



Education at URMIC – Student Perspectives



Name: John Lapek

Hometown: Centerville, PA

Undergraduate Degree: B.S. in Biology from Penn State Erie, The Behrend College

Graduate Degree: Ph.D. in Toxicology

Areas of Interest: carcinogenesis, cell mobility and metastatic processes, proteomics, post-translational modifications and mass spectrometry.

Background Information

I grew up in Centerville, PA. I have one brother, Bryan. I attended Titusville High School in Titusville, PA. During my childhood and throughout High School, I played golf and did as many outdoor activities as I could, including biking, hiking, fishing, camping and photography. Whenever I get the opportunity, I love to travel. I have been all over the US, Europe and Australia.

Why did you choose The University of Rochester Medical Center?

I chose the University of Rochester because of the national recognition of the Toxicology Training Program. As one of the top Toxicology programs in the country, there are ample opportunities for collaboration within and outside of the University. This collaborative atmosphere really sets the University of Rochester apart from other Universities.

Tell us about your program

My program is the Toxicology Training Program, run by Paige Lawrence. The Toxicology Program encompasses diverse areas of interest, giving it a unique breadth of knowledge among graduate education programs. Alumni of the program are placed in industry, government and academia, which creates a broad networking base for seeking positions in the future.

What are your career aspirations?

My time in the program has allowed me to teach undergraduate students laboratory skills and how to apply them to generate and develop ideas for research projects. This opportunity has instilled in me a desire to share knowledge with younger generations of scientists. Therefore, my long-term career aspirations are to remain in an academic setting.

What are some of the things you have learned since you came to Rochester?

Rochester is a place alive with culture – from arts and music festivals to local markets and neighborhood festivals – there is always something going on here. Talking out experiments/challenges with fellow students and faculty can give you a fresh perspective on things. Enjoy what you are working on.

Any Advice for perspective students?

Pursue what you are passionate about for a career. Find time to relax and do things you enjoy outside of school.