# How to... Find a Research Mentor

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- My advice for students who are interested in research and are trying to find a mentor is
  - **Check your college and/or department’s website**
    - This is a good place to start. I suggest you look through the faculty page and read professor bios and visit their websites (if applicable)
    - Look and see if there is a research section or labs listed on your department’s website. If so, explore the lab’s page and/or website to learn about the work being done and the faculty involved.
      - TIP: When looking at a lab website, check to see if they list their lab members. If there are undergrads listed, this is a good indicator that they’re open to working with students!
  - **Go to Office Hours**
    - If you’re currently in a class with a professor who is involved in research, I highly suggest you go to their office hours and ask them about the work they’re doing. Most professors enjoy talking about their research!
      - This can also give you a “foot in the door” if you’re interested in the research that the professor is doing.
    - TIP: This can also apply to Grad student instructors. Ask them about the research they’re involved in!

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➢ Think Back...
   ■ Think back to classes you’ve taken, seminars/talks you’ve attended, or other research events on campus. Look at the bios of professors you previously had, speakers you’ve heard, or researchers with whom you’ve interacted.
     ● If they’re involved in research you’re interested in, don’t hesitate to reach out to them!
➢ Consider Branching Out
   ■ There is a lot of research being done at NC State! If you’re having trouble finding research mentors that align with your specific area of interest, consider branching out.
     ● There may be research opportunities outside of your college/department that align with your interests.
       ◆ Ex: A Biological Sciences student who wants to become an OB/GYN might join the Teen Health Lab (a Psychology lab that has researched access to sexual health resources and education) because it aligns with their broader interest in sexual health.
     ● Joining a lab outside of your major might be a mutually beneficial experience!
       ◆ You can bring a potentially different and unique approach to the research being done.
       ◆ Your interests might broaden and you could become a more well-rounded researcher going forward.
◆ Consider multiple potential mentors
➢ While there might be a specific mentor who you are interested in working with, it's good to have other potential mentors in mind.
   ■ There are multiple reasons why your 1st choice mentor might not work out:
     ● Their lab might be full
     ● They aren’t accepting undergrads
     ● A competitive applicant field that semester