

EXPECTATIONS AND INFORMATION FOR URSMD SUMMER SCHOLARS AND MENTORS 2023

The overall goal of URSMD Summer Scholars is to provide a meaningful research experience to undergraduate students who are interested in pursuing higher education in the biomedical sciences. We want our scholars to feel welcomed, included, and involved in research during their time at the UR! To ensure a wonderful research experience, we have the following goals and expectations of scholars, which can also be found in the 2023 Summer Scholars Handbook:

Scholar Goals:

- Learn to utilize the primary literature to understand the background and significance of a project. Scholars will learn how to use PubMed and how to read a research paper
- Learn how to formulate a hypothesis and design experiments to address the hypothesis
- Learn new lab techniques and understand why these techniques are being used
- Learn the fundamental tenets underlying the responsible conduct of research
- Talk to and network with other program participants about their research
- Work successfully with others in a research environment
- Think about future goals and next steps in their education and research endeavors
- Learn how to present a research story in an abstract and poster

Scholar Expectations:

- Attend weekly professional development seminars
- Ask questions when things are unclear
- Follow safety protocols and best practices for maintaining a safe research space and keeping a lab notebook
- Communicate with lab members and mentor
- Take advantage of formal and informal opportunities to learn more about graduate school and a career in the biomedical sciences
- Develop a working schedule with the lab mentor, including a plan for accessing the lab on nights and weekends
- Communicate with the mentor any conflicts with schedule or experimental plans, including needing to leave work early for any reason
- Be available and onsite to participate in the full 10-week summer research experience (May 30-August 4, 2023)
- Participate in the capstone poster session (August 3, 2023)

Mentoring Expectations:

Host/Faculty Mentor: Host faculty are expected to provide a nurturing learning environment. This is the first time many of our summer scholars will be in a lab gaining wet bench experience and learning how to apply critical thinking skills in a practical research setting. Each scholar comes in with differing baseline skills and knowledge. The faculty host's goal is to demonstrate the many enriching aspects of doing research!

- Ensure that scholar completes all necessary lab training (lab safety, HIPAA, animal use, radiation) by June 2
- Discuss the research project on which they will be working and help them understand the hypothesis to be tested
- Discuss the importance of doing research that is rigorous and reproducible and point out examples of experimental rigor in the design and implementation of their project
- The scholars will be taught how to use PubMed in the weekly seminar series, but we expect mentors (faculty and peers) to assist in developing these skills
- Provide an inclusive and nurturing research environment in which the scholar feels comfortable learning lab skills, asking questions, and communicating their research ideas
- Afford the scholar time to attend the weekly professional development seminar series every Wednesday from 11am-noon and lunch from noon-1pm
- Schedule consistent - at least weekly - meeting times with your scholar
- Include your scholar in lab meetings, functions, and department/program seminars and activities
- Introduce them to faculty and other students in your department/program and help them create a network
- Review and provide constructive feedback on their abstract and poster
- Attend the poster session and farewell dinner (if possible) at the end of the program on August 3, 2023

Many scholars will ask their summer research mentors to provide letters of recommendation!! Therefore, building a meaningful mentor/mentee relationship will benefit the scholar's graduate or medical school applications in the future.

Peer Lab/Bench Mentor: The lab/bench mentor should be an experienced PhD student or post-doc who can be trusted and is willing to supervise the Scholar. We expect you to communicate the name of this person to the URSMD Summer Scholar Co-directors. The bench mentor is truly meant to be more than a point person for experimental questions in the lab and should be actively guiding the scholar on a daily basis. Essentially, we want the lab mentor to be a role model for the scholar and a good ambassador of our graduate research programs!

- Provide daily assistance with lab protocols and use of research equipment
- Show the scholar how to maintain a lab notebook and help ensure that they do so successfully
- Discuss their research project
- Invite your scholar to department/program events, both academic and social
- Read and provide constructive feedback on their abstract and poster
- Attend the poster session and farewell dinner (if possible) at the end of the program on August 4, 2022

Resources to enhance the scholar's training experience or help if there are questions or conflicts:

Contact any of these individuals with any questions/concerns

Robert Freeman, PhD - URSMD Summer Scholars Co-director Robert_Freeman@urmc.rochester.edu

Elaine Smolock, PhD - URSMD Summer Scholars Co-director Elaine_Smolock@urmc.rochester.edu

Nathan Smith, PhD - Associate Dean for Equity and Inclusion in Research and Research Education
nathan_smith@urmc.rochester.edu

CARE Network

<https://www.rochester.edu/care/>

CARENnetwork@rochester.edu

(585) 275-4085

University Health Services (UHC) and Covid-19 Resource Center

<http://www.rochester.edu/uhs/>

Ombudsperson Program

<https://www.urmc.rochester.edu/education/graduate/current-students/ombudspersons.aspx>

Ombudspersons provide confidential, neutral, independent, and informal advice to help trainees address their concerns. The Ombudspersons provide a resource for and information about institutional policies, act as facilitators to help trainees resolve their problems and connect trainees with those who can help, accompany the student in discussions of problems or issues with faculty or administrators, and act as an informal mediator between the student and faculty or administrators.

Mentoring Resources:

University of Rochester

<https://www.rochester.edu/diversity/faculty-staff/mentoring/>

Information on how to seek mentoring as well as how to be an effective mentor.

National Mentor Research Network (NRMN)

<https://nrmnet.net>

This site has numerous resources for best mentoring practices.