

BENEFITS OF PARTICIPATING IN REU PROGRAM

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Dr. Michael Cullinan





WHEEL OF LIFE ACTIVITY

Wheel of Life Activity
Career Objective(s):

Date:

----- Current Self
—— Req. for Career Objectives

Research skills
& computing

Passion for what
I am doing

Professional networking

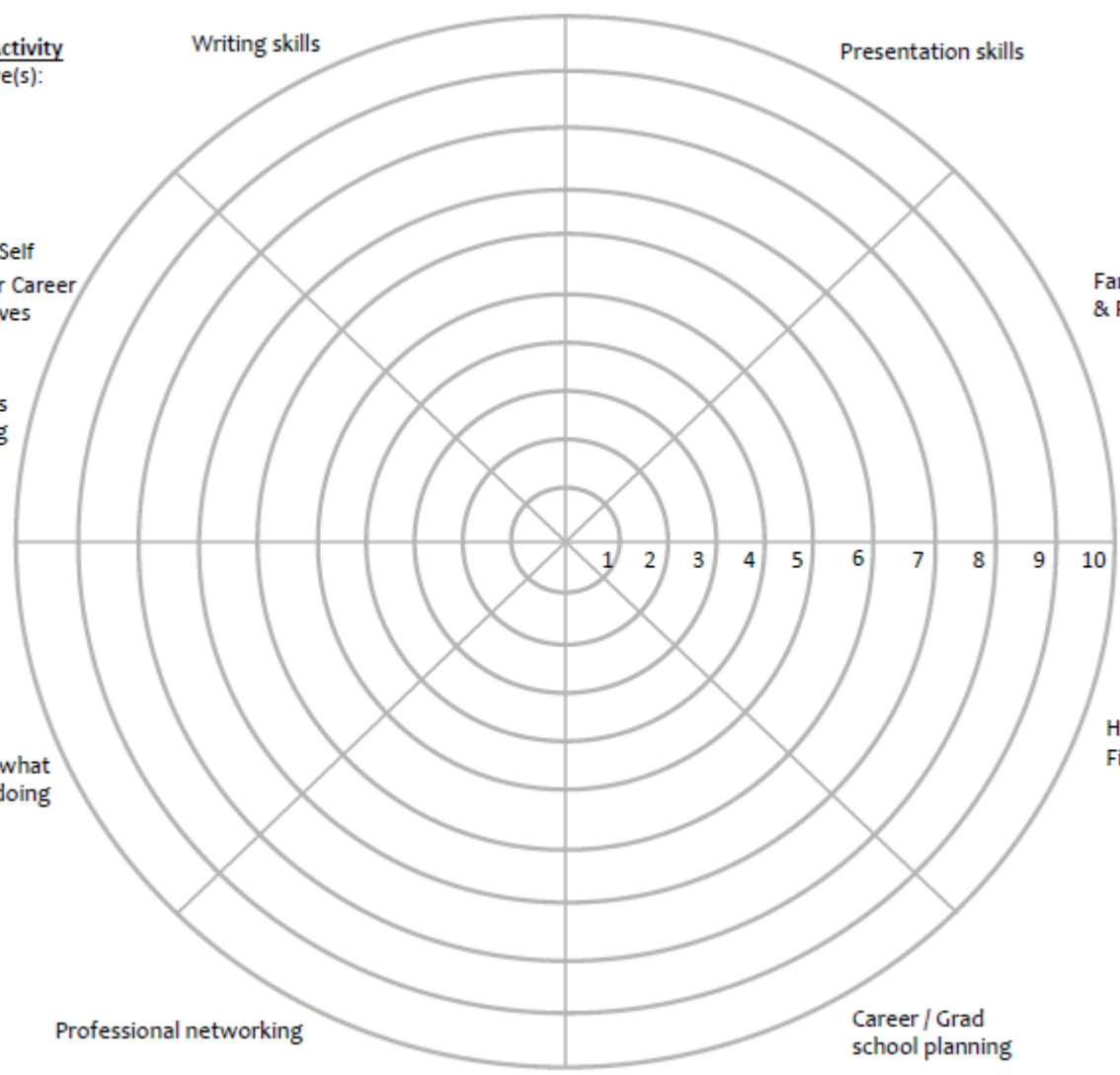
Writing skills

Presentation skills

Family
& Friends

