BENEFITS OF PARTICIPATING IN REU PROGRAM

Dr. Jessica Perez
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

Career / Grad school planning

Writing skills

Presentation skills

Family & Friends

Health & Fitness
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[Graph with red and black lines indicating different life areas and their ratings]
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

  1. Identify the problem or question
  2. Creating a hypothesis
  3. Designing experiment
  4. Collect data
  5. Interpret data
  6. Share results

Research Process
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?

What's in it for me?
REU → RESEARCH SKILLS & COMPUTING

Research Process

1. Identify the problem or question
2. Creating a hypothesis
3. Designing experiment
4. Collect data
5. Interpret data
6. Share results
REU ➔ PASSION FOR WHAT I AM DOING

Do Something

Yes

Do you like it?

Keep Doing It

PASSION!

No

Do Something Else
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!
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