Purpose:
The purpose of this Action Guide is to get you connected to the programs and resources on campus to help you explore research opportunities.

Description:
Research at the University of Minnesota is not just for graduate students or Ph.D. Fellows. The benefits of getting involved in undergraduate research are abundant. The University of Minnesota believes that all undergraduate students can benefit from personal experiences working with faculty mentors in research and creative activities.

The Undergraduate Research Office in 233 Appleby Hall helps to coordinate a wide variety of research opportunities for undergraduate students. Research is being conducted in the Arts & Humanities, the Life Sciences, Physical Science and Engineering, and in the Social Sciences.

So don’t be deterred. Look into the myriad of opportunities that exist, and get started today.

Directions:
1. Go to the Undergraduate Research website\(^1\)
   - Look at the left margin and click on “How to Start?” Review the variety of options for students to get involved with undergraduate research (UROP, Directed Research, Student Employment, and Summer Opportunities)

2. Review\(^2\) examples of what students have done in the past in the UROP collection in the U of M Digital Conservancy. On the site, browse by Subjects to find research projects related to your interests.

3. Find the deadline to apply for UROP\(^3\) (Undergraduate Research Opportunities Program).
   a. It is a 3-step process to complete your application, and all three parts are submitted electronically.
   b. Some students have an idea or research topic when they begin to explore research opportunities. Other students find a faculty mentor first, and then they select a topic from ideas suggested by their mentor. Step by step instructions for finding a mentor are on the website. So be brave. Speak with your faculty members. You’ll be glad you did.

4. Look for research opportunities in GoldPASS\(^4\) and the student employment website\(^5\).

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\(^1\) [http://www.urop.umn.edu/](http://www.urop.umn.edu/)
\(^2\) [http://conservancy.umn.edu/handle/45100](http://conservancy.umn.edu/handle/45100)
\(^3\) [http://www.research.umn.edu/undergraduate/howto.html](http://www.research.umn.edu/undergraduate/howto.html)
\(^4\) [www.goldpass.umn.edu](http://www.goldpass.umn.edu)
\(^5\) [http://www1.umn.edu/ohr/studentemployment/find/index.html](http://www1.umn.edu/ohr/studentemployment/find/index.html)
Reflection Prompts:
When you meet with your coach, be prepared to discuss the following questions:

- Based on this exercise, do you see yourself getting involved in research?

- In what ways do you think participating in undergraduate research might affect your choice of academic major or future career path? WHY do you think so?

- What are your next steps to pursue this opportunity?

- In what ways do employers or graduate schools value what a student gains from research? What transferable skills would you be bringing back from such an experience?