Health &
Fitness

Career / Grad
school planning





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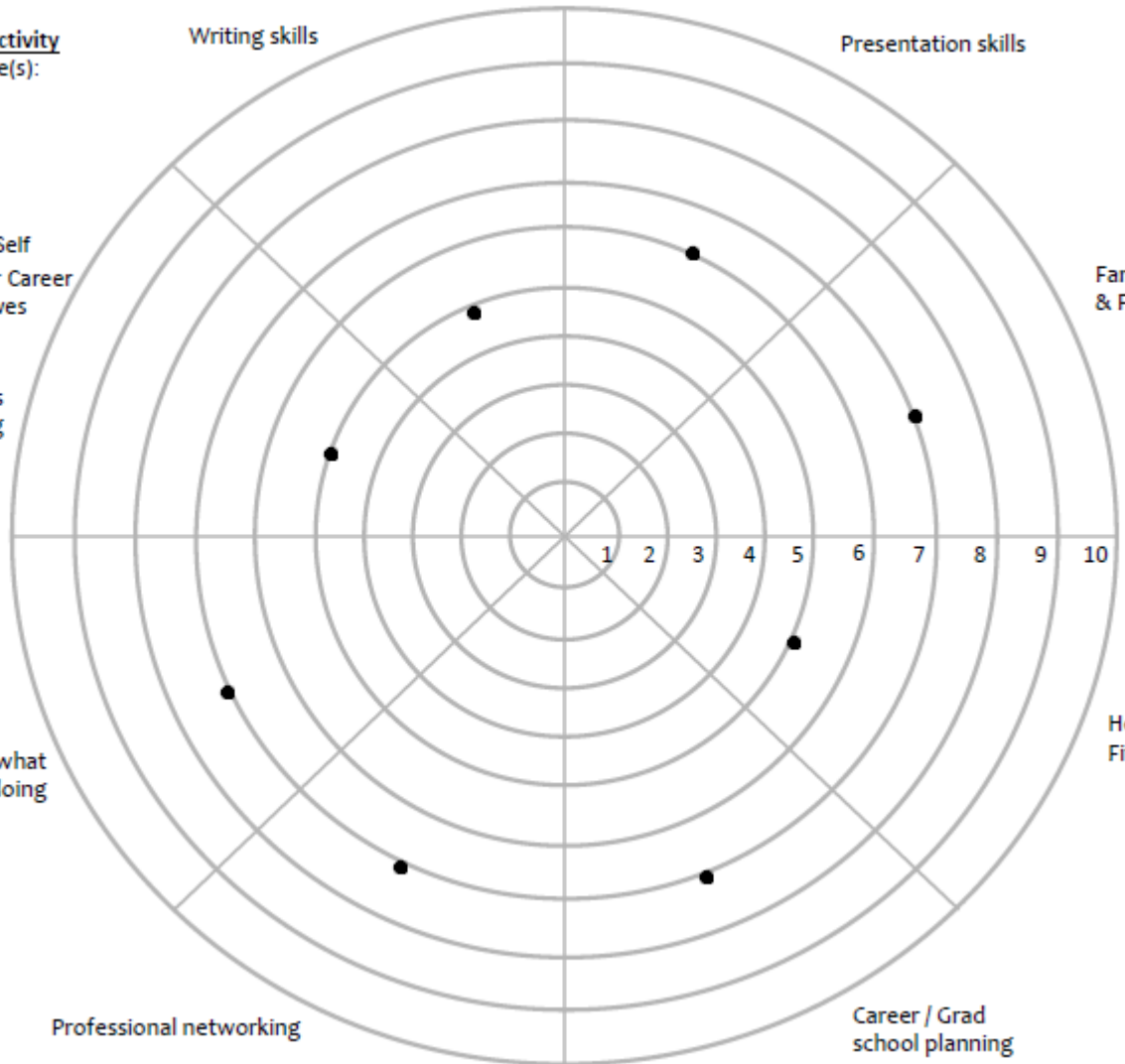
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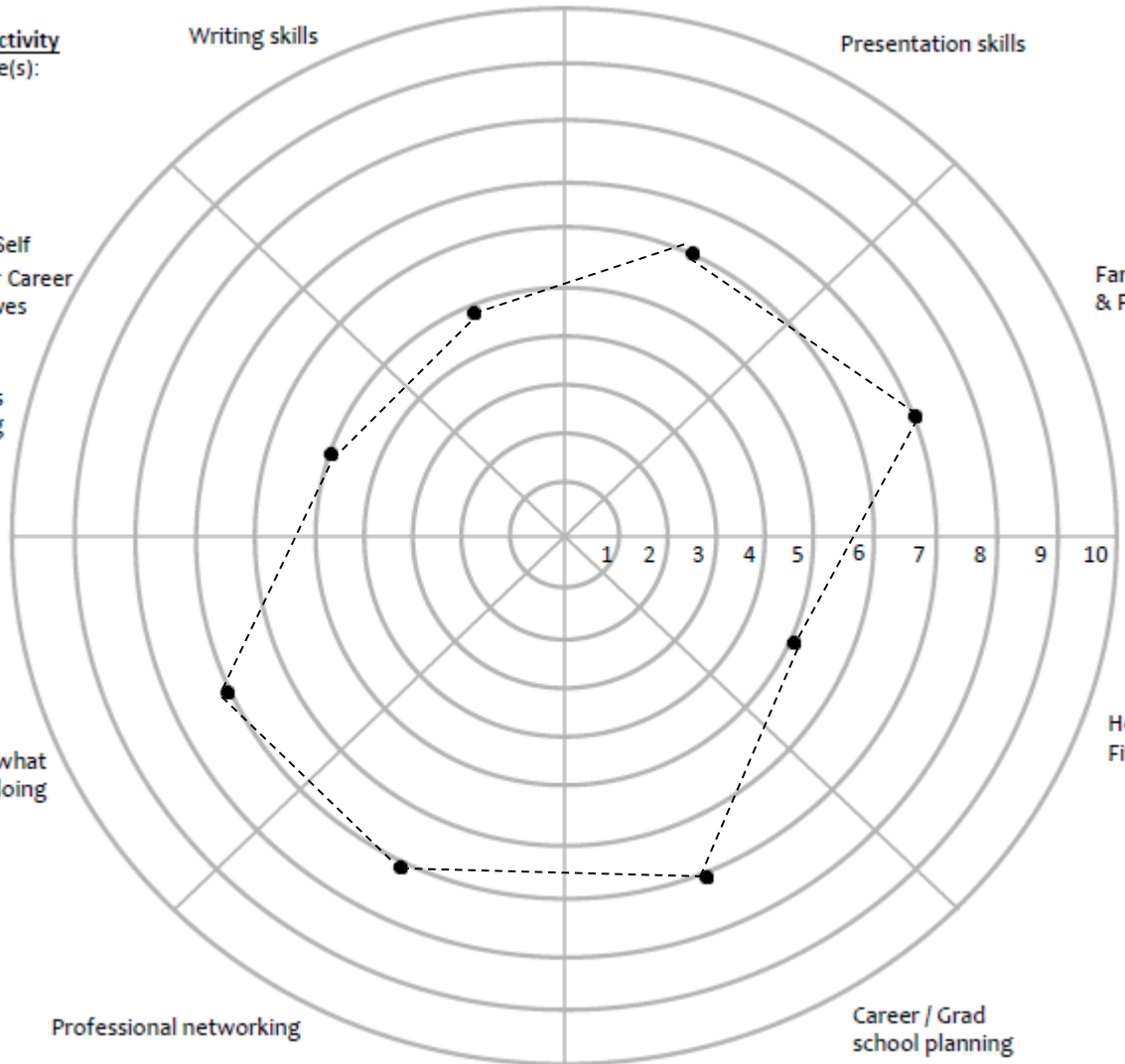
