses and participating in activities that can increase your qualifications for a research position

# Types of Accepted Submissions

## ► We Accept:

- Research Article
- Short Communication
- Mini-Review Article
- Students in the Field Report
- Briefing Notes
- Letters to the Editor & Letter in Reply
- Original Course work



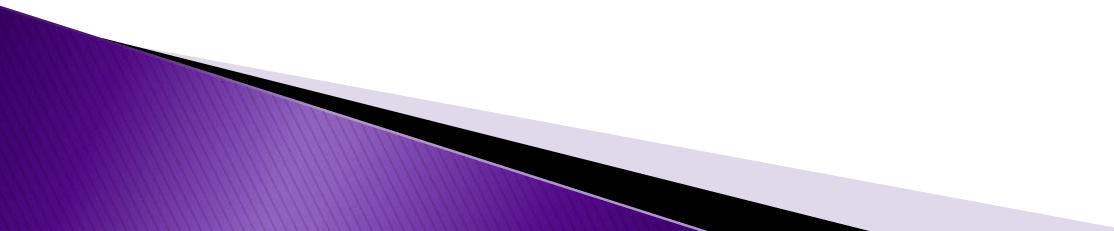
The **FIRST** author of all manuscripts submitted to WURJHNS must be an undergraduate student at Western.

Articles from Health Sciences and Natural Sciences are accepted for publication.

# Research Article

- ▶ Describe and report the finding from a complete research project

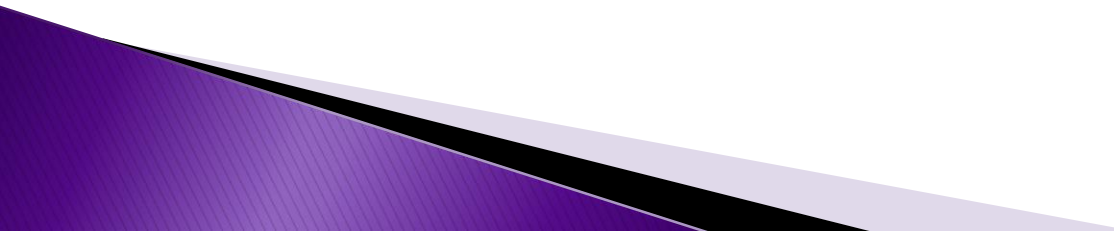
# Short Communication

- Research is still in progress, but an opportunity to present preliminary research results
- 

# Mini-Review Article

- ▶ Investigates and summarizes the current state of literature about a specific issue and reports the status

# Students-in-the-Field Reports

- ▶ To encourage students to write about any experience they have had in the area of health and natural sciences bridge the gap between theory and practice
- 

# Letters to the Editor

- ▶ Provide critical and constructive commentary and/or analysis on a WURJHNS publication, or a health or natural science article published elsewhere

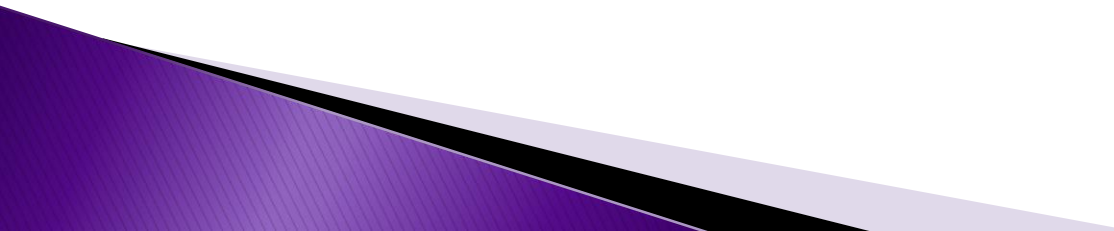
# Briefing Notes

- Short, concise policy document that informs decision makers about a current healthcare issue

# WURJ: Health and Natural Sciences

- ▶ **Joining the WURJHNS:**
  - A great way to gain experience:
    - Reviewing articles
    - Presenting at workshops
    - Serving as the editor of a peer-reviewed journal
- ▶ **An excellent addition to applications for summer research positions, professional school and graduate school**
- ▶ **For more information, visit:**  
<http://ir.lib.uwo.ca/wurjhns/>

# Summary

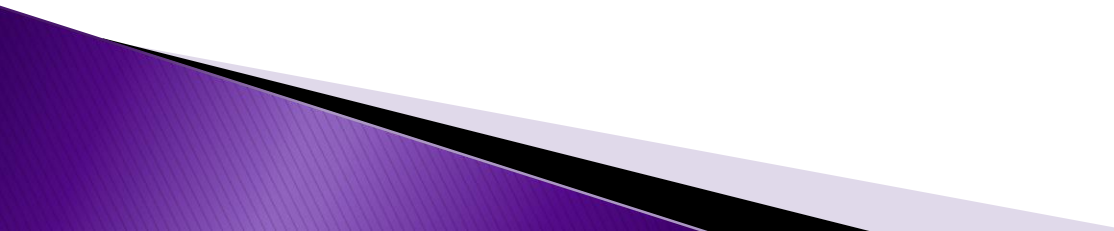
- ▶ **Research offers very valuable experience**
  - ▶ **Look at things from the perspective of the researcher, be humble, realistic, avoid generic emails**
  - ▶ **Apply early!**
  - ▶ **Be yourself at the interview**
  - ▶ **Don't worry, there are many options if you do not receive a job**
- 



# Contact Information

**WURJHNS – [wurjhns@uwo.ca](mailto:wurjhns@uwo.ca)**

**Please email if you have received a job offer, interview or if you have any more comments regarding today's presentation.**



# Thank you!



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# Q&A Session