

GETTING STARTED IN UNDERGRADUATE RESEARCH



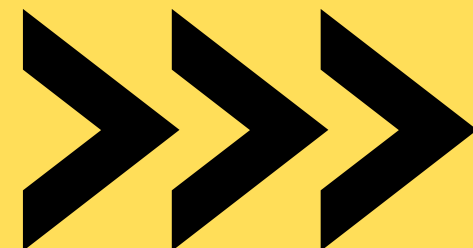
Office of
Undergraduate
Research



Some things to think about

- What subjects am I interested in?
- How much time can I dedicate to undergraduate research?
- What kind of research do I need for my post-graduation goals?

**THERE ARE OPPORTUNITIES FOR
RESEARCH IN EVERY FIELD!**



STEP 1:

FIND A FACULTY MEMBER

(Using Department Websites)



Most departments should have a "Research" tab or a "Faculty Listing" tab

All Faculty

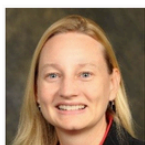
FACULTY ADJUNCT FACULTY EMERITUS FACULTY

Find a professor who does research in a field you are interested in

ECOLOGY & CONSERVATION



Patrick Bohlen
Professor



Lisa G. Chambers
Associate Professor



Geoffrey Cook
Associate Professor



Will Crampton
Professor



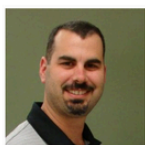
Melinda Donnelly
Assistant Research Scientist



John Fauth
Associate Professor



Michelle Gaither
Associate Professor



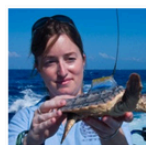
Eric Hoffman
Professor, Associate Chair



David G. Jenkins
Professor



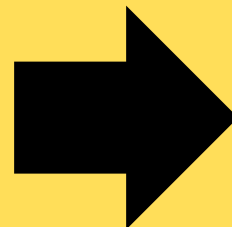
Joshua King
Professor



Kate Mansfield
Professor, Davis-Shine Endowed Professor of Conservation Biology



Pedro Quintana-Ascencio
Professor



Research Area(s)

distribution, abundance, and dynamics of species inhabiting coastal ecosystems

Research Interests News

Research Interests

A primary goal of Dr. Cook's research program is to better understand the natural and anthropogenic factors influencing the distribution and dynamics of species inhabiting coastal marine ecosystems. Ecological questions that span from the applied to the theoretical, integrating empirical field ecology with analytical lab work and modeling, we strive to develop a predictive understanding of how benthic ecosystems are structured, how they function, and how change in the future. Currently we are working on projects to determine how habitat use and movement of larval and juvenile fishes impact the marine metapopulations, developing population models to predict extinction for protected species, exploring network-based tools to understand how pressures in large marine ecosystems, and simulating how pressures impact habitats and ecosystem services in complex coastal systems. Our projects generate knowledge and understanding that can be used to develop optimal management strategies for simultaneously conserving biodiversity and moving coastal communities toward sustainability.

EMAIL

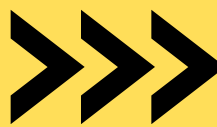
PHONE

Office Biological Sciences, BIO401F

E-mail Geoffrey.Cook@ucf.edu

Phone 407-823-0916

Website [Lab Website](#)



STEP 2:

RESEARCH A FACULTY MEMBER

Once you have found a professor you are interested in, look through a few of their publications!



VIEW PUBLICATIONS



Effects of β-alanine supplementation and high-intensity interval training on endurance performance and body composition in men; a double-blind trial AE Smith, AA Walter, JL Graef, KL Kendall, JR Moon, CM Lockwood, ... Journal of the International Society of Sports Nutrition 6 (1), 5	233	2009
The physiology of judo-specific training modalities E Franchini, CJ Brito, DH Fukuda, GG Artioli The Journal of Strength & Conditioning Research 28 (5), 1474-1481	196	2014
Natural bodybuilding competition preparation and recovery: a 12-month case study LM Rossow, DH Fukuda, CA Fahs, JP Loenneke, JR Stout International journal of sports physiology and performance 8 (5), 582-592	163	2013
Isometric mid-thigh pull correlates with strength, sprint, and agility performance in collegiate rugby union players R Wang, JR Hoffman, S Tanigawa, AA Miramonti, MB La Monica, ... Journal of strength and conditioning research 30 (11), 3051-3056	140	2016
Effect of calcium β-hydroxy-β-methylbutyrate (CaHMB) with and without resistance training in men and women 65+ yrs: a randomized, double-blind pilot trial JR Stout, AE Smith-Ryan, DH Fukuda, KL Kendall, JR Moon, JR Hoffman, ... Experimental gerontology 48 (11), 1303-1310	133	2013
Ingesting a pre-workout supplement containing caffeine, B-vitamins, amino acids, creatine, and beta-alanine before exercise delays fatigue while improving reaction time and	130	2012

Tips

- Don't pay for an article! Find free versions through UCF Library
- Read the abstract
- Skim through the rest of the article. Don't read the entire thing!



STEP 3:

EMAIL THE FACULTY MEMBER



Once you find a faculty member you wish to reach out to,
Send them an email!

Craft a brief email that will catch their attention

The 3 Is

Intro




Talk about who you are! Your name, major, expected graduation date, post grad goals, and relevant experiences are all good things to include in the Intro

Interest

Explain how this field of research is important/interesting for you! Mention an article that you've read from the professor and how you found it interesting


Inquiry










Ask to meet with the faculty member! Offer your availability and ask for theirs

 New Message —  

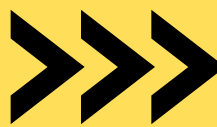
To Professor Knight

Subject Undergraduate Research



**Make sure to attach your
academic resume!**



STEP 4:

WAIT

It can take time for a professor to get back to you

BE PATIENT!



If you do not hear back from the professor after 1 week, send a short, kindly-worded follow-up email

Things to do in the meantime

- Look for back-up professors
- Schedule an appointment with an OUR peer mentor
- Prepare yourself for a possible interview



STEP 5:

DON'T GIVE UP!

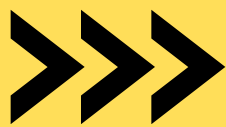
It often takes most students several tries to be accepted into a research group!

**STAY
POSITIVE**

Don't be discouraged!

Keep reaching out to professors! Don't give up if you get a rejection

Reach out to an OUR peer mentor to reevaluate your email and learn how to stand out more to faculty members



STEP 6:

REACH OUT IF YOU NEED HELP

The Office of Undergraduate Research is here to help you!



UCF SIGN IN +

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Undergraduate Research

Division of Student Success and Well-Being

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Current Researchers

Faculty Researchers

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Fund your Research



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our@ucf.edu



CSEL, 2nd Floor

OUR provides many resources!

- Peer Mentoring
- Workshops
- Courses
- More!





Office of
Undergraduate Research

UNIVERSITY OF CENTRAL FLORIDA

GOOD LUCK!

You can do it!

We are open for appointments
-Office of Undergraduate Research

