Panelists

Staff

Deborah Buffalin, HOUR Program Manager

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Getting Started In Undergraduate Research at JHU

Hopkins Office for Undergraduate Research

https://hour.jhu.edu/

HOUR@jhu.edu

This presentation is designed to introduce you to:

- The **history, scope and current climate** for undergraduate involvement in research at JHU.

- **What 'research' entails for undergrads at JHU,** including examples of different research journeys for JHU undergraduates.

- How essential it is to explore **your own expectations** for your research journey at Hopkins **before** seeking opportunities.

- The tenet that **there's no 'one right way'** for you to explore, identify, obtain and navigate your undergraduate research experience, but **HOUR can help you with best practices** to optimize your efforts.

- A very brief overview of the **resources available to all JHU undergraduate students** from HOUR and other JHU departments and offices.

Research at Hopkins: Where undergraduates and HOUR fit in

https://hour.jhu.edu/

How we got here:

- Hopkins is the **first research university** in the western hemisphere.

- Hopkins has **led the US in research and development spending** every year since 1979.

- Hopkins has amazing faculty recognized for their groundbreaking research with awards such as the **Nobel Prize, National Medal of Science, Pulitzer Prize** and more. We have also recruited a cohort of elite faculty, the **Bloomberg Distinguished Professors (BDPs)** renowned for their interdisciplinary work.

- Prior to the establishment of HOUR in 2017, there was **no office, staff or funding specifically dedicated to assisting undergraduates** seeking research experiences.

- HOUR is part of a team of offices supporting Hopkins undergraduates in experiential learning pursuits. HOUR, the Life Design Lab, University Experiential Learning, and the the Global Education Office are housed in the **Imagine Center** for Integrative Learning and Life Design (ILLD) at the north end of campus.

- **HOUR's two full-time staff support ALL undergraduates at JHU (KSAS, WSE and PI).**

Facts about undergraduate research at Hopkins today:

- MOST undergraduates report they chose Hopkins for the **amazing research opportunities available**.

- In fact, about **90%** of Hopkins undergrads participate in extracurricular research experiences.

- **Research occurs in every field, department, and major** from traditional STEM to Arts and Humanities, with interdisciplinary research happening across all JHU divisions.

- The typical undergraduate research experience is **6-10 hours per week during academic semesters.**

- Some majors require students to complete up to 6 credits of independent research for their degree. There are also limits on credits permitted. Academic credit is considered a form of compensation.

- Most research, clinical, and shadowing opportunities are completely uncompensated ('volunteer'). **HOUR is working diligently change this culture by making equitable compensation the norm.**

- **ALL researchers in all divisions are available** for undergraduates to work with, whether Nobel laureate faculty, professional staff, or anyone in between. Some postdocs and grad students mentor, as well.

- Students are **not limited** to researching within their major or minor. They are free to explore!

Some Typical JHU Undergraduate Research Paths:

Not expecting to engage in research while an undergraduate at JHU.

Getting Settled: Looking to explore lots of options
Freshman year; will start looking in Sophomore year.

Eager to Start ASAP: Might even start poking around the summer before moving onto campus.

Involved in Lots of Stuff: Maybe Junior year?

When It Fits In: Maybe a little here   ….   and then a little here   ….   and maybe another bit over here?

OOPS! Research for credit required for degree, I forgot till fall of Senior year!

The HOUR vision is to create equitable access to impactful research opportunities for all Hopkins undergraduates.

What HOUR offers
JHU's undergraduate researchers

https://hour.jhu.edu/getstarted/

HOUR is NOT a match-making service, where students come to us, tell us their major, and we hand them an opportunity!

Instead, by engaging students across multiple modalities we:

➢ Learn about the student and help them to identify their interests, goals, and needs

➢ Introduce them to and provide best practices for navigating resources such as the ForagerOne platform

➢ Review their email templates, resumes, personal statements, research proposals and other documents, providing constructive feedback

➢ Connect them with other university and external resources

➢ Ensure that the HOUR website provides one-stop shopping for for current, accurate and complete information about funding and presentation opportunities as well as connections to resources within Hopkins and beyond.

