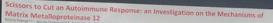
# Getting Involved in Research

Maria & Thomas | Oct 17, 2024

### Table of contents

- 01 Get to Know Us
- 02 Maria's Story and Tips
- O3 >Quantitative Research with a Later Start
- 04 Thomas's Story and Tips
- 05 >Qualitative Research with an Early Start
- 06 Questions and Answers

# 30 second life story



INTRODUCTION







DUFOUR LAB

EFERENCES

MCAIGINSTITUTE

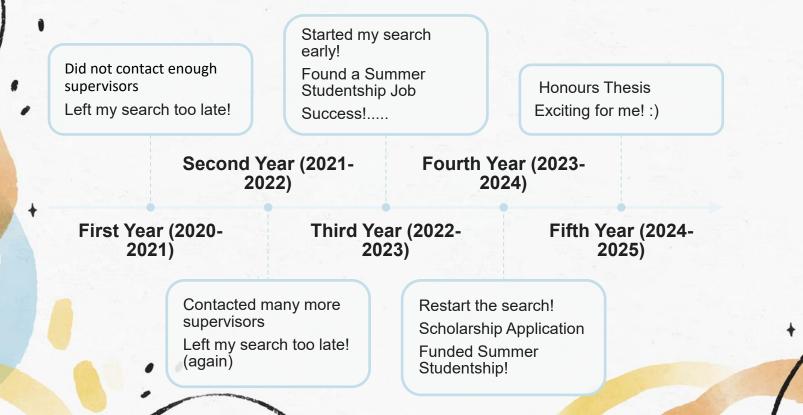
MAP-12 appears to play a role in the expression of many proteins

MMP-12 may also be an important regulator of transistion

MMP-12 might influence synaptic activity by cleaning synapsin

CALGARY

### **Research Experience Timeline**



## +Takeaways (Outline)

- Start your search early!
  - How to contact supervisors
  - My formula for efficiency
- Be flexible and qualified
  - Experience and competence are so important!
  - o Wet Lab/Dry Lab
- Try for Funding if possible
  - Learning and training focused positions
- Ready for Research Badge
  - o Flexible help sessions
  - Summary

## Start your search early!

- Start as soon as possible or spots will fill up!
- Have a CV/resume prepared!
  - <u>https://live-ucalgary.ucalgary.ca/student-services/careers/resources/job-search-</u> resources/resumes-and-cvs
- Google U of C research institutes
- Look for supervisors on the institute website
- Contacting supervisors.... my formula (three years in the making)
- The next step when a supervisor emails you back





HOTCHKISS

# Be flexible and qualified

- Supervisors are running their own business!
- Get experience > offer to volunteer and/or shadow > animal work?
- "Wet" lab vs. "dry" lab
- My hot take: TYPE of work over AREA of work
- Consider opportunities outside your niche!



https://www.wired.com/story/how-to-set-up-workspace/



### **Try for Funding**

- Funding > get paid to learn how to work
- Only two spots per supervisor!
- University of Calgary Summer Studentships
  - o https://ucalgary.awardspring.ca/
  - https://ucalgary.ca/experiential learning/undergraduate research/summerstudentships#awards
- Funding is competitive!
- Consider funding outside
   UCalgaryAwardspring





# Ready for Research Badge • Flexible workshop series

- Access to session recordings •
- Choose your sessions as needed
- **Credential building**
- **Disclaimer: Undergraduate Project Hype** ٠

https://ucalgary.ca/experientiallearning/ready-for-research



# Summary

Getting involved in research is similar to searching for a job. It is an extensive process that takes time and professional development. It may also be an important part of your degree and career path. Start early and keep climbing!

