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# DEMYSTIFYING RESEARCH

## What is Research?

- One definition: A careful and detailed study of a specific topic
- Some objectives:
  - Understand issues and increase awareness
  - Discover new knowledge or develop new understandings of existing knowledge
  - Solve problems
  - Inform actions/next steps
- What might research look like?
  - It can exist in every field, not just STEM!
  - Benchwork, such as taking blood samples and dissecting mouse brains
  - Reading literary work
  - Conducting interviews

## How do I get involved?

- Networking
  - Talk to any doctors you know or meet, and ask them if they conduct research
  - Build your relationships, and you can send them an email asking to get involved
- Cold emailing
  - Scroll through university websites that list professors and their research ([This Northwestern website](#) is a good starting point to click on specialties that might interest you. Then navigate the website to find descriptions of professors and their research.)
  - Find professors who interest you, and send them an email!
- Research programs
  - Research programs often last several weeks (often during the summer), and are structured ways to get involved
- Use our database <https://launch.theprojectmed.org/>

## What should I write in my email?

- Introduce yourself and your background
- Talk about why you're interested in their research specifically
  - Tailor this part to every email
- Ask to set up a meeting to learn more!

Hello,

I hope this email finds you well.

My name is \_\_\_\_, and I am a rising \_\_\_\_ at \_\_\_\_ high school.

As I came across the Neuro-Rehab Lab's website, I was intrigued by the intersection of neurology and clinical health policy the team is studying through their work. In particular, I found the paper on \_\_\_\_ interesting and was curious about how technology could be integrated in the brains of patients experiencing neurodegenerative diseases as a potential cure.

As an aspiring pre-medical student, this lies at the core of my passions, and I was interested in getting involved with any existing projects or research. At school, I have taken \_\_\_\_, preparing me with a foundation in basic laboratory biology and chemistry. I hope to expand on this experience and engage in more rigorous material through a research position.

Thank you for taking the time to read my email. I look forward to hearing from you.

Regards,  
\_\_\_\_\_



Introduction



**Purpose and inspiration;** all about attention to details



Experience (if applicable) or what you hope to get out of this opportunity!



Make sure to say thank you :).

If you attach your resume, make a note of it in the email (e.g.: "I've attached my resume below outlining some of my relevant experiences, as well.")

**Oh, and don't forget your name!**