Visit https://hour.jhu.edu

HOUR provides:

A mindset that there is no "one right way" to undertake an undergraduate research journey, but equipped with a comprehensive set of tools and best practices, JHU students can optimize their own experience.

HOUR's student-facing website and linked platforms host an extensive range of resources:

- Tools for finding research opportunities and connecting with potential mentors at JHU

- A database of programs and funding opportunities across JHU and outside Hopkins

- JHU-specific funding and programs

- Opportunities to present research, scholarly and creative projects

- An online peer-to-peer community on CampusGroups

- How-to materials presented in multiple modalities, including online guides and tutorials, workshops, and tailored presentations

- Connections to peers, groups and organizations with shared interests

- Staff available via email, social media, daily office hours and by appointment

- FAQs explored at every step of the way

And now....

...a breakneck romp through some of the topics HOUR covers and best practices we offer.

Resources and tips for seeking positions and mentoring

You'll want to refer to HOUR's two primary online resources for JHU undergraduate researchers:

HOUR's website: https://hour.jhu.edu

HOUR's JHU mentor search tool, ForagerOne

https://foragerone.com

As of the date of this presentation:

590 faculty actively recruiting

52 posted projects

25 remote/virtual projects
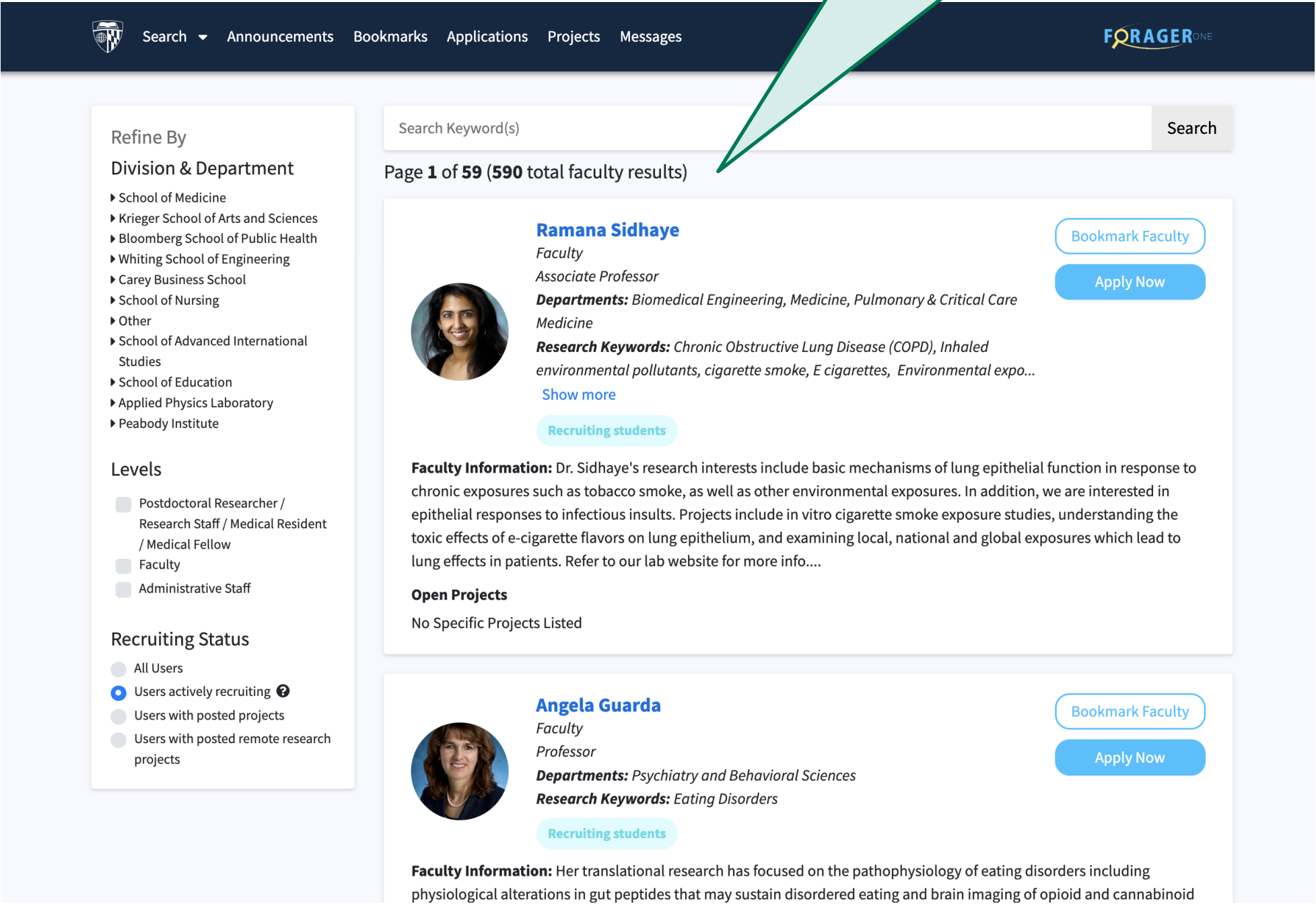
hour.jhu.edu = Step-by-step best practices for identifying and securing research opportunities