# 30 second life story



### **Thomas Tri**

- Bachelor of Social Work with minors in Global
   Development and Gender Studies
  - Embedded Certificate in Pluralism and Global Citizenship

Centre pour la

recherche sur

les immigrants

- Aspiring Academic
- Did research every year of undergraduate degree
- What I'm doing now:



### **Research Experience**

- 2021
  - Research Practicum: Exploring International Students' Experiences of COVID-19
- 2022
  - **Research Assistantship:** Horses are the Classroom: Developing Empathetic Leadership through Equine-Assisted Facilitation
- 2023
  - Research Competition (Map the System): Mapping Educational Barriers for Immigrant Youth in East Calgary
  - Summer Studentship PURE: Exploring Experiences of Safety with LGBTQ+ Newcomers in Calgary, Alberta
  - Research Assistantship: Exploring Experiences of Gender-based Violence in LGBTQ+ Newcomer Youth
  - Research Assistantship: Sexual Health Education for People with Intellectual and/or Developmental Disabilities
  - 2024
    - Summer Studentship: Affective Possibilities within Queer Reddit Spaces
    - Student Lab Lead: Inclusive Choices, Autistic Voices: Shaping the Future of Sexual Health Education
    - **Student Research Lead:** Future Access: An Environmental Scan of Educational Needs for Newcomer Youth in Calgary.

### Outline

ŧ

- How to get involved
  - Reaching out to Professors
  - o Research Networks
  - o Volunteer
  - Independent Studies
- Securing Funding
  - Types of Funding
- Publishing & Knowledge Dissemination
  - Student journals & conferences
  - **General Tips**

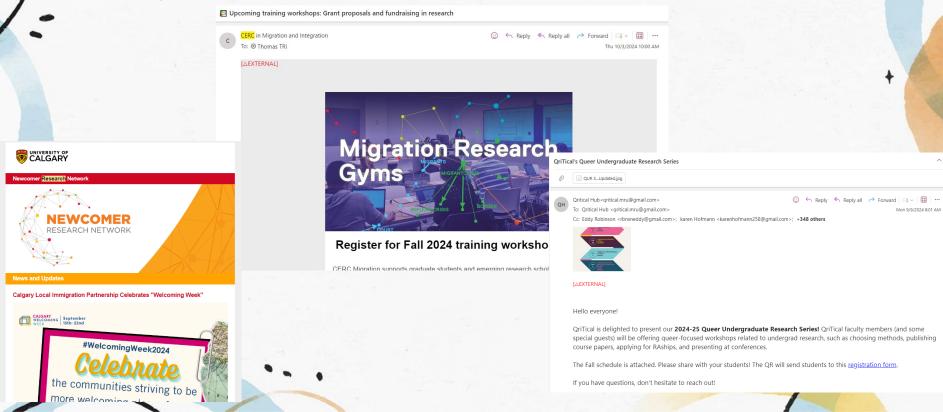
## How to get Involved in Research (Do your research!)

LOCATION Office: ICT447

	Search UCag	ary Proties	•	Dr. Zahra A	bbasi
People Directory Business				Pronouns: she/her/hers	
Explore the scholars and staff expanding ar	nd nurturing knowledge at UCalgary		ON THIS PAGE	POSITIONS Assistent Professor	
UCalgary people			Contact information Background	Assistant Professor Schulich School of Engineering, <u>E</u> Electrical and Software Engineer	
Faculty Research Area Research Tr Any · · · · · · · · · · · · · · · · · · ·	eene Department or Business unit	Keywords	Awards	Contact information	
	Ye agreeing to the use of cookies outlined in our <u>Website Ter</u>	ms & Conditions.		EMAIL zahra.abbasi@ucalgary.ca	WEB PRESENCE
Alan Santinala Martino   Anuran	i Christine Abadinoo i Zahra Abbas	i Mona Abdelbady			Google Scholar Profile
-					

### How to get Involved in Research Cont'd.

### Sign up for Research Networks/Newsletters



### How to get Involved in Research Cont'd.

### Sign up for Research Networks/Newsletters

#### What the microbiome of wild horses can teach us about human health

**U**Today



#### Jul 22, 2024

About UToday | Contact UToday

#### What the wild horse microbiome can teach us about health and longevity

The Faculty of Veterinary Medicine is at the forefront of a breakthrough investigation into the gut microbiomes of feral horses. The study provides robust evidence of the significant role microbiomes play in animal survival in the wild and has far-reaching implications for animal, human, agricultural and environmental health.



