

学术攻略11.0 — 如何进入Research与Lab (STEM)

如果你是一位 STEM Majors，尤其是Science Majors，那么Lab Experience是你以后在美留学以及在美工作的成功道路上必不可少的因素。无论你将来要上研究生、医学院、还是直接进入公司工作，Lab Experience就跟Internship一样，不仅可以在招生官眼前一亮，还可以让你学到非常难得的学术知识。如果能成功帮助Professor研究，发表Paper并在Paper上留下自己的名字，在毕业时你将会成为一名很有竞争力的毕业生。

在已Research闻名的UCSD，我们有很多的Opportunities。只要你肯用心找，以及拥有一个好的态度，成功获得Professor的“芳心”并进入一个心仪的Lab是非常容易的。

大家好我是 Sam 学长，专业是直录的 Bioengineering: Bioinformatics。我在大一的 Winter Quarter 获得了3个不同的Lab，最后选择了 Department of Bioengineering 下 Prof. Robert Sah的 Cartilage Tissue Engineering Lab。此篇我会分享申请各种Lab的方法，技巧以及所遇到的挫折。

海神保佑：



1. 准备工作

重要：去Career Center找Adviser，拿到Triton Career Guide。

报Lab，一般Professor会找你要三个文件：

Resume/CV

Resume与CV是申请一切Lab以及Intern的重中之重！CV是Curriculum Vitae的简称，我的理解是详细的个人经历，可以多于一页，甚至十几页。相比之下Resume就是精简的个人经历，最好控制在一页（当然，依情况而定）。Resume与CV是一定要下足功夫。以下我会将会给出CV的注意事项，Resume只要选择最值得招募管或者Professor看的点就行了。

- 写之前一定要找学长已及任何有这方面经验的人帮忙，让他们给你看看模板。
- 我当时用的是Business Style的Resume，具体就是没有任何照片以及五颜六色的graphic，分出几种不同的Sections，列出值得被关注的点。简单明了，看起来很轻松。

Transcript

成绩单可以在My TritonLink的Academic History里找到。

Cover Letter:

Cover Letter，顾名思义，是一封信Professor会第一个看到。里面包含了以下内容：

- 介绍你自己
- 介绍及你的目的
- 你为什么适合
- 结尾
- 具体模板（From Triton Career Guide）：

Breaking Down the Job Description

Make sure to include the header from the top of your resume and apply that to the top of your cover letter. What is important to accomplish in your marketing documents is to create a brand around yourself. Be sure to use a professional, easy-to-read font, like Garamond, Helvetica, Trebuchet MS, or, in a pinch, Calibri or Times New Roman.

Find a job description you are interested in applying for and write down EVERY action verb in the space below:

Reflect on your top qualifications. Which experiences have developed your most relevant competencies? List them below.

YOUR NAME Address | Telephone Number | Email Address | LinkedIn

January 1, 20xx

A.) Ms. Jane Doe
Senior Associate
Smith & Associates Accounting Group
123 Barbary Lane
San Francisco, CA 94105

B.) Dear Ms. Doe:

I am submitting my resume in consideration for the Tax Intern position with Smith & Associates Accounting Group, as advertised on the _____ website. Given my background in accounting and extensive leadership experience, I believe this position is a strong match for my skills and career interests.

C.) I developed a keen interest in public accounting while working toward an undergraduate minor in accounting at Rady School of Management. Specifically, my class in Intermediate Accounting allowed me to develop a solid foundation preparing and interpreting accounting information under both RASB and IASB guidelines. As a result, I will be ready to sit for the CPA exam upon graduation. In addition to my academic training, I bring to the position strong interpersonal, communication and leadership skills. My experience as President of the Undergraduate Accounting Society has provided me with the opportunity to successfully lead an organization of more than 100 students, while managing all operations of the organization. Combined with the extensive analytical skills that I developed as the Operations Assistant and Trading Intern, these qualifications make me well-suited to work for Smith & Associates Accounting Group.

D.) As a proven leader, team player and problem-solver, I feel my skills and experience make me an ideal candidate for the Tax Internship position. I would welcome the opportunity to interview for the position, and hope to hear from you soon. Thank you for your time and consideration.

Sincerely,
Your Name
Your Name

Cover Letter 101 | Best Practices

Cover Letter Basics

A.) Address the cover letter to a specific person or search committee and avoid using To Whom It May Concern as that is not a personal greeting.

B.) In the introductory paragraph, state the position you are applying for; how you found out about the position (if this information is noteworthy), and 1-3 reasons why you are a desirable candidate. These reasons may include your interest in the company, impressive skill sets, standout personal traits, experience, or other topics.