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UNIVERSITY | UNDERGRADUATE RESEARCH

ABOUT HOUR   GET STARTED   OPPORTUNITIES   PRESENT   RESOURCES

Get Started

| Get Started | 1. Prepare | 2. Contact | 3. Meet | 4. Compensation |

What is research?

- Undergraduate research is defined by the **Council on Undergraduate Research** as "an inquiry or investigation conducted by an undergraduate student that makes an original, intellectual, or creative contribution to the discipline."

- Research is experimentation, answering questions, analysis, exploration, inquiry, investigation, creation, study, examination, reasoning, imagining, composing, designing, formulating, establishing, interpreting… the list of synonyms goes on and on!

- Research takes place in labs, in libraries and research centers, in the field, in communities, in studios, in space, on land, underwater, on your computer, in your head, and beyond.

- Research at Hopkins is more than just checking a box on your resume or filling a requirement for your major.

What's in it for you?

- Explore your curiosity and make impactful discoveries, changes or improvements to an issue or problem;

- Create or design something new – a film, product, company, program, a *(insert your idea)*;

- Grow as an independent and critical thinker;

Prepare: What questions should you be asking before you begin your search? What are your 'must haves' and 'dealbreakers'?

Contact: How do I address a potential mentor? What does an optimal email look like? When and how often should I follow up?

Meet: What's expected of me at an interview? What are some blunders to avoid?

Compensation: How much might I expect to get paid? What kinds of compensation are available? How do I go about earning academic credit for my time? How many hours is reasonable to work as a volunteer?

(Nearly) Universal Considerations in Fall & Spring:

Before you start identifying potential mentors, positions, projects or funding, consider these factors, plus any others unique to you and your situation. How would you rank them? Are any 'must haves' or 'dealbreakers'?

Research Interests / Motivation

- What are you interested in personally? Academically? Professionally? Which takes priority right now?

- What are some key words that identify your research interests?

- Are you interested in staying for a long time with one mentor/opportunity or trying different things?

- Are you primarily motivated by a post-JHU goal, such as grad school or employment?

Logistics / Practicalities

- How many hours can you commit each week and what days are you available?

- Have you factored in time for a part-time job, athletics, clubs & social events, personal care like eating and sleeping?

- Can you travel to a different campus or location, or do you want to stay on Homewood?

- Do you prefer to work with people (as in a clinical/community sense), things (in lab or in the field) or ideas/theories (as in datasets/ programming/philosophy)?

Compensation

- Do you require compensation? What form(s): Get paid a for your time, receive credit?

- Can you afford to volunteer (uncompensated) for the experience?

- How many hours can you commit each week, and when?

- Are there some things you just won't do, no matter how well compensated, such as work certain dates/times or perform certain tasks, such as work with animals)?