Azrieli Accelerator celebrates its latest Catalyst Grant recipients

#### July 22, 2024

### Azrieli Accelerator celebrates its latest Catalyst Grant recipients

Six UCalgary research projects awarded funding to advance important questions in neurodevelopment research AUTHOR Helen Dunlop, Azrieli Accelerator

SHARE THIS ARTICLE

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From left, Gerald Giesbrecht, Alan Martino, Julia Kirkham, Dallas Seitz, Diwakar Krishnamurthy, Kara Murias, and Markus Geuking.

## How to get Involved in Research (Volunteer)

#### CALGARY a 🗸 Search UCalgary Developmental Psychobiology Laboratory CUMMING SCHOOL OF MEDICINE Home About the Lab Research People Join the Lab Contact Us associations between objectively measured daily physical activity level and the HPA axis function during pregnancy. Volunteers Akshay 💄 Anza Momin Hiba Mukhlis Hind Messouar Senthilkumar Huldah Bukasa Nicola Stuebing Nghi Doan Paige Shaw Rebekah Ellerby Tanya Sharma Sarveen Rao Sia Gaur ane Clark



#### OUR WORK ~

### THE ENHANCE LAB

#### Dr. Carly McMorris

Dr. Carly McMorris has a PhD in Clinical-Developmental Psychology from York University (Toronto, Ontario). She completed her clinical internship at The Hospital for Sick Children (SickKids: Toronto, Ontario), and is a registered psychologist in Alberta (#4997). In the fall of 2015, she moved to Calgary and completed a postdoctoral fellowship in the Department of Paediatrics, Cumming School of Medicine at the University of Calgary and the Owerko Centre at the Alberta Children's Hospital Research Institute. Dr. McMorris joined the Werklund School of Education in 2016 as an Assistant Professor in the School and Applied Child Psychology program.

Dr. McMorris' program of research focuses on how to improve the mental health and well-being of children and adolescents with neurodevelopmental disabilities (NDD), such as autism spectrum disorder, fetal alcohol spectrum disorder, and cerebral palsy. She is particularly interested in understanding the risk/protective factors for the development of mental health issues in NDDs. She also investigates the underlying neuropsychological, social, neurological, and physiological mechanisms of mental health issues in NDDs, and how such issues impact children and families. Additionally, she examines the service use patterns and needs, and barriers/facilitators to accessing services for families of individuals with NDDs and co-occurring mental health issues. Lastly, her research aims to determine the effectiveness of psychological (e.g., CBT) and The second second

Crystal Ly Adrianne Tan Jordyn Loeffler

James Idowu Zara Crasto Joanne Kwong JOIN~

CURRENT VOLUNT

### How to get Involved in Research Cont'd. \*Independent Studies

Substance	Substance Use and Gambling Lab UNIVERSITY OF CALGARY										
Home	About the Lab	Our Team	Research	*	Participate in a Study	Join Our Lab	News	~	Contact Us		
Our	Team									FACULTY OF SC	IENCE
										Future Students	<ul> <li>Currer</li> </ul>

### **Principal Investigator**



#### Dr. Daniel McGrath

Dr. McGrath, PhD., is an Associate Professor at the University of Calgary and a Senior Research Fellow at the Alberta Gambling Research Institute (AGRI).

His research program is primarily focused on behavioural pharmacology, personality, addictions, and risktaking behaviour. Another major research area is the role of cognitive biases in disordered gambling. Specifically, Dr. McGrath is interested in the influence of attention to visual stamuli captured with eye-gaze tracking on gambling outcomes and ultimately relapse among remitted gamblers. Lastly, Dr. McGrath has several other gambling-focused research interests, including disordered gambling subtypes, personality characteristics of gamblers, and the role of expectancies in gambling.

daniel.mcgrath@ucalgary.ca

### **USC Independent Research Course Application**

Before meeting with a supervisor, please click on the course to access the information sheet with important instructions - unique to each course:

Research & Innovation

Current Students

BCEM 507, BCEM 528, BCEM 530, BIOL 507, BIOL 509, BIOL 528, BIOL 530, CHEM 402, CHEM 502, CMMB 507, CMMB 528, CMMB 530, CPSC 502, CPSC 503, ECOL 507, ECOL 528, ECOL 530, ENSC 504, ENSC 505, ERTH 570, ERTH 580, NEUR 506, NEUR 507, PHYS 598, PHYS 599, PLBI 507, PLBI 528, PLBI 530, SCIE 502, ZOOL 507, ZOOL 528, ZOOL 530.