C.) In the body paragraph(s), discuss the reasons why you are a desirable candidate that you mentioned in the introduction. Be sure to back up each claim with evidence, past experiences or situations that help prove that claim.

D.) In the conclusion paragraph, restate your qualifications, express interest in interviewing and thank the reader for their time.

Questions to Consider

Is It Relevant?
It can be tempting to spend your cover letter discussing those skills, experiences, or accomplishments that you yourself find most interesting. However, these will fall on deaf ears unless they are also what will interest the reader/hiring manager: edit your letter with an eye towards what they need to know in order to decide to interview you.

Is It Supported?
Anyone can claim that they have a particular skills or experience. Evidence, in the form of specific past experiences demonstrating the depth and breadth of your abilities, is what convinces the hiring manager that you aren't just anyone.

Can It Be Cut?
Good documents include all the relevant information, great documents cut out the less-important information so the most-critical information is easy for the hiring manager to find. In general, the length of the 2nd draft = the 1st draft minus 10%

Additional career development marketing documents can be found on:
careertools.ucsd.edu

注：一切依具体情况而定，不要抄袭具体语言，所有模板仅供参考。我个人觉得 Triton Career Guide 模板的语言不是很谦虚，具体写的时候建议加上一些谦虚的语言。

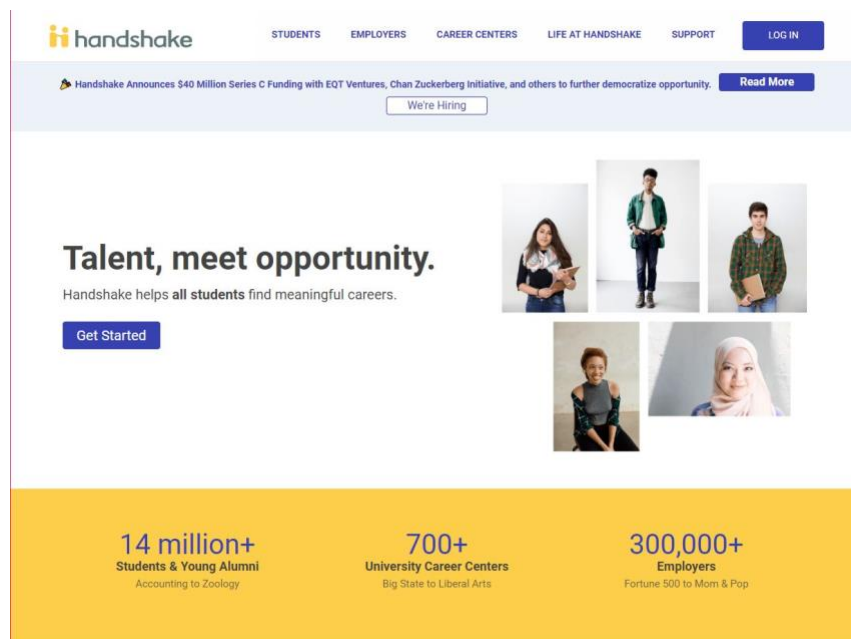
2. 找Lab

信息综合网站（平台）

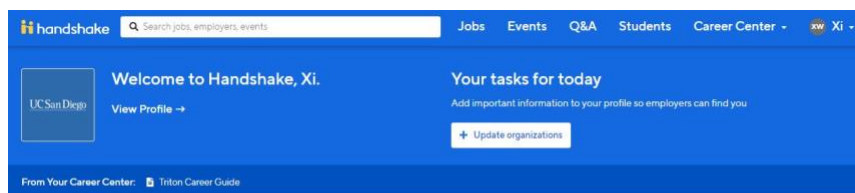
UCSD 有着数不清的 Lab，因此也有很多平台可以找到这些 Lab 的招人信息。

- Handshake (<https://www.joinhandshake.com/>)

- Login



- 进网站后点击 Login ，找到 UCSD 并用 UCSD 学校账号密码登陆后即可进入主页面：



注：新用户有可能会让你填写信息，可以选择填写也可以选择跳过，当然，填写的越全面就网站就越容易给你推荐适合你的机会。

- 在上方搜索栏搜索 Lab 或者之类的单词，然后按照要求提交所需文件就 ok 了。
- 我个人来说没有在这上面找过任何 Lab ，原因是一直没有机会用到这个网站，所以不能给出自己的经验。
- **UCSD Real Portal (real.ucsd.edu)**
 - 这个网站特别好用，我本人通过这个网站 connect 并进入了第一个 lab。
 - 进入网站后 log in ，然后所有的机会都会自动出来。具体需要花时间点开看各个不同 opportunities 的内容以及要求，如果合适的话就可以按上面的指导来报名。右边也有搜索工具，但不是特别好用。

You are signed in.



