# Finding a Research Lab Position

## Career Preparation Series | Toxicology Student Association (ToxSA) | toxsa.berkeley.edu

## Why should you do research as an undergraduate?
- Strengthens your interdisciplinary and technical skills
- Preparation for graduate school: research, medicine, pharmacy, dentistry, etc
- Preparation for technical jobs: allows you to apply concepts from class to bench top work and is a good experience to talk about when interviewing

## Finding a Lab Through Faculty
1. Check out the NST faculty website and look at which labs ones are interesting to you
2. Upon further interest, read about the professors recent publications. Most publications are accessible to UCB. You don’t have to understand everything you read, but knowing a little about the professor’s research allows you to express interest about research and understand if its something you would want to work on when you enter the lab.
3. Set up an appointment with the professor. When contacting them, express interest in the research they are conducting.
   Tip: It may be easier to contact graduate students who are a part of the lab as they are usually the ones who will train you when you first start in a lab.
4. At the meeting, bring your resume, unofficial transcript, dress nicely, and be on time. Be prepared to talk about the lab skills you have learned through your coursework and show that you are motivated and willing to learn.

## Applying to Undergraduate Research Programs
These are excellent opportunities as labs are actively looking for research assistants:
- URAP – Undergraduate Research Apprentice Program: Their application process is once every semester so be sure to keep a look out
- SPUR – Sponsored by the College of Natural Resources: The application process opens at the beginning and end of every fall, spring, and summer
- Biology Fellows Program
- Amgen Scholars Program

## Look outside of NST Labs and off campus laboratories
- Psychology
- Molecular Cell Biology
- Integrative Biology
- ESPM
- UCSF
- CHORI – Children’s Hospital Oakland Research Institute
- Callisto – paid opportunities

## Networking
- Sometimes the easiest way is to attend events and meet people and you may find out about an opportunity for research.
- Go to class office hours for a GSI or professor often – expressing enthusiasm for a class may lead to opportunities

## Websites that may be Helpful
- research.berkeley.edu
- urap.berkeley.edu
- spur.berkeley.edu

It is okay to never hear back from someone. Most professors are very busy and get tons of email everyday. Consider contacting them again, perseverance can be rewarding.

Good luck!!!