

Graduate School and Research Milestones

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” – Marie Curie

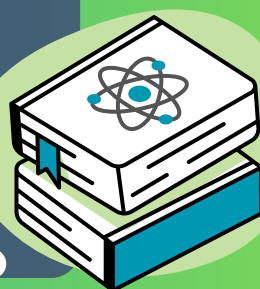
Exploration

People who pursue graduate school or careers in research have a passion for knowledge and for exploring ways to solve problems. Careers in research can include a university professor, a clinical researcher, or a forensic scientist. The information below will help you explore your options and how you can make the most out of your time at UC Riverside.



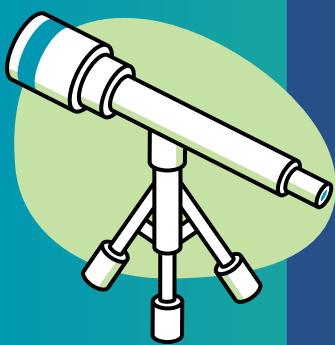
Year 1: Transition to New Territory

- Take an assessment through the UCR Career Center
- Meet with your major advisor to review your course plan
- Review your University Honors requirements for first-years
- Consider a summer research program for rising sophomores
- Review and explore different careers in research
- Meet with a UCR Career Specialist



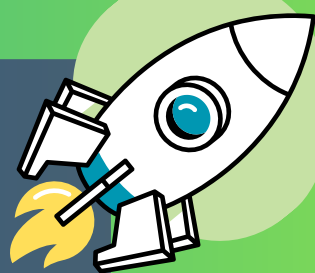
Year 2: Try New Experiences

- Review and apply for scholarships and awards
- Apply for a tutoring or supplemental instruction leader position
- Consider applying for a position at a research lab
- Attend resume writing and internship workshops
- Setup a profile on Handshake and LinkedIn
- Attend a career or internship fair
- Consider experiential opportunities such as an internship



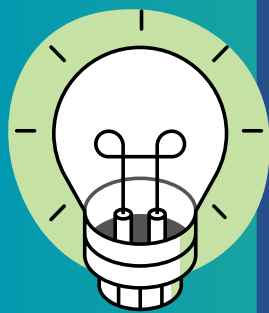
Year 3: Breaking the Comfort Zone

- Explore graduate programs and their requirements to apply
- Stand out by leading a project or event within an organization
- Take an upper-division course that will challenge you
- Explore how you can connect your Honors capstone to your research
- Conduct an informational interview with a professor or a researcher
- Consider joining an honors society or another networking group



Year 4: Your Time to Shine

- Meet with your advisor to make sure you are on track to graduate
- Complete Honors requirements including your capstone project
- Meet with Career Specialist to update resume and online profiles
- Complete a mock interview with a staff member or mentor
- Consider participation in a conference or symposium
- Attend career fairs offered by the UCR Career Center



Capstone Project Idea

You can conduct research by working in a research lab on campus. From looking at the impact of altitude on lab-mice to exploring how environmental stressors impact honey bees, there are numerous opportunities to work in a research lab that will challenge you.

Research Capstone Example:
<https://escholarship.org/uc/item/06j5j6tj>