Browse, search, and filter this database to find on- and off-campus research experience and applied learning (REAL) opportunities. The database contains opportunities posted by faculty and staff as well as those imported from Port Triton (Career Services Center), InternLink (Academic Internship Program, AIP), TritonsAbroad (Study Abroad, UC San Diego), Engineering Jobs/Internship Bulletin (JSOE), and the Global Health Experiences Database.

Posted This Week

[▶ Undergraduate Researcher](#)

UC San Diego: Reproductive Medicine


[▶ Electronic device design and construction](#)

UC San Diego: Anesthesiology

[▶ Research assistant in animal behavior](#)

UC San Diego: Anesthesiology

[▶ UCSD Eating Disorder Center for Treatment and Research: Intensive](#)

Family Therapy Research...

Clinical Psychology

[▶ UCSD Eating Disorder Center for Treatment and Research: Summer](#)

Research Assistant

Clinical Psychology

[▶ Videographer](#)

Family & Preventive Medicine

[▶ research intern: computational neurology](#)

UC San Diego: Institute for Neural Computation

Keyword Search

All

Search

Filters

▼ Location:

- On-Campus (34)
- Off-Campus (111)

▼ Type of Position:

- Entrepreneurship (2)
- International (3)
- Internship (100)
- Leadership (6)
- Research (41)
- Service Learning / Correlation / Engagement (8)
- Tutoring (3)
- Social Innovation (1)
- Other (4)

Posted > 1 Week Ago

[▶ Undergraduate research volunteer needed for neurobiology lab](#)


- **UCSD 还有很多很好用的网站，在此我就尽力都列举一下。虽然我本人从来没有用过这些网站，但这些网站也是找 Research Opportunities 的不二之选：**

- 一个比较 general 而且包含了很多网站的地方

<https://students.ucsd.edu/academics/research/index.html#For-undergraduate-students>

- **Jacobs School of Engineering 的 Team Internship Program**

http://jacobsschool.ucsd.edu/external/external_cap/cap_team_intern/

- **Jacobs 的 Research Centers**

https://jacobsschool.ucsd.edu/faculty/research_inst.sfe

- 各个 department 在官网上都或多或少的会有 research center , google 即可。

直接找 Professor 或者 TA

- 找 Professor :
 - 如果没有自己熟悉的 professor , 可以到 department 网站上看看自己专业都有哪一些 professor 在做 research.
 - 确定要找的 professor 后可以 google 他们的信息 , 然后进入他们的 lab 网站或者简介网站 , 通过看他们写的 research paper 来查看他们现在的研究。如果你对这个研究很有兴趣的话 , 可以直接尝试 email 你的 resume、Cover Letter、以及 Unofficial Transcript 给 professor.
- 找 TA :
 - 我最后选择的 lab 就是通过与 Beng 1 课上的 TA 交流而认识并成功进入的。自己 major 课的主持 TA 通常都是 Graduate Student 甚至 PhD Student。他们通常都在一个 lab 里面工作。与他们 connect 也许会有意想不到的事情。一般来说 TA 人都很好 , 你只要表明自己的需求 , 他们都会尽力帮忙的。

社团以及活动

- 学校有很多关于学术的社团 , 比如 BMES、ISPE、IEEE、etc. 加入他们会给予你很好的 connection。

- 这些社团有的时候也会举办一些类似 Research Fair 的活动，虽说参加这些活动通常来说没有之前提过的方法有效率，但这些活动也会有给予一些 research opportunities。
- 各个 Department 也会有自己的 Department Day，参加这些活动也会给予很多的 connection。

Email

- 作为一个 UCSD 的学生，你的学校 email 每天都会收到各种各样的 opportunities。 把握，把握，把握！

3. 总结

如果你之前没有进入过任何 Lab 的话，我建议你从身边的人（TA, Professor）入手。同时在各种网站尤其是 Real Portal 上报名自己喜欢的 Lab。 申请 lab 要有耐心以及一个好的态度。

在 UCSD，这个十分巨大的 public school 找 Lab 其实是一个很累人的过程。刚开始找的时候也许会觉得找不着方向，而且发出的很多 Application 都会了无音讯（比如说我 apply 了 Real Portal 上至少 10 个 Lab，最终只有一个 Lab 在一个多月后才回复我）。但毕竟 UCSD 的 research 是王牌，只要仔细找还是十分容易找到的。

Plan Ahead，不要嫌累，Keep Trying！当然，after all，最重要的还是一定要找到自己感兴趣的话题！Good Luck！