



Getting Involved in Research

A Guide for Kinesiology Undergraduate Students

1 Participate as a Research Subject

Start by experiencing research firsthand! Look for study opportunities posted around campus and outside the ENS office (ENS 351).

Why participate in multiple studies?

- Exposure to different research questions
- See how different labs operate
- Experience common procedures (consent forms, data collection, etc.)

2 Learn About Faculty Research

Faculty research interests often differ from the classes they teach.

Explore:

- School of ENS website
- Faculty by Research Area
- Research Labs in the School

 Think about what genuinely interests YOU

3 Think About Fit Before Reaching Out

Consider Your Goals

Research skills are transferable! Data handling, critical thinking, teamwork, and problem-solving are valuable for graduate school, healthcare, industry, or education.

Who Do You Want to Work With?

Each faculty member runs their lab differently. It's encouraged to reach out to multiple faculty members to learn about their expectations and mentorship style.

Key Questions to Ask Yourself:

- How much time can I realistically commit? (Most labs require at least 5 hours/week minimum)
- How long will I be around? (Training can take an entire semester)
- What am I hoping to learn?

4 Clarify Your Goals

What do you want from the research experience?

- Learning how research works behind the scenes
- Hands-on data collection experience
- Developing technical or analytical skills

- Exploring whether graduate school is right for you
- Working towards an independent project

You don't need everything figured out, but having a general sense will help faculty guide you!

5 How to Reach Out Professionally

Email Best Practices:

- Use a clear subject line (e.g., "Interest in Undergraduate Research Opportunities")
- Address faculty formally (Dr. Smith)
- Briefly introduce yourself (major, year, interests)
- Mention why you're interested in THEIR research specifically
- Ask to meet to learn more
- Attach a CV/resume
- Be concise but thoughtful

Remember: Not every lab has availability every semester. If a lab can't take on new students at a given time, thank them and continue exploring other opportunities.

6 Understand the Commitment

 **Research requires meaningful commitment**

When a lab takes you on, faculty and graduate students invest time and resources to train, supervise, and integrate you into projects.

Before joining, ask yourself:

- Can I commit to the required time for the agreed duration?
- Am I willing to show up consistently and communicate if issues arise?

If challenges arise: Talk to the faculty member who runs the lab. Don't disappear! Learning to communicate professionally is an important part of the research experience.

"If you still have questions after reading this, please ask—faculty expect and welcome these conversations."