

lotterhos-lab-protocols

Katie Lotterhos

10/19/22

Table of contents

Lotterhos Lab Protocols

This site is dedicated to the protocols used in the Lotterhos Lab at the Northeastern University Marine Science Center.

If you are new to the lab you may want to jump over to the [welcome page](#). This page will help you navigate the lab, protocols and the MSC.

Part I

General

1 Expectations

These are expectations for everyone in the lab

- have fun!
- respect yourself and commit to self care
- respect each other
- remember that cutting-edge science is not usually a linear process
- practice inclusive communication
- commit to documenting research progress and meeting notes in notebooks on a regular basis
- commit to file management organization and communicate about the system with the team
- commit to eliminating distractions during work hours 9am-5pm on weekdays. Distractions include personal texts, push notifications, and personal social media. Ways to eliminate them include turning off notifications and leaving your phone in another location.
- commit to keeping a task management system, and communicating your priorities and milestones to your advisor(s)
- commit to keeping a calendar for meetings and plans
- recognize that shared space is shared resources, keep the lab bench clean, log out of shared computers so others can use them
- finish what we start (within reason)
- We all support each other when sh*t happens.