- Sign up at https://foragerone.com/

- Select Johns Hopkins University

- Use your Hopkins ID and password to log in

- Create your profile

- (optional) Upload your documents

- Toggle to 'actively seeking'

Refine By

Search Keyword(s)   Search

Page **1** of **294** (**2936** total faculty results)

Division & Department

▸ School of Medicine
▸ Krieger School of Arts and Sciences
▸ Bloomberg School of Public Health
▸ Whiting School of Engineering
▸ Carey Business School
▸ School of Nursing
▸ School of Advanced International Studies
▸ School of Education
▸ Applied Physics Laboratory

Richard Huganir

Bloomberg Distinguished Professor of Neuroscience and Psychological and Brain Sciences; Director, Department of Neuroscience

Departments: *N/A*

Research Keywords: *Developmental Neuroscience; Cellular, Molecular Neuroscience*

Bookmark Faculty

Apply Now
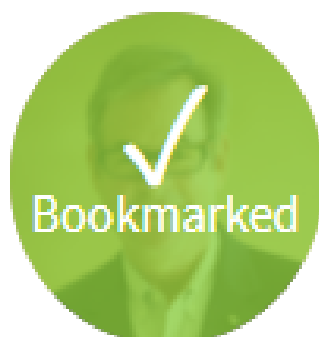
Actively Recruiting

User Types

☐ Postdoctoral Researcher
☐ Faculty
☐ Administrative Staff

Richard Huganir

Bloomberg Distinguished Professor of Neuroscience and Psychological and Brain Sciences; Director, Department of Neuroscience

Departments: *N/A*

Research Keywords: *Developmental Neuroscience; Cellular, Molecular Neuroscience*

Bookmarked

Remove Bookmark

Apply Now

Actively Recruiting

Recruiting Status

⦿ All Users
◯ Users actively recruiting ❓
◯ Users with posted projects
◯ Users with posted remote research projects

Manuel Hermosilla

Bookmark Faculty

Learn more about potential mentors

- Talk to professors, TAs, classmates, advisors, research librarians, watch social media. Never underestimate the power of networking!

- Do a **Google** search using "**JHU**" - **your keyword/s** - "**research.**"

- Identify faculty and discover research centers, institutes, working groups, and related articles!

🔒 my.jh.edu/

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UNIVERSITY & MEDICINE | ♡my.JH

Find email addresses in https://my.jh.edu/

APPS **PEOPLE** TOPICS DEPARTMENTS

For example: Last, First

William S Anderson M.A., M.D., PH.D.

[View admin] [Download Contact] [Print] [Send Message]

Login ID	wanders5
Institution	The Johns Hopkins University
Division	School of Medicine
Department	SOM Neuro Sur Functional
Title	ASSOCIATE PROFESSOR
Campus/Office Address	Meyer 8 181
Affiliation	Faculty
Office Phone	(443) 287-1609
University Email	wanders5@jhmi.edu

Search shows:

- Email address (the Holy Grail!)

- Primary division/ dept

- Office address

Contact and follow-up, Follow-Up, FOLLOW-UP!!

- Always **use your Hopkins email** address. (If contacting through ForagerOne, do all follow-up via email)

- Be prepared to send follow-up emails – BCC yourself or **make a list** of who you contacted to make it easier. **Don't leave opportunities on the table**!

- Keep your message short–**just 3 sentences**, about the size of a cellphone screen!
  - **Sentence 1:** Introduce yourself (name, major, year, career goal if you know).
  - **Sentence 2:** Explain why their work is exciting or aligns with your plans.
  - **Sentence 3:** Request a meeting to discuss opportunities and thank them!

- Do NOT attach your resume or other documents. Save them for when requested.

- **Follow-up** with another email every 3 – 4 business days, repeating 3 – 4 times.
  - **You are not a stalker**; you will not be blocked or reported.

- You may email as many researchers as you can keep track of for follow-up.

- We find that contacting **5-6** researchers using these tips gets you a position!

Meetings

- **BE PROFESSIONAL** and polite in ALL interactions. Arrive on time and dressed neat and clean (casual is fine).

