2020 Shapiro Summer Research Program: How to Find a Mentor and Project

Vera Tsenkova, PhD
Director of Health Professional Student Research
Learning Objectives

1. Become familiar with the Shapiro Summer Research Program
2. Identify key resources for finding projects and mentors
3. Learn strategies for contacting and interviewing mentors
4. Know timeline and application process
5. Go over student evaluations
6. Q&A
Intro to Shapiro

• 70% of students participate in summer research between M1 and M2
  • 8-10 weeks full-time summer research with a UW mentor
  • $400 per week stipend
  • You get full stipend in beginning of June
• Can combine with other summer opportunities
  • Shorter term global health, clinical opportunities, vacations
• Research Enrichment Sessions in Summer
• Required participation in Student Research Forum in November
• Counts toward Path of Distinction in Research
• Can set you up for yearlong research experiences
• Student responsible for finding a mentor and project
All research areas are accepted!
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2019 Project Information / Research Type (in %)

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Prior research experience not required!
Level of Research Experience Before 2019
Summer Shapiro Project (in %)

- **ADVANCED**: 16%
- **INTERMEDIATE**: 42%
- **BASIC**: 35%
- **NONE**: 7%
There is no single “right way” to find a mentor and project.
How Did You Find a Mentor for Shapiro Summer 2019 (in %) ?

- RESEARCH FORUM: 3%
- THROUGH A CLASS OR COURSE: 4%
- RECOMMENDATION FROM FACULTY OR STAFF: 10%
- RECOMMENDATION FROM ANOTHER STUDENT: 1%
- PORTAL: 64%
- WEB SEARCH: 5%
- WORKED WITH MENTOR PREVIOUSLY: 12%
Shapiro Portal

https://summerresearch.med.wisc.edu/
## Identifying Your Research Interests

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<th>Mentor-generated Idea</th>
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<td>• Might take more time, work, and coordination between now and start of project due to IRBs and other protocols</td>
<td>• Easier to start and you can still carve out your own piece of the project</td>
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<td>• Can be very rewarding</td>
<td>• Might not be exactly what you envisioned</td>
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Best scenario: pick something you like and something your mentor likes
...But don’t overthink it
Summer Research and Future Plans for Residency

Do you envision applying for residency in the department/area in which you worked (2015-2019)?

- Yes, 46
- Yes, 48
- Yes, 43
- Yes, 48
- Yes, 36

- No, 5
- No, 15
- No, 10
- No, 10
- No, 8

- Unsure, 49
- Unsure, 37
- Unsure, 48
- Unsure, 48
- Unsure, 56
Contacting Potential Mentors

- Tailor your initial email
  - Introduce yourself and emphasize relevant experience
  - Show familiarity with mentor’s work
  - Attach an updated resume/CV

- Be persistent

- Pursue 2 or 3 opportunities at the same time
Interviewing Potential Mentors
Be on time and prepared with thoughtful questions

The Project:
• Is IRB needed? Will it be approved by summer?
• Is it ongoing or new?
• Does it have a clear hypothesis or is it explorative?
• Is the scope appropriate for a summer project?
• What are the expected outcomes?
• What is the potential for continuation past summer?

Your Role:
• What is expected of you?
• Independent or team effort?
• Time commitment?
• What are your skills and training needs?
• Likelihood of publication or presentation?

The Mentor:
• Availability and communication style
• Experience mentoring students

We will post list of questions on the portal
After your interview

• Send a thank-you email
• Follow up on mentor’s suggestions:
  • If they give you papers, read them
  • If they tell you to see others in the lab, see them
• If you decide to pursue a topic of greater interest, tell them promptly!
Shapiro Summer Research Program
Key Dates and Timeline

**Medical Student Research Forum (Nov 25, 12-5pm)**
- M1s attend and network;
- M2s present their research projects

**Faculty submit summer projects**
- M1s attend workshops;
- Faculty and M1s meet and match;
- M1s write proposals

**M1s finish proposals and submit by deadline: Feb 20, 2020**

**Proposals are reviewed**

**Decisions are announced on April 15**

**Shapiro Summer Research Program**

**Timeline**
- **November**
- **December - January**
- **February**
- **March**
- **April**
- **May - August**
The Application is Due Feb 20
Submit via [https://medwise.fluidreview.com](https://medwise.fluidreview.com)

1. Facesheet
2. Research proposal outline (3 pages):
   1. Background and Significance
   2. Research Questions
   3. Research Design and Methods
   4. Student Role and Responsibilities
   5. Statement of Motivation
   6. Learning Objectives
   7. Mentoring Plan
3. Student Resume or CV
4. Mentor Statement of Support
5. Mentor biosketch or CV
6. Copies of IRB Approvals

Shapiro 2020: How to Write a Shapiro Proposal
Jan 13th in HSLC 1335 at noon-1pm
Jan 14th in HSLC 1335 at noon-1pm
Jan 15th in HSLC 1335 at noon-1pm