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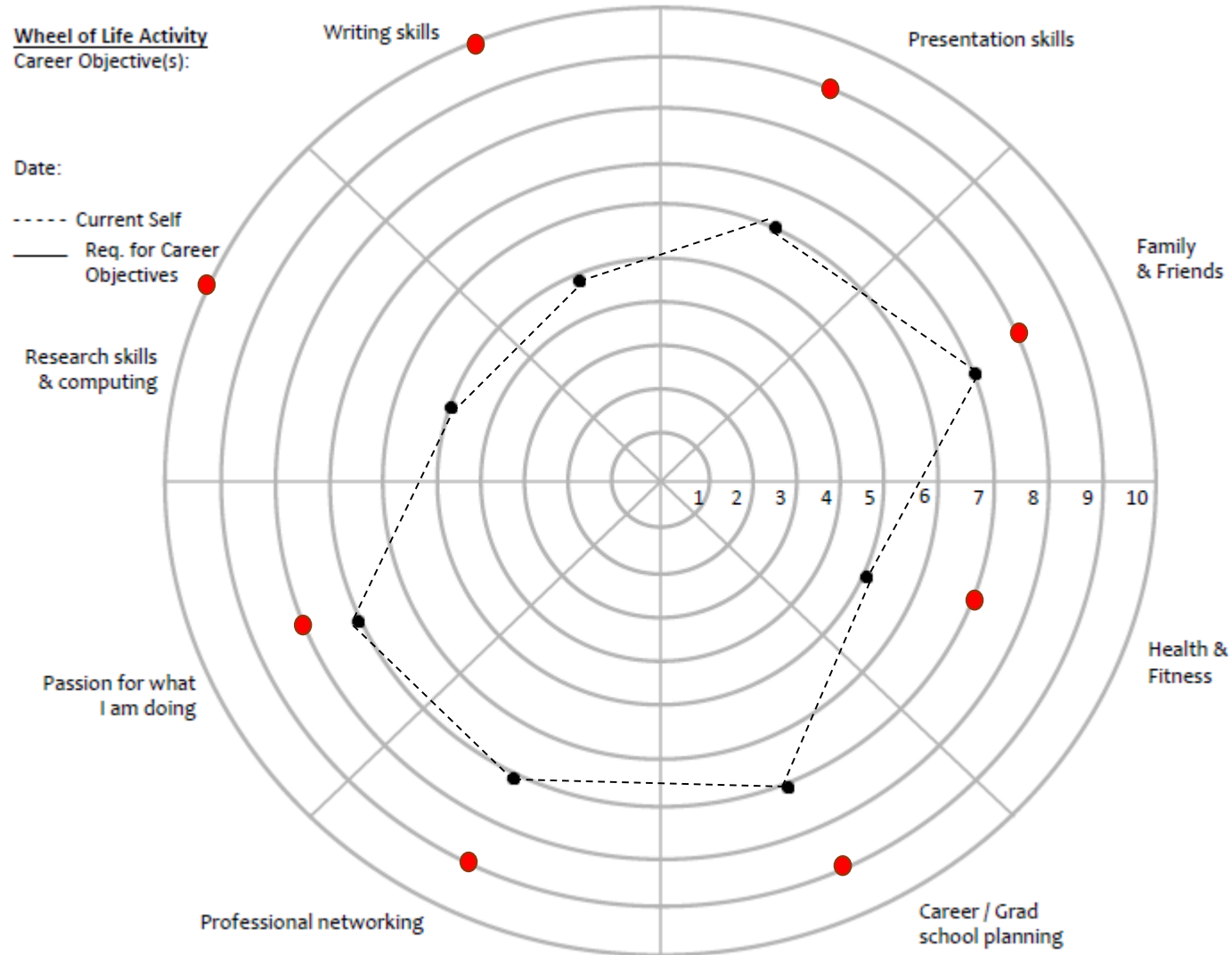
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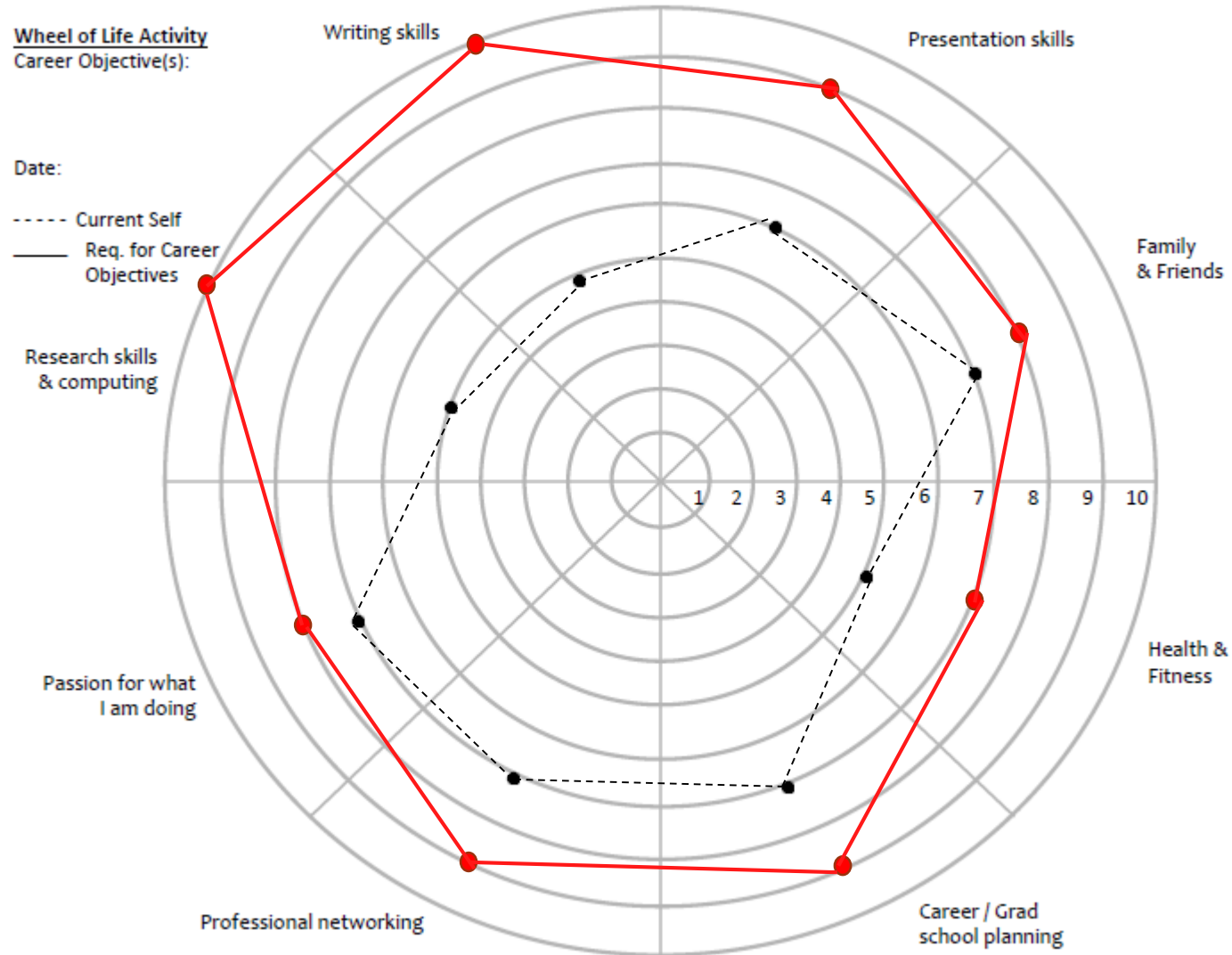


