Apply to Participate in Undergraduate Research Day at the State Capitol

The MU Office of Undergraduate Research is seeking nominations for undergraduates to share their university research and scholarly experiences with state lawmakers in Jefferson City. The deadline is Friday, November 14, 2014.

Last year’s event showcased the work of 20 MU students to Missouri legislators. The Spring 2015 event will continue to be a system-wide activity with space for 40-50 undergraduates from all four campuses of the UM system. The date will be announced shortly, but will likely be in March.

The application is available at the Office of Undergraduate Research website at http://undergradresearch.missouri.edu/forums-conferences/capitol/index.php.

For additional information or questions, please contact Michael Cohen (CohenME@missouri.edu) in the MU Office of Undergraduate Research (573-882-4818), 150b Bond Life Sciences Center.

Applications can be sent to the Office of Undergraduate Research in 150 Life Sciences Center or at ugr@missouri.edu.

MAXIMIZE YOUR UNDERGRADUATE RESEARCH EXPERIENCE

with the Undergraduate Research Workshop Series in 572 Bond Life Sciences Center!

Tuesdays at 4:00 – 5:00 pm, ALL majors encouraged to attend!

SEPTEMBER 9: Undergraduate Research 101 - Getting Started

OCTOBER 14: The Faculty Perspective - Faculty Mentor Panel

NOVEMBER 18: Summer Research Internships On and Off Campus - Application Tips and Tricks

JANUARY 27: Including Your Research on Your Resume

FEBRUARY 17: Writing a Research Abstract

MARCH 10: Creating and Designing a Successful Research Poster

APRIL 28: Making the Most of Your Summer Research Experience
Meet the researchers: Q&A

We want you to get to know your fellow researchers better. We’ll be featuring undergraduate researchers in Q&As about what they’ve been doing!

Jenny Kaiser:

Major: Biology
Year: Junior
Hometown: Chesterfield, outside of St. Louis, Missouri.
Research department: Medical School

What do you research?
I research the mechanism for how diabetic mothers during pregnancy predispose the children for diabetes. We work on mice and look at their leptin levels. When you’re diabetic, you have high leptin levels. We recently found that the offspring have lower leptin levels, which was the opposite of what we thought.

How did you get into research?
I had a FIG where they set us up with research mentors. I ended up going into Dr. Laura Schulz’ lab the summer after my freshman year.

Plans for the future?
I am hoping to go to med school, I’d like to go to Mizzou, but I’ll go wherever.

Do you have any advice for undergrads considering research?
Be persistent, explore your interests.

TIPS: For Developing a Research Mindset and Staying Healthy

1. Create a research calendar or timeline
Timeline helps keep student researchers cognitively engaged throughout the semester and avoid periods of unproductivity. Goals are more easily accomplished when they have an explicit completion date. Each semester, I work with my mentor to create a calendar of projects with completion dates. Maintaining that calendar helps me stay on track and plan my weeks so I can be continuously productive.

2. Carry around a journal
A journal of any type will help a student remember any ideas that come to mind regarding the research. The process of writing ideas down makes it possible to review them at a later time and eliminates the stress of worrying about forgetting useful thoughts. Carrying around a journal helps me keep my mind focused on research when I am conducting it and allows my mind to relax outside of research time.

3. Use non-research time efficiently
I enjoy exercising to de-stress, but any type of break can help you organize your thoughts. Running helps me organize my mind and set priorities for the rest of my day. If you do not enjoy exercise, “down time” can include cooking, cleaning, or relaxing.

4. Embrace your research
True passion and honest interest help me do what is required of me in research analyses and computation. A dedicated relationship between the researcher and the mentor will create a friendly atmosphere that may help spark critical thinking and productivity. I embrace my research because I know the information that I discover and disseminate will be of benefit to others. I look on disseminating my findings as a way for other researchers to look at what I’ve done and expand upon it to explain important concepts more thoroughly.

5. Maintain your physical well-being
Getting a degree is difficult, given all of the time commitments I’ve outlined above. If students are feeling sick or exhausted, it is difficult to stay motivated to study or conduct research. Thus, an integral component of being a successful student is getting enough sleep and eating a healthful diet to maintain your overall well-being. Maintaining your health and well-being ensures that you will have the stamina to work through strenuous research, as well as outside activities and family commitments. Communicating your current course load, work load, and stress level to your mentor may allow him or her to give advice or make adjustments that will help you to stay focused, balanced, and productive.

Excerpted from “How to Be a Successful Undergraduate Researcher: Tips to Maintain the Mind and Body” by Lauren M. Dahlquist, CUR Quarterly, Winter 2013. Volume 34, Number 2. pages 10-12. Laura M. Dahlquist is a student at the University of Nebraska at Omaha.
You can read the full piece at http://www.cur.org/download.aspx?id=2939.
Explore Germany and Gain International Research Experience with a PAID Internship

Every summer, the RISE (Research Internships in Science and Engineering) Program pays hundreds of talented undergraduates to work as research interns at universities across Germany. Recipients are paired with doctoral student mentors based upon their own research interests. Internships last 2 to 3 months between May and August, and the working language will be English. The application deadline is January 15, 2015.

Students interested in learning more about these programs should visit www.daad.org/rise/. For application tips or a student perspective on the program, contact MU student Andrew Allee, previous RISE Intern and current DAAD Young Ambassador, at andrew@daad-ambassadors.org.

About THE CONNECTION

The official Office of Undergraduate Research newsletter, The Connection, provides undergraduate researchers and faculty mentors with information regarding research-related events and workshops, as well as featured faculty mentors and student research projects at the University of Missouri. The Connection is published on the first of every month.

The publication's goal is to connect undergraduate researchers from science and non-science disciplines across MU’s campus. Check out the newsletter’s monthly featured research websites and fellowships! Readers are welcome and encouraged to submit story tips and ideas. If you want to receive an electronic copy of the newsletter each month, email Joey Fening (jwfvyc@mail.missouri.edu) at the Office of Undergraduate Research.

Be sure to keep up with us online. We will be posting events and updates regularly on social media.

MU Office of Undergraduate Research
@ugradresearchMU