

## URI MARC U\*STAR Program: Guidelines for Finding a Research Laboratory

For those MARC trainees who do not have a home laboratory prior to starting the program, the following is advice on how to find a home laboratory:

- The following is a list of official MARC faculty research mentors:  
<https://web.uri.edu/marc/people/>. Review the list of faculty, read about their research programs, read something the lab produced, and identify 3 faculty with research programs of interest to you.
- If you know of a faculty research mentor whose name is not on this list, that is okay, please reach out to Professor Howlett or the MARC team and we can discuss.
- The MARC program is an experiential research program. The research that you perform during your time in the MARC program is unlikely to be the research you will be doing in 3 years. That's okay. Be flexible around your research interests. The research area is less important than technical and professional skills development. Some advice about lab selection:
  - ✓ Find a lab that is active, hard-working, social and fun
  - ✓ Find a mentor who is approachable and responsive and who is likely to fully support your career development, which will include writing letters of recommendation for graduate school
- Draft an email to each of the 3 faculty research mentors. The MARC team will help you with a draft email. The following are some pointers:
  - ✓ It should be polite/professional, e.g. Dear Dr./Professor
  - ✓ Briefly describe who you are, e.g. I am a rising junior majoring in Cell and Molecular Biology. I am a NIH-funded MARC trainee looking to perform research during my junior and senior years.
  - ✓ It should be personalized, e.g. I see that you are performing research on neurodegenerative disease. I have always been fascinated by neurodegenerative disease....
  - ✓ It should be concise, somewhere between 100-200 words
  - ✓ End the email by requesting a meeting to discuss their research program and the possibility of you joining their lab
- When you have your meeting, ask about specific projects, discuss expectations for undergraduate research, ask about how research will continue if we face another COVID-19 shutdown
- Ideally, if you start the MARC program during the summer prior to starting your junior year, you should have identified a home laboratory by the beginning of the fall semester of junior year



**URI MARC U\*STAR** The Maximizing Access to Research Careers (MARC) Undergraduate Student Training in Academic Research (U-STAR) program is a research and professional development program supported by the National Institutes of Health (NIH) / National Institute of General Biomedical Sciences (NIGMS) for [undergraduate students from underrepresented backgrounds](#). The main goal of the program is to enhance the pool of underrepresented students earning baccalaureate and Ph.D. or M.D./Ph.D. degrees in biomedical research fields and ultimately to contribute to the diversification of the nation's scientific workforce.