Connections

The USC Independent Research Course form is currently closed. If you have any questions, please email science.advising@ucalgary.ca

#### Independent Studies Students and Volunteers



#### Eleni Moumos

Eleni is a fifth-year student in the Undergraduate Psychology program with a minor in Community Rehabilitation and Disability Studies. Dr. McGrath supervises her in a PSYC SO4 independent study project. Her research is focused on how people interact with sports betting, some of the strategies they use to control their betting, and their ability to self-regulate their gambling behaviour.

eleni.moumos@ucalgary.ca



Catter is completing his third year of studies in the Psychology undergraduate program, with interests in gambling, semation and perception, and personality. His end goal is to study law, with a specialization in business areas such study law, with a specialization in business areas such studies and Dr. McGrath and current volunteer in his lab.

carter.bird@ucalgary.ca



Departments & Programs

About

Contacts

### How to get Involved in Research

### Cold emails

Dear Dr. [Professor's Name]

Hello! My name is [name] I am currently [major/minors/certificates/honours]. My personal research interests are in [research interests]

I got the opportunity to explore your research interests on the UofC website and read a few of your articles. A few pieces stood out to me, namely [article 1 title], [article 2 title], and [article 3 title]. Your expertise in [area of expertise 1] and [area of expertise 2] deeply align with me.

I was wondering if we could potentially set up a meeting to discuss more of your research projects. I would love to hear about your work, share our interests, and explore opportunities for research funding.

Kindest regards,

[Your name]

## + Securing Funding (Summer)

# Applying for summer research studentships

UNIVERSITY OF

A step-by-step guide for students

Download the PDF guide

Apply now

This resource will guide you through submitting an application for a summer studentship with the University of Calgary. You may only submit one application, and that application will be considered for all awards you are eligible for in the system.

If you wish to download a PDF guide or watch a video, you can also access that on this page.

What are



Watch on 🕟 YouTub

- •Alberta Innovates Summer Research Studentship
- •National Sciences and Engineering Research Council of Canada Undergraduate
- •Student Research Awards (NSERC USRA)
- •Alberta Children's Hospital Research Institute (ACHRI) Summer Research
- Scholarship
- •Biomedical Engineering (BME) Summer Research Studentships
- Libin Cardiovascular Institute Summer Studentships
  McCaig Institute for Bone and Joint Health Summer Research Studentship
- •O'Brien Centre Summer Studentship (OCSS)
- •BRAINCREATE
- •Alberta Cancer Foundation
- •Program for Undergraduate Research Experience (PURE)
- •Dianne LaFlamme-McCauley Summer Research Studentship

### Securing Funding (Networking)

### **Upcoming Experiential Learning Events**

### Strategies to Approach a Supervisor for Undergraduate Research

④ 1:00 pm to 2:00 pm

Online

23

OCT

28

OCT

27

NOV

This session will outline strategies for finding a supervisor for undergraduate student research opportunities and the.

#### Strategies to Approach a Supervisor for Undergraduate Research

24 ④ 11:00 am to 12:00 pm

OCT Online

> This session will outline strategies for finding a supervisor for undergraduate student research opportunities and the...

Preparing for an Undergraduate Summer Research Studentship: Indigenous Research

2:00 pm to 3:00 pm (1) Hybrid: Taylor Institute - TI 118/120 (or) Zoom Participants will gain valuable knowledge about strategies and resources available for undergraduate students...

#### Undergraduate Research: Faculty and Student Meetand-Greet

④ 5:00 pm to 7:00 pm 20 NOV () ENC 70 (Engineering Block C)

A fun and informal social networking event for undergraduate

students interested in meeting potential research supervisors and ...

