

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 OBGYN 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