- **BE PREPARED** by reviewing their research and/or faculty page, or most recent publications, so you're ready to discuss projects and ask questions. Have any requested documents ready to bring or send in for review. Know what your requirements are and be confident in requesting or defending them.

- **BE AUTHENTIC.** Don't try to be someone you aren't. Your authenticity and enthusiasm will take you further and make a better impression with faculty!

- **THANK THEM** for their time, whether you are offered a position or not. If they do not offer you a position, ask for a referral to a JHU colleague doing similar work.

Seeking funding and programs

https://hour.jhu.edu/opportunities/

The sad truth: At any given time in fall and spring:

- 5% of undergraduate researchers are getting paid for their time

- 10-15% are receiving academic credit (considered a form of compensation)

- **80% are entirely uncompensated (volunteers)**

HO☤R Programs

PURA
Provost's Undergraduate Research Award

SUMMER
PURA
Provost's Undergraduate Research Award

- Support 'independent' research projects in any field from STEM to Humanities.
- Open to any Hopkins undergrad in good standing.
- Require a research proposal and university mentor.
- Funding ($3000 for PURA and $6000 for Summer PURA) is discretionary and can be used for anything from research expenses to personal use.

BDP
Summer Program

- BDP faculty provide the project and mentorship for inexperienced undergrads.
- Open to any Hopkins undergrad in good standing.
- Requires a resume and personal statement.
- Funding $6000 for discretionary use to help offset summer expenses.

Catalyst Award
Supporting Undergraduate Research Projects

- To take early-stage human/ public health projects to the next level.
- Open to any Hopkins undergrad or UG team in good standing.
- Requires a proposal and budget.
- Funding between $100 - $1000 to create a prototype or pilot program.

PILOT
FLI Access

- Provides portable funding to FLI undergrads seeking typically unfunded co-curricular research experiences; similar to FWS award (up to $2,500 for one semester/student).
- We hope to demonstrate that this intervention mitigates retention and graduation disparities and enhances the satisfaction of FLI undergraduates at JHU.

Other Helpful Sites (https://hour.jhu.edu/opportunities)

IBP Pathways To Science

A great resource site for STEM programs.

- Sign up for funding and program info.
- Filterable by level, citizenship, semester and more.
- Search 1000+ fully funded STEM programs.
- Check out webinars and professional development materials.

https://www.pathwaystoscience.org/

Smithsonian Office of Internship Programs

Search site for humanities or natural sciences internship opportunities.

- Discover local, international, & virtual opportunities.
- Refine your search by individual units or keywords.
- Opportunities vary in length, commitment, and prerequisites.
- Some opportunities offer a stipend.

https://internships.si.edu/opportunities

Pivot-RP

Search site for academic funding, conferences and journals.

- Sign up using your Hopkins ID and password.
- Refine your search by categories or keywords.
- Discover conferences and journals related to your interests.

https://pivot.proquest.com/dashboard

NSF Research Experience for Undergrads

Summer STEM-based research programs at institutions across the United States.

- Must be a US citizen or Permanent Resident.
- 750+ programs
- Paid stipend, housing, travel.
- Very competitive (about 8 students per program).

https://www.nsf.gov/crssprgm/reu/reu_search.jsp

Opportunities to share

HOUR Events

- The university's premier celebration showcasing our undergrads' amazing research, scholarly, and creative projects, as well as presentations about internship, community service, fellowship, study abroad and other amazing experiential opportunities.

- Takes place over a week in both the fall and spring semesters.

- Held virtually, so all your friends, family, and mentors can see your projects.

- Offers additional in-person events in the Imagine Center featuring presentations and workshops led by different student groups.

- The Crossroads panel discussion series focuses on taking an interdisciplinary approach to a specific research topic or theme.

- A panel of JHU undergrad researchers are invited to share their projects and engage in a discussion.

- The discussions are moderated by faculty, post docs and grad students whose work is associated with the event's theme.

- Events are held in the Imagine Center twice each semester.

