Deshan’s 2026 goals

1. Adapt to the coding techniques/procedures, including R studio and Github.

Coding is like seeing the world in a whole new way. I hope you feel an awakening!

2. Develop important contributions toward my project’s topic.

When I first joined a lab, it was really hard to see how I was contributing to a project. Part of what I hope for you is that you learn what your strengths are and learn to how to utilize them.

3. Strengthen communication and bonds with research professor and staff.

You’re in the arena now! I’ll do my best to help you network with people in the Division of Nephology and within the Department of Medicine Community.

4. Become more accurate and avoid common human error during wet lab procedures.

Practice makes perfect. Lord knows I’ve made so many mistakes in the lab. I think it’s most important to admit mistakes and commit to not making them again.

5. Organize data collection to make it accessible and reproducible in the future.

I think we all strive to have a legacy that impacts those that come after us. For me, I know that I could improve on keeping physical notes. Most of the time, my notes are digital.

JWN Responses 20250817

Let’s make sure to talk about **SMART goals** in the future:

https://www.ucop.edu/local-human-resources/\_files/performance-appraisal/How+to+write+SMART+Goals+v2.pdf