Research 101: Getting Involved In Research

April 26, 2016
SOM Class 2019

*Website images updated Nov. 2016*
Research Support Cast

Nora Ortiz
Executive Assistant
PH: (210) 567-0611
email: OrtizNI@uthscsa.edu

Courtney Peebles MPH
Project Coordinator
PH: (210) 562-6869
email: peeblesc@uthscsa.edu

Jennifer Sharpe Potter, Ph.D., M.P.H.
Associate Dean for Research
PH: (210) 5670-0611
email: SOMResearch@uthscsa.edu

UTHSCSA School of Medicine Research Dean’s Office

Gabrielle Zuniga
email: zunigaG3@livemail.uthscsa.edu

Carlos Sanchez Jr
email: sanchezcj@livemail.uthscsa.edu

MS1 Research Liaisons
PRESENTATION GOALS

• DISCUSS....
  ➢ THINGS TO CONSIDER BEFORE BEGINNING RESEARCH
  ➢ DIFFERENT TYPES OF RESEARCH AND CHOOSING WHATS RIGHT FOR YOU
  ➢ HOW TO USE YOUR RESOURCES TO FIND RESEARCH OPPORTUNITIES
  ➢ MENTOR FIT AND HOW TO APPROACH
STEP 1: Before You Get Involved In Research
Consider.....

• BEFORE BEGINING, CONSIDER THE FOLLOWING...

  ➢ RESEARCH INTERESTS AND TYPES RESEARCH
    • Many Types of Research
    • Something Your Interested In NOT What will look nice on CV
    • Can Be Unrelated to Your Future Practice

  ➢ TIME COMMITMENT
    • Be Realistic
    • Determine an Ideal Timeframe
    • Certain Types of Research Require More Time

  ➢ DRAW ON PREVIOUS RESEARCH EXPERIENCES

  ➢ THINK ABOUT MENTOR CHARACTERISTICS THAT APPEAL TO YOU
STEP2: Choosing Your Research Direction

• Many Different Types of Research
  ➢ Choose Research Type That Fits With Personal Interest
  ➢ But...Think About Your Personal Goals With Research
    • Time Commitment/Return
    • Consistent with Accomplishing Your Goals for Research
STEP2: Choosing Your Research Direction....Deciding

- **Research In The Basic Sciences**
  - Diverse Areas of Studies
  - Mechanistic/Question Centered
  - Laboratory Setting
  - Prior Lab Experience
  - Time Commitment

- **Research In Clinical Sciences**
  - Diverse Areas of Study Including:
    - Investigation of New Treatments
    - Disease Prevention
    - Diagnostic/Screening
    - Health Care Quality
    - Epidemiology Studies
  - Time Commitment
  - Patient Interaction
  - Hospital Setting
Conducting Research: All Things Considered

• **Timing of Research**
  • This is the most critical (Summer vs Academic Calendar)

• **Commitment**
  • Should consider this when choosing type of research

• **Personal Goals of Research**
  • Put it on My CV (Let’s Be Honest Now)
  • Experience
  • Publish and/or Present
STEP 3: Using Your Available Research Resources

- Many Resources Are Readily Available For You To Identify Research Opportunities
  - Where to start: SOM Research Home Page
    http://som.uthscsa.edu/research/index.asp
  - Match your interests to your location
    - On Campus
    - Off Campus
    - Summer
    - International
STEP 4: Selecting and Approaching A Potential Mentor

• THINGS TO CONSIDER BEFORE CHOOSING A MENTOR
  • Do your interests align with your PI’s research interest?
  • Is the lab still pursuing those interests/goals stated on their website?
  • Do you and your mentor work well together? (i.e. Do you like their teaching methods?)
  • Does your mentor respect your goals? Is the project realistic to your goals?
  • Does your experience and skill set match the project needs?
  • How many students (i.e. medical, graduate, post-doctoral) are in the lab?