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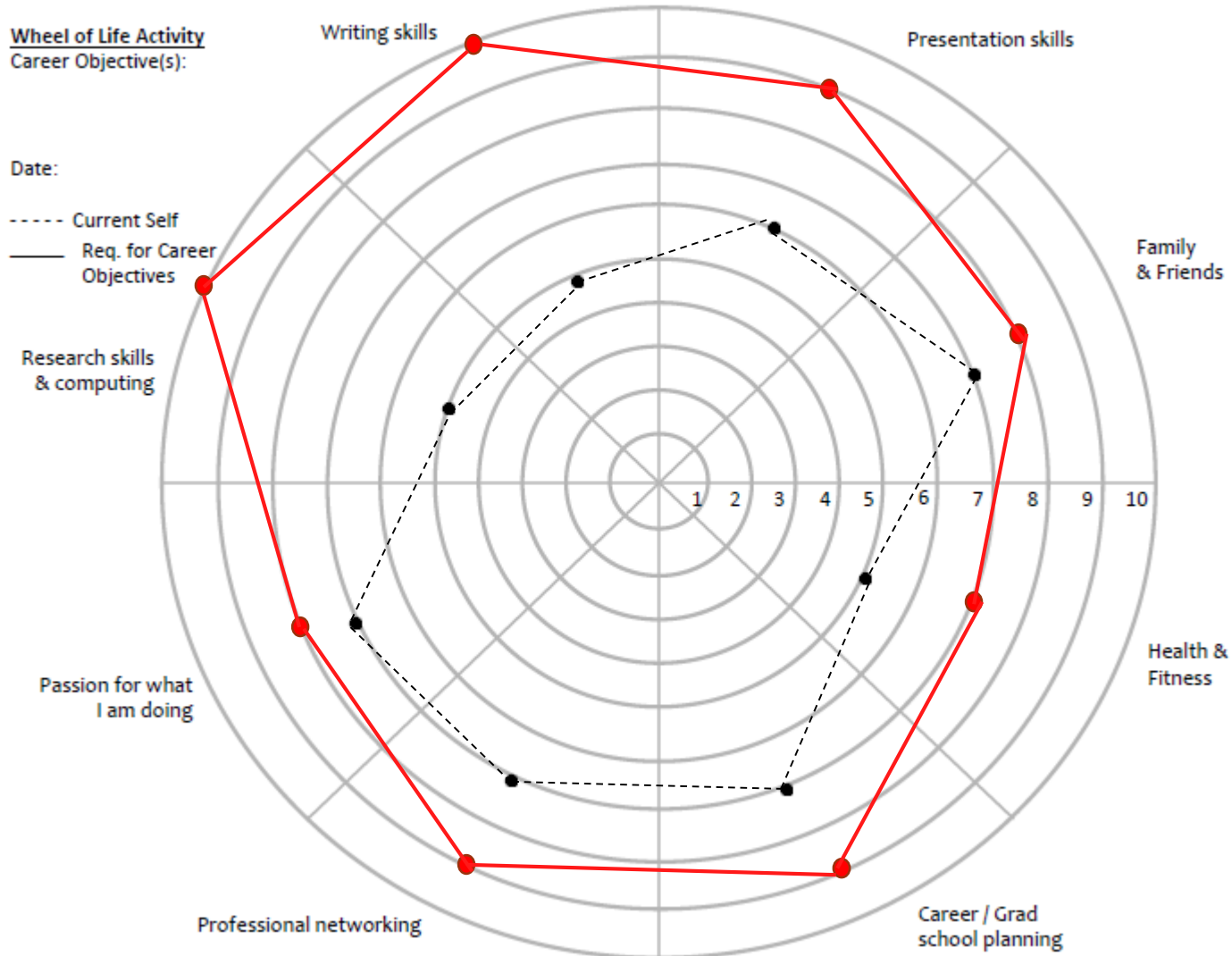




