Undergraduate Research Internships

**Research Experience for Undergraduates at UCCS**

Many of the faculty in the Biology Department work with students during the semester.  Reach out to individual faculty members to see if they are recruiting students for the upcoming semester.  Some faculty may have certain courses that are prerequisites for completing research in their laboratories.  You can receive academic credit for this work as BIOL 9499.  Students often present their research during [Mountain Lion Research Day](https://research.uccs.edu/mlrd) (December) or at the [Colorado Springs Undergraduate Research Forum](https://www.uccs.edu/csurf/) (April).

**Summer Research Internships**

Research experiences for undergraduates give students a chance to work with faculty and researchers on research projects. These programs offer a hands-on experience in the laboratory or field. Many of these occur during the summer.

Students who are interested in pursuing careers in research should consider completing a summer research internship.  There are a variety of research internship opportunities in biology, and many of the opportunities offer a salary, travel costs and/or housing.  These positions primarily take place at universities, research laboratories and biological field stations away from Colorado Springs.

Some of these opportunities are funded through the Research Experience for Undergraduates (REU) program at the National Science Foundation.  These awards are given to program or individual mentors to recruit students to participate in their research. The National Institute of Health (NIH) offers a similarly structured program known as the Summer Internship Program (SIP) in Biomedical Research.  There are a variety of other programs in individual laboratories.

**Where Can I Search for Opportunities for Summer Research?**

All Biology

[Pathways to ScienceLinks to an external site.](https://www.pathwaystoscience.org/Programs.aspx)

[NSF REU SitesLinks to an external site.](https://www.nsf.gov/crssprgm/reu/list_result.jsp?unitid=5047) [Links to an external site.](https://www.nsf.gov/crssprgm/reu/list_result.jsp?unitid=5047)

Cell and Molecular Biology or Biomedical Science

[NIH SIPLinks to an external site.](https://www.training.nih.gov/programs/sip)

[AAMCLinks to an external site.](https://www.aamc.org/members/great/61052/great_summerlinks.html)

Ecology and Wildlife Biology

[Ecolog-L (Sign up as Non-Member to Access)Links to an external site.](https://eservices.esa.org/Eservices/Contacts/Sign_In.aspx?ReturnURL=%2FAsiCommon%2FControls%2FShared%2FFormsAuthentication%2FLoginStatusRedirect.aspx%3Fqkey%3DRETRY%26returl%3Dhttp%253A%252F%252Fcommunity.esa.org%252Fsignin.htm%26lurl%3Dhttp%253A%252F%252Fcommunity.esa.org%252Fsignin.htm)

[Texas A&M Job BoardLinks to an external site.](https://wfscjobs.tamu.edu/job-board/)

[Ornithological Societies of North AmericaLinks to an external site.](http://www.osnabirds.org/Jobs.aspx)

[Society for Conservation BiologyLinks to an external site.](http://www.conbio.org/professional-development/scb-job-board/)

[Society for Ecological RestorationLinks to an external site.](http://www.ser.org/resources/career-center/student-internships)

[US Fish & Wildlife ServiceLinks to an external site.](http://search.usa.gov/search?affiliate=fws.gov&query=internship)

[US Geological SurveyLinks to an external site.](http://www.usgs.gov/ohr/students/)

[US National Park ServiceLinks to an external site.](http://www.nps.gov/aboutus/jobsforstudents.htm)

[US Forest ServiceLinks to an external site.](https://www.fs.fed.us/working-with-us/opportunities-for-young-people)

[Rocky Mountain Biological LaboratoryLinks to an external site.](http://www.rmbl.org/students/)
Contact Dr. Mooney if you are interested in the summer research program at the Rocky Mountain Biological Laboratory

**How Do I Apply for These Programs?**

Most of the program will require a cover letter, resume/CV, transcripts, letters of recommendation and some type of personal essay that describes how your interests fit their research program’s goals.  Take advantage of the Career Center at UCCS for help putting together your application materials.  If possible, ask a faculty member look over your personal essay.

These programs are fairly competitive, and the students are largely selected based on how well their interests match the goals of the research project. You should plan on applying to several programs to increase your odds that you will be a good match.

Because most programs recruit for summer research internships during December-March, here is a general timeline for getting together your application materials.

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| September | * Find 5-10 different programs that you want to apply to
* Begin drafting cover letter & personal essay
* Update and revise your resume
* Discuss the potential of summer research experience with family
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| October | * Make your final selection of programs
* Create a master list of application due dates and required materials
* Request letters of recommendation from faculty with which you have interacted
* Customize each essays and cover letter to each program
* Request transcripts
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| November-January | * Get editorial help with essays and cover letters from faculty or writing center
* Finalize and submit your applications
* Follow up with your letter writers to be sure they submitted their recommendations
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| Spring | * Check your email inbox for your acceptance
* Sign and return forms as appropriate to each program
* Follow up with programs who do not get back to you
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Sometimes it is difficult to explain to your family and friends why you want to pursue research away from home for the summer.  [Pathways to ScienceLinks to an external site.](https://www.pathwaystoscience.org/pdf/SummerResearch_DiscussingWithYourFamily.pdf) has many good ideas for communicating with loved ones about the importance of these opportunities for your career.