Other Presentation Opportunities

- Founded and hosted by Johns Hopkins University.

- Specifically for humanities research and projects.

- Open to undergrads from institutions across the country.

- Takes place in the spring; Hopkins undergrads encouraged.

- https://krieger.jhu.edu/macksey-symposium/

- The **National Conference on Undergraduate Research (NCUR)** is dedicated to promoting undergraduate research, scholarship and creative activity in all fields of study.

- Takes place annually in the spring; registration opens October 1.

- The **World Congress on Undergraduate Research (WorldCUR)** brings together the world's best undergraduate researchers to focus on some of the most significant challenges facing the global community.

- https://www.cur.org/what/events/students/

Building Community

Stay in the know by joining the
HOUR Undergraduate Research Community
on JHU CampusGroups:

- **HOUR's official platform for research-related announcements and event registrations**

- **Access to slides and recordings from presentations and workshops**

- **We won't bombard you with weekly emails**

- **No time commitment required of members**

https://jhu.campusgroups.com/HOUR/club_signup

Come hang out at the **Imagine Center**!

- Run into staff from HOUR, LDL (Life Design Lab), GEO (Global Education Office), and UEL (University Experiential Learning)

- Meet up with classmates collaborate or study

- Attend workshops and events

- **OK, I'll say it: FREE COFFEE**

Key Offices, Organizations and Other Resources

Where can I find help?

HOUR (Hopkins Office for Undergraduate Research) (https://hour.jhu.edu/)
- Staff is happy to answer ANY questions, or direct you to the people who can.
- Available for 1:1 or daily office hours; virtually or in person (by appointment).

The Imagine Center (https://imagine.jhu.edu/)
- Home to: HOUR, the Life Design Lab, the Global Education Office, University Experiential Learning, Hopkins Connect, Integrative Learning and Life Design, and more.
- Open (with J-card) daily 8am-8pm (extended Fall hours coming soon).

URSCA (Office of Undergraduate Research, Scholarly, and Creative Activity) (https://krieger.jhu.edu/ursca/)
- Available to Krieger students (based on your enrollment, major or minor).
- Assists students with creating, planning, and undertaking hands-on research projects.

Sheridan Libraries (https://www.library.jhu.edu/)
- Take advantage of the Research Librarians – they can help find sources, identify researchers, and more!
- The Eisenhower Library is NOT the only library across the university.

JHU Writing Center (https://krieger.jhu.edu/writingcenter/)
- Individual conferences with trained peer tutors offering feedback on any type of writing.
- Located in Gilman Hall 230

So, what questions do students come to HOUR with most frequently?

HOUR offers
Reassurance:

**You're doing fine,
and you will be fine.**

How to contact HOUR:

Weekday Office Hours:
- Monday-Thursday, 3-4pm Eastern
- Year round
- Any weekday JHU is open
- Link on our web page, hour.jhu.edu

Schedule a one-to-one appointment with HOUR staff:
- Tracy Smith, Director & Deborah Buffalin, Program Manger
- Any time on either of our calendars!
- Year round
- Link on the 'About Us: Meet the Staff' page at hour.jhu.edu

Email us!
- hour@jhu.edu is read by all staff
- Or, if you prefer, tracysmith@jhu.edu
- Or, buffalin@jhu.edu
- All are on our web page, hour.jhu.edu

Join us on CampusGroups (HopkinsGroups):
- Hopkins Undergraduate Research Community
- https://jhu.campusgroups.com/HOUR/club_signup
- HOUR is the largest undergraduate group on HopkinsGroups
- Events, useful files and a peer-to-peer forum

And connect with HOUR on social media...

@JHU_HOUR   @JHU_HOUR   https://www.linkedin.com/company/jhu-hour/

What we hoped you'd learn from this presentation:

- The **history, scope and current climate** for undergraduate involvement in research at JHU.

- **What 'research' entails for undergrads at JHU,** including examples of different research journeys for JHU undergraduates.

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Still have questions?

You can contact us at:

Email: firstyear@jhu.edu

Text: (410) 941-3485

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