Drop in Sessions in February
SURGERY RESEARCH TRAINING PROGRAMS
OVERVIEW

• Surgery historically accepts 20-30 UW Medical Students for summer research to the following:
  • Shapiro Program
  • Surgery Summer Research Experience Medical Students – T35
  • University of Wisconsin Voice Research Training Program
  • Research Programs at all career phases so opportunities available after medical school for qualified applicants

• All programs offer mentored research, targeted curriculum, and lab meetings specific to area of study
  • Students encouraged to submit abstracts and present their work at meetings
  • Curriculum provides a varied overview of research in surgery

• Opportunities for professional development
SUMMER RESEARCH T35

• Summer research experience for medical students
• Funded by NIH NIDDK
• Projects should be in the following Research areas:
  • Diabetes
  • Obesity
  • Endocrine disorders
  • Nutritional disorders
  • Digestive disease
  • Liver disease
  • Kidney disease and/or urologic disease
• Eligibility: Must be a medical student at an accredited institution and a US Citizen/permanent Resident. Project must fit NIDDK research areas
• Funded by NIDCD
• Research focuses on the field of Voice Research

• **Eligibility:**
  • Students should show initiative and the ability to follow through in order to complete short-term project
  • Must be a medical student at an accredited institution (i.e. UW Madison)
  • Must be US Citizen or Permanent Resident
TO APPLY

• Please apply through the Shapiro program as normal.
  • Surgery opportunities posted on Medical School Portal

• All surgery applications are automatically considered for the T35 or T32

• If you have a specific interest in Voice or NIDDK T35, please contact Sarah for more information

FOR MORE INFORMATION

• Website: https://www.surgery.wisc.edu/education-training/
• Or contact: Sarah Pavao 608-262-0744 or pavao@surgery.wisc.edu
2019 Shapiro Summer Research Program Evaluation
How Satisfied with Mentoring (in %)

- FULLY: 64%
- LARGELY: 27%
- SOMEBEHAT: 9%
- NOT AT ALL: 0%

Would You Recommend Mentor (in %)

- YES, WITHOUT RESERVATIONS: 83%
- YES, WITH RESERVATIONS: 8%
- NO: 0%
- OTHER: 8%
• I was working on a part of a larger, long-term project.
• Need for trainings (would’ve been nice to have them completed earlier)
• No patient list until two weeks before start of semester resulting in big gap of data needing to be collected after summer
• Pivot in research goals due to another group publishing the same research
• Just your general basic science obstacles (sequencing taking too long to come back, cells not growing as fast as desired)
• Unavoidable technology related delays
• Lack of responses to our survey
• I was expected to do more statistical analysis than I expected.
• Finding a space to work was difficult. The PaCE rooms are not optimal for Health Link access.
• Waiting on data from collaborators at external sites
Shapiro graduates give advice to M1s:

• “Meet with your mentor before beginning your summer research to coordinate all the administrative items that need to be lined up before beginning your project.”
• “Plan ahead. Tell your mentors during the initial interview what kind of experience you want AND what you want out of it, then see how they respond and if they have a proven track record of producing success with past students.”
• “Make clear expectations with your mentor about what you would like to get out of the project and whether there will be publications”
• “Learn about the resources available to you and take advantage of them to advance your research and polish your skills, read relevant articles before you start.”
• “Take advantage of all the opportunities provided, and don’t be afraid to try research in an area that you aren’t sure you want to do a residency in.”
• “Find mentors who are great and research that you are actually interested in, otherwise it could be a long summer.”
• “Don't focus too much on what type of research it is - having an accessible and enthusiastic teaching mentor is invaluable.”
• “Pursue a project in something you haven’t done before. It will give you the opportunity to learn about a different field of medicine and rule in/out career opportunities.”
• “Go for it! Research is a great experience, and you will become a stronger student and better learner by undertaking a research project, exploring the literature, and testing a hypothesis.”
What did you gain from summer research?

- A valuable insight into surgical research that will help guide me in my future career
- A broader understanding of what a career in medicine and research could look like in my future.
- The knowledge that I am less interested in pursuing research long term
- Experience with qualitative research
- Global health experience
- Statistical techniques for processing large amounts of clinical data
- Shadowing experience
- Ability to work independently and formulate research questions
- Skills in literature review
- Appreciation for basic science research
- Gaining a mentor who allowed me to grow as an independent researcher
- Making sufficient progress to present at a national meeting and possibly publishing a paper or two.
- The potential for future publications
- Learning to write a research paper and abstract
- I gained valuable insight into the world of research from a clinical perspective and gained a deeper appreciation for my colleagues in healthcare.
- An appreciation for how data collection should be conducted to adequately and completely answer research questions.
Last Thoughts

• Check the portal frequently
  • Main route to finding a mentor, but also feel free to approach faculty and students
• Don’t wait until last moment to ask me for help
  • But do get in touch even last minute
• Please fill out the evaluation forms

Vera Tsenkova, PhD
Tsenkova@wisc.edu
Why Do Research?

1. Research is the lifeline of medical advancement.
2. Research is an integral part of evidence-based medicine
   1. Helps you navigate the ever expanding lanes of the information highway.
   2. Informs and improves your clinical practice.
3. Research provides an opportunity to do something innovative.