• COMMUNICATION IS KEY
  • Respectful communication
Example: Medical Student interested in clinical research with Neurology

• Step 1: MS2 in fall semester (before STEP), Graduated with a BS in Neuroscience, did some bench work but in cellular biology (it was okay experience), wants to spend 1-2 days per week doing research

• Step 2: Clinical Studies (wants to try something new)
  • Want: at least a poster and presentation
  • Distinction in Research?
Example: Medical Student interested in clinical research with Neurology

• Step 3: Utilize your resources
Step 4: Find a Mentor

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Last Name</td>
<td>First Name</td>
</tr>
<tr>
<td>2</td>
<td>Anderson</td>
<td>Kent</td>
</tr>
<tr>
<td>3</td>
<td>Aune</td>
<td>Gregory</td>
</tr>
<tr>
<td>4</td>
<td>Bailey</td>
<td>Steven</td>
</tr>
<tr>
<td>5</td>
<td>Birnbaum</td>
<td>Lee</td>
</tr>
<tr>
<td>6</td>
<td>Blanco</td>
<td>Cynthia</td>
</tr>
<tr>
<td>7</td>
<td>Burge</td>
<td>Sandra</td>
</tr>
<tr>
<td>8</td>
<td>Cavazos</td>
<td>Jose</td>
</tr>
<tr>
<td>9</td>
<td>Chen</td>
<td>Philip</td>
</tr>
<tr>
<td>10</td>
<td>Crownover</td>
<td>Richard</td>
</tr>
<tr>
<td>11</td>
<td>Dutta</td>
<td>Anil</td>
</tr>
<tr>
<td>12</td>
<td>Eastridge</td>
<td>Brian</td>
</tr>
<tr>
<td>13</td>
<td>Espinoza</td>
<td>Sara</td>
</tr>
<tr>
<td>14</td>
<td>Esterl</td>
<td>Robert</td>
</tr>
<tr>
<td>15</td>
<td>Fajardo</td>
<td>Roberto</td>
</tr>
<tr>
<td>16</td>
<td>Ferrer</td>
<td>Robert</td>
</tr>
<tr>
<td>17</td>
<td>Fisher</td>
<td>Alfred</td>
</tr>
<tr>
<td>18</td>
<td>Galvan</td>
<td>Veronica</td>
</tr>
<tr>
<td>19</td>
<td>Glickman</td>
<td>Randolph</td>
</tr>
<tr>
<td>20</td>
<td>Gong</td>
<td>Alice</td>
</tr>
<tr>
<td>21</td>
<td>Healy</td>
<td>Jennifer</td>
</tr>
<tr>
<td>22</td>
<td>Johnson</td>
<td>Daniel</td>
</tr>
<tr>
<td>23</td>
<td>Johnson</td>
<td>Scott</td>
</tr>
<tr>
<td></td>
<td>Kamat</td>
<td>Amrita</td>
</tr>
<tr>
<td>Name</td>
<td>Phone</td>
<td>Email</td>
</tr>
<tr>
<td>-----------------------</td>
<td>----------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>Solomon, Diane H</td>
<td>(210) 450-0509</td>
<td><a href="mailto:solomond@uthscsa.edu">solomond@uthscsa.edu</a></td>
</tr>
<tr>
<td>Atkinson, Sidney Wright</td>
<td>(210) 562-5858</td>
<td><a href="mailto:atkinsons3@uthscsa.edu">atkinsons3@uthscsa.edu</a></td>
</tr>
<tr>
<td>Cavazos, Jose Enrique</td>
<td>(210) 567-3746</td>
<td><a href="mailto:cavazosj@uthscsa.edu">cavazosj@uthscsa.edu</a></td>
</tr>
<tr>
<td>Garvin, Rachel E</td>
<td>(210) 567-5625</td>
<td><a href="mailto:garvinr@uthscsa.edu">garvinr@uthscsa.edu</a></td>
</tr>
<tr>
<td>Palm, Michael Lee</td>
<td>(210) 450-0502</td>
<td><a href="mailto:palm@uthscsa.edu">palm@uthscsa.edu</a></td>
</tr>
</tbody>
</table>