### Applying for Undergraduate Research Summer

① 1:00 pm to 2:00 pm

Studentships

(f) Online

Learn more about what makes a great research proposal and how to submit your application in this information

Applying for U	ndergraduate Research Summe
Studentships	
Studentships	

④ 11:00 am to 12:00 pm

Online

28

NOV

Learn more about what makes a great research proposal and how to submit your application in this information

### \*Securing Funding

### News



### Sophie Garcia is one of 2023 ii' taa'poh'to'p grant recipients

Current scholar **Sophie** Garcia received a grant for her work on a project called Indigenizing the Nickle: Indigenous Alumni Exhibition. This project will showcase the artworks of Indigenous alumni, facilitating networking and mentorship opportunities for aspiring Indigenous artists and building campus community exposure to contemporary Indigenous art practices.

### Learn more »



### University of Calgary Teaching & Learning Grants

Integrating teaching, learning and research to enhance student experiences.

### Scholarship of Teaching and Learning (SoTL)

Affinity and Allyship Workshops to Advance Inclusion in the University of Calgary
Principal investigator: Andrea Protzner, Faculty of Arts
Co-investigators: Brae Anne McArthur, Deinera Exner-Cortens, Adam Murry, Louisa Krile, Vidhi Desai,
Darian Mahmi, Faculty of Arts
Grant: \$45,000

MA

ve

Using Evidence-Based Methods to Enhance the Instructor and Student experience in Canadian Higher Education Engineering Programs Principal Investigator: Philip Egberts, Schulich School of Engineering Co-Investigators: Krista Francis, Werklund School of Education: Mac Love, Schulich School of Engineering

#### Archives and Special Collections Student Residency Program

Grant: \$45,000

Principal investigators: Laura Reid, David Jones, Libraries and Cultural Resources Co-investigator: Lelland Reed, Libraries and Cultural Resources Grant: \$45,000

AI3: Teaching and Learning at the intersection of Artificial Intelligence, Academic Integrity, and Assessment Innovation

Principal investigator: Amy Burns, Werklund School of Education

Co-investigators: Michael Holden, Sarah Elaine Eaton, Alex Hemmerich, Myke Healy, Werklund School of

### \*Publishing (Student Journals)

OJS LOGIN

Articles Editorial Board Get Involved Publish With Us!

### Canadian Journal of Undergraduate Research (CJUR)

We are a student-led, peer-reviewed journal that aims to provide undergraduate students of all disciplines the opportunity to publish their research. CJUR was founded in 2015 by a group of undergraduate students at the University of British Columbia in Vancouver. We operate under UBC's Undergraduate Research Opportunities Club.

### Our Publication Process

We accept submissions on a rolling basis. The submitted manuscript, is first screened by our editorial board to assess general fit for the journal. Successful manuscripts are then reviewed by 2-3 volunteer faculty members and/or graduate students who evaluate the quality and rigour of the article. Any comments and/or constructive criticism from the reviewers are sent back to the author(s) for manuscript revision. CJUR implements two stages of the review process; following each stage, the reviewers and CJUR editorial board assess the manuscript's suitability for publication. If deemed appropriate, the manuscript is copyedited and then typeset for eventual publication.



### Student Journals + Alberta Academic Review + Alberta Law Review + Compass + Connections: A Journal of Language, Media and Culture + Constellations + Crossings: An Undergraduate Arts Journal + Economics Student Inquiry (ESI) + Eureka + Health Science Inquiry + Intonations + Invoke + Movement Matters + Past Imperfect + Pathfinder: A Canadian Journal for Information Science Students and Early Career Professionals + Pathways: University of Saskatchewan Archaeology and Anthropology Graduate Student Journal + Political Science Undergraduate Review + Spectrum + Topophilia: The Human Geography and Planning Student Journal + Writing across the University of Alberta

### University of Toronto Student Journal Directory By Subject Available in Library Catalogue Listed Alphabetically by Campus Hosted by the Library St. George Campus University of Toronto Scarborough St. George Campus Acta Victoriana Almagest: Undergraduate Journal in the History and Philosophy of Science Anthropology Undergraduate Journal Arbor: Journal of Undergraduate Research Attaché: Journal of International Affairs (The) Bricoleur Caméra Stylo Canadian Journal of Theology, Mental Health and Disability Caribbean Ouilt \*Critical Intersections in Education Critical Perspectives in Education and Policy Elimu: Undergraduate Journal of African Studies \*European Studies Students' Association (ESSA) Journal: Messages in the Media (The) Foolscap Journal (The) Future of History: The Undergraduate Journal of History

