

# Getting the most out of your summer research experience

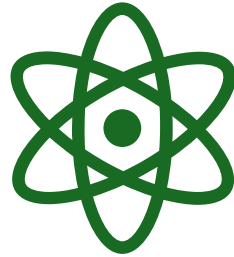
Paul LaPointe

Professor, Department of Cell Biology

# You are all here for different reasons



Interest in medicine



Interest in science



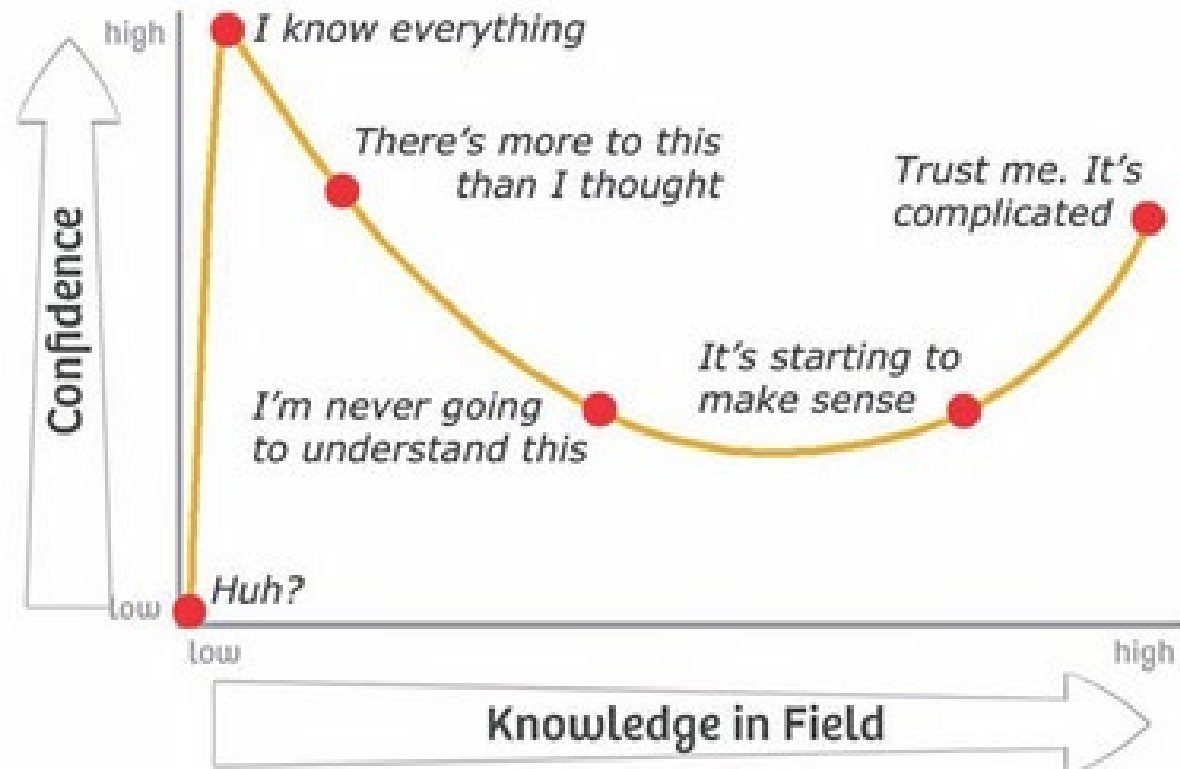
Pressure

# All of you are smart

- Probably high achievers
- May have family members in the medical field
- You are all working in environments filled with smart people
- How does this make you feel?

# Mental health and the consequence of failure

- Science is about proving things wrong
- Discovering new knowledge is not the same as learning as you understand it
- Dunning-Kruger effect



# Discover the 'bee in your bonnet'

- Richard Feynman quote...
- Importance and Curiosity are very different types of fuel
- Take time to wonder and think
- Ask questions

# Find your people

- Build a community of people who are like you in the ways that matter
- Ask questions
- Listen
- Wonder
- Imagine
- Being fascinated by the things you don't know is way better than being satisfied with the things you understand