

Getting the most out of your summer research experience

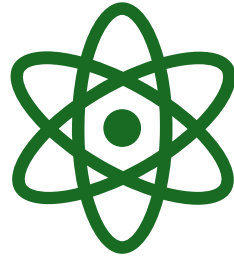
Paul LaPointe

Professor, Department of Cell Biology

You are all here for different reasons



Interest in medicine



Interest in science



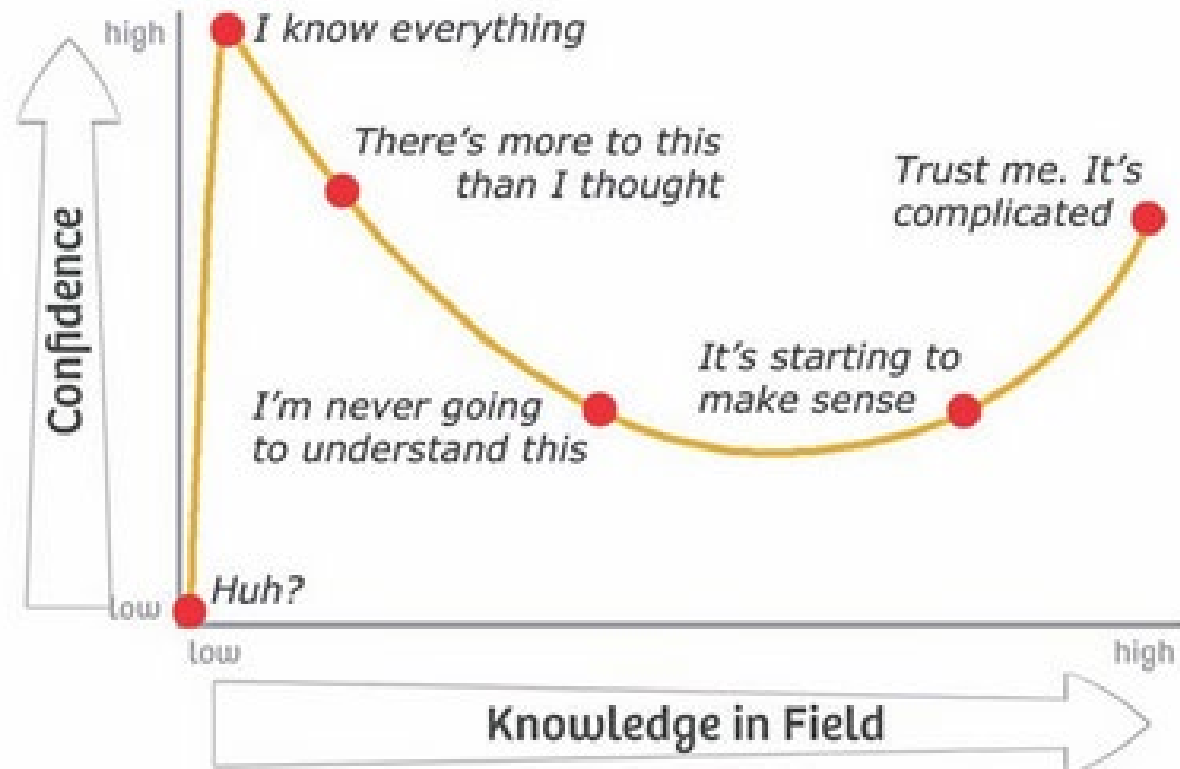
Pressure

All of you are smart

- Probably high achievers
- May have family members in the medical field
- You are all working in environments filled with smart people
- How does/can this make you feel?

Mental health and the consequence of failure

- Science is about proving things wrong
- Discovering new knowledge is not the same as learning (as you understand it)
- Dunning-Kruger effect



You are shaped by your environment

- You are not yet what you will be
- You will be different after your summer research experience – but how?
 - You will make mistakes
 - *How are you made to feel when you make them?*
 - You will discover how little you know
 - *How are you made to feel when you share your confusion?*
- You should learn what kind of environment you thrive in

Discover the 'bee in your bonnet'

- Richard Feynman quote...
- Importance and Curiosity are very different types of fuel
- Failure feels different in each of these contexts

Find your people

- Build a community of people who are like you in the ways that matter
 - They will support you help you grow as a scientist and critical thinker
- Ask questions
 - Don't be ashamed of what you don't know – be honest, be humble
- Listen
 - If you aren't listening to the answer, maybe you didn't ask a sincere question
- Wonder
 - You are the one making the list of things you should know
- Imagine
 - This is where your hypotheses will come from
- Being fascinated by the things you don't know is way better than being satisfied with the things you understand