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### \*Publishing (Student Journals)

#### About the Journal

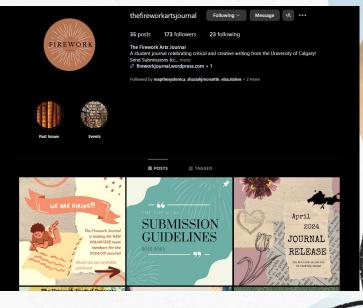
The Motley Undergraduate Journal operates out of The University of Calgary and aims to feature student work that displays excellence in research, analysis or creative production concerning the topic of Communication, Media or Film Studies from any post secondary institution in Canada. We welcome work from other departments as long as it maintains a communication, media, and film studies focus. The Motley Undergraduate Journal is devoted to reflecting the diversity of communication and multimedia studies and will represent a breadth of student work on various topics. We are looking for clarity, effective writing, strong theoretical foundations, original research, and insightful analysis. The Motley Undergraduate Journal is produced in partnership between undergraduate students and the Department of Communication, Media and Film at the University of Calgary.

Motley Undergraduate Journal

Undergraduate History Journal of the University of Calgary







# \*Publishing (Finding the Right Mentor)

	Eleni Moumos		Follow	GET	MY OWN PROFIL	E	
	University of Calgary Verified email at ucalgary ca mental health critical disability studies sexuality			Cited by			
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Home > The University of Calgary > Department of Psychology > Claire McPherson           Claire McPherson           The University of Calgary · Department of Psychology					
About Publications 5	) Network				
About					
5 Publications	361 Reads ①	16 Citations			
Introduction					
Skills and Expertise	ental Illness)				

Cripping' intellectual disability and sexuality in media representations: Conundrums and

0

## **Knowledge Dissemination (Student Conferences)**

### Undergraduate Research Symposium

HOME / PROGRAMS & SERVICES / ACADEMIC RESEARCH / UNDERGRADUATE RESEARCH SYMPOSIUM

### UNDERGRADUATE RESEARCH SYMPOSIUM

#### PARTICIPATION APPLICATION

Research from all undergraduate faculties is welcome at URS. The participants page explains how to make your application as strong as possible and includes an FAQ section.

The online application opens Friday, August 16 at 8:30am and closes Friday, September 13 at 4:30pm. The application page will time out after 90 minutes.

You will receive an email notification when your application is successfully received. If you do not receive this confirmation email, please resubmit the application form in under 90 minutes. Thank you for your understanding.

#### URS APPLICATION

Application deadline is September 13, 2024 at 4:30 PM

#### 2024 UNDERGRADUATE RESEARCH SYMPOSIUM

Have you spent your summer in a lab and made a unique discovery? Will your critical analysis lead to positive social change? Gained some important insights out in the field that you want to showcase? Share your accomplishments at The Students'

#### UNDERGRADUATE RESEARCH

Academic Research

#### Undergraduate Research Symposium

Resources

Getting Published

Study Space Participants

#### Events Calendar

# Cotober 2024 > M T W T F S S 30 1 2 3 4 5 6

### Arts Undergraduate Research Symposium (AURS)

The Arts Undergraduate Research Symposium is one of FASA's flagship events. First hosted in 2019, the event is an invaluable opportunity for Arts students to showcase their research to students, professors, and alumni.

This event is limited to students conducting research within the Faculty of Arts, so as to provide a platform for the wide variety of research being conducted within our faculty.

The Symposium is a great opportunity for student researchers to practice presenting their research. Many previous participants were able to use their AURS experience to secure other presentation opportunities. Participants also have the opportunity to win monetary prizes for their work.

Stay Tuned for AURS 2025!



# Thanks

Do you have any questions? Do you have any questions?



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 REFERENCE: Quintana, M. and Alayón, D. (2022) Chapter 8. Aprende a aprender. Upgrade. Desarrolla tu perfil a prueba de futuro, pp. 131-147. Lid editorial