



# GET INVOLVED: RESEARCH

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THE UNIVERSITY OF BRITISH COLUMBIA  
Department of Psychology



# Workshop Overview

- Areas of psychology at UBC
- How to find work in a lab
- Undergraduate research funding and awards
- What to expect as a research assistant
- Other research opportunities

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- **Areas of psychology at UBC**
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## Areas of psychology at UBC

- Behavioural Neuroscience
- Clinical
- Cognitive Science
- Developmental
- Health
- Learning Enhancement
- Quantitative Methods
- Social/Personality

Information about each of these areas and their labs can be found at <https://psych.ubc.ca/research/>

## Areas of psychology at UBC

- **Behavioural Neuroscience**
- **Clinical**
- Cognitive Science
- Developmental
- **Health**
- Learning Enhancement
- Quantitative Methods
- Social/Personality

Each area has many active labs! Just a few examples are listed here...

# Behavioural Neuroscience

- Laboratory of Behavioural Neuroendocrinology
- Neural Circuits and Cognition Laboratory
- Psychoneuroendocrinology Laboratory
- The Behavioural Neurogenetics Lab (Worm Lab)
- Snyder Lab: Neuroscience at the University of British Columbia
- The Soma Lab
- Laboratory of Molecular and Behavioural Neuroscience

# Clinical

- Centre for Collaborative Research on Hoarding
- Depression, Anxiety and Stress Lab
- Interpersonal Lab
- Pain Research Lab
- Parenting Lab
- Peer Relationships in Childhood Lab
- Perfectionism and Psychopathology Lab
- Personality, Emotion and Behaviour Lab

# Health

- Centre for Health and Coping Studies
- Health and Adult Development Laboratory
- Social Health Lab
- UPLIFT Health Lab



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Information about my lab can be found at <https://chenlab.psych.ubc.ca>

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## How to find work in a lab

- Monitor emails from department and listings at <https://psych.ubc.ca/undergraduate/careers-involvement/get-involved/>
- Respond as soon as you can
  - Know what the lab does and convey that in your email
  - Include a resume and transcript

## How to find work in a lab

- Reach out!
  - Ask your professor or TA after their lecture or during office hours
  - Send an email introducing yourself to someone in the lab
  - Attach your resume and transcript, express your interest in their research, and ask if there are positions available

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## Undergraduate research funding and awards

- Most research assistant (RA) positions are volunteer, but paid positions are also available
- Prior volunteer RA experience can help strengthen your application for paid positions
- If you are interested in a paid position, let your supervisor know early on (many awards require a faculty member to nominate you or endorse your application)

# Undergraduate research funding and awards

- NSERC Undergraduate Student Research Award
- Quinn Summer Research Award
- <http://psych.ubc.ca/undergraduate/awards-and-funding/research-assistantships/>
  
- UBC Arts Undergraduate Research Awards (AURA)
- <http://www.arts.ubc.ca/research/grant-funding-opportunities/internal-arts-grants/>
  
- Psi Chi Undergraduate Research Grants
- [https://www.psichi.org/page/1\\_undergrad\\_main](https://www.psichi.org/page/1_undergrad_main)

## Undergraduate research funding and awards

- UBC Golden Key Scholarship
- <http://ubc.goldenkey.org/>
  
- Workstudy/Worklearn
- <http://students.ubc.