WHEEL OF LIFE ACTIVITY



WHEEL OF LIFE ACTIVITY





WHEEL OF LIFE ACTIVITY: YOUR TURN

~ 3 minutes to fill out your own chart

Pair with neighbor.

Name? Major? Career goals after graduation? Wheel Results?

~3 minutes



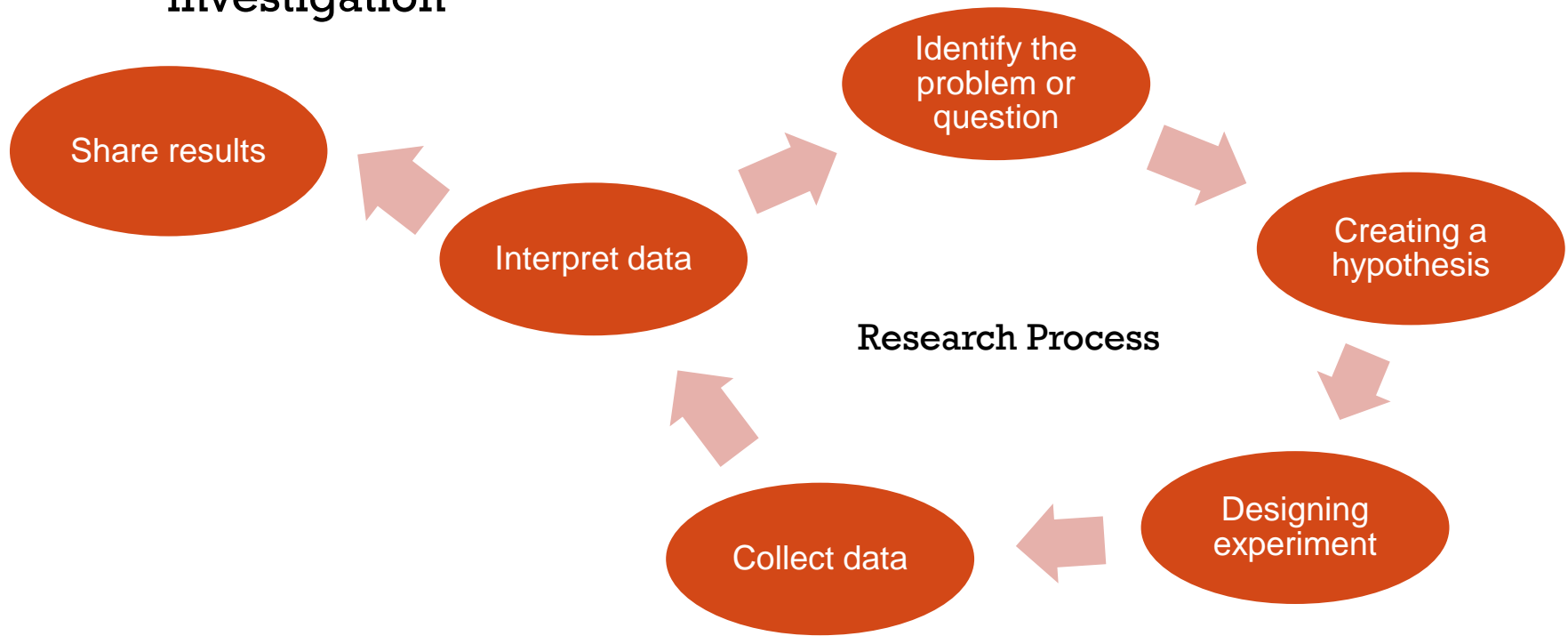
WHAT IS RESEARCH?

- Process of learning and discovering via a systematic process of investigation



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- Can be seen in your daily life

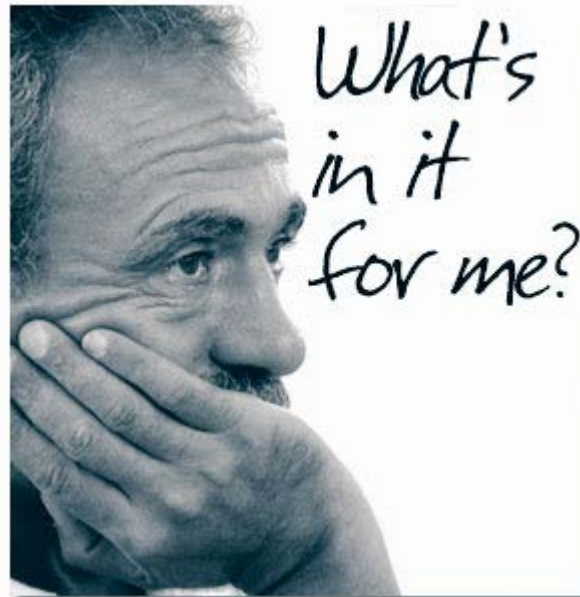


WHAT IS A REU?

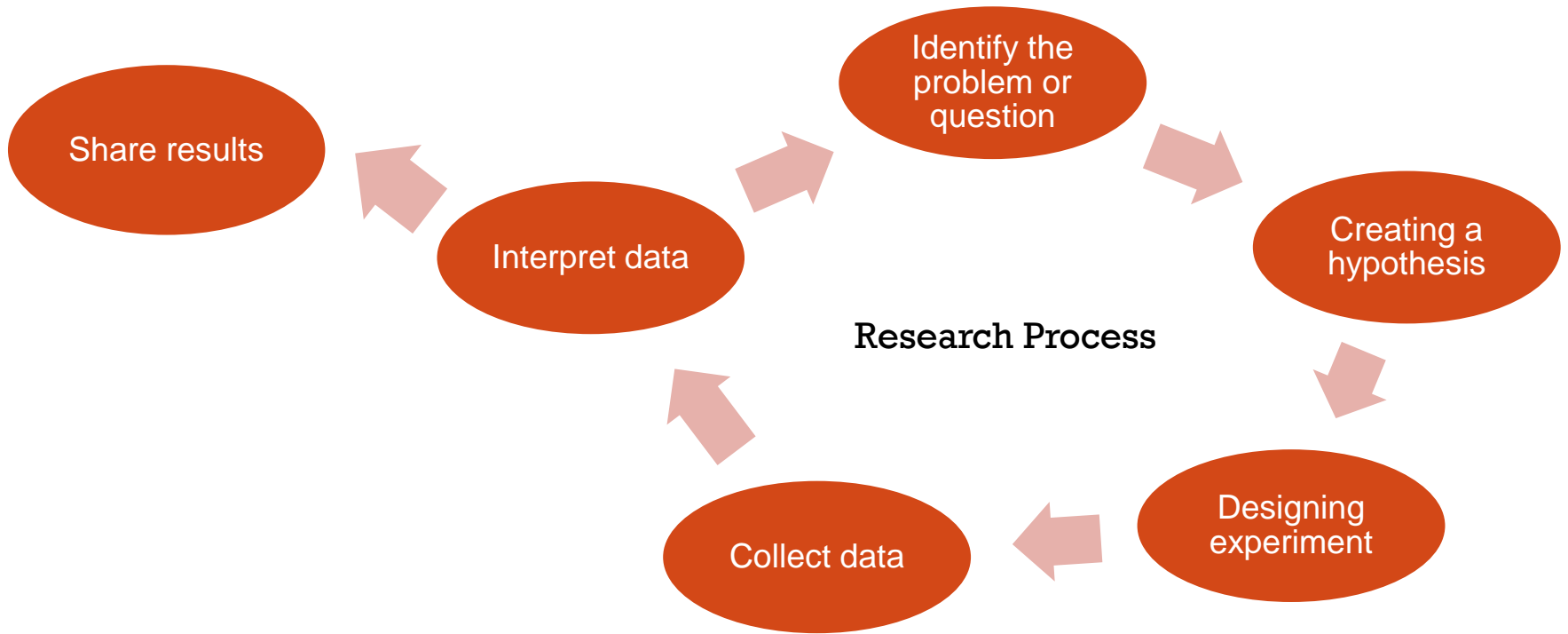
- Research Experience for Undergraduates (REU)
- Paid summer internship at academic institution about 6-10 wks
- Work on an independent, hands-on research project under guidance of professor and graduate student or post-doc



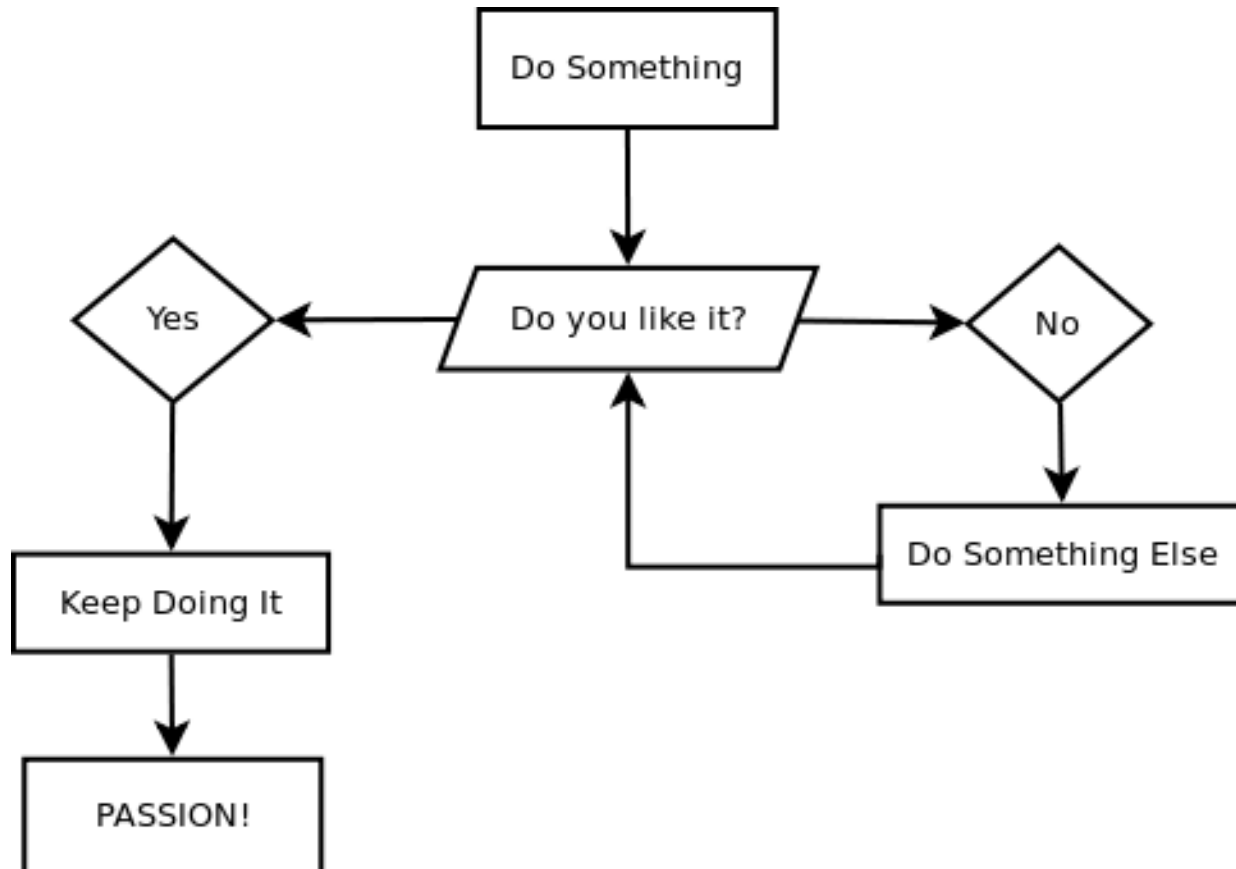
HOW CAN AN REU IMPROVE MY WHEEL OF LIFE?



REU → RESEARCH SKILLS & COMPUTING



REU → PASSION FOR WHAT I AM DOING



REU → PROFESSIONAL NETWORKING

- REU students from all across the country
- Professors from a different university
- Industry members, university staff, admissions officers...



REU → CAREER/GRAD SCHOOL PLANNING

- REUs are great for preparing for graduate school via graduate school application workshop, GRE prep, recommendation letters
- REUs often offer career advisement, career resources, guest speakers



REU → HEALTH AND FITNESS?

- Sometime access to gym and recreational activities on campus
- Summer time – outdoor activities!



REU → FAMILY AND FRIENDS

- Social activities – sailing, roller skating, bowling, pizza party, etc.
- Build friendships (and a network) that last a lifetime



REU → PRESENTATION & WRITTEN SKILLS

- Final PowerPoint or poster presentation
- Research group meeting presentation (sometimes)
- Written research report (sometimes)
- Graduate school application (sometimes)



TAKEAWAY

- REU can enhance your skill set regardless of what career path you want to take.
 - Expanding your wheel of life to get you closer to your career goals
- REU is invaluable if you are interested in learning more about graduate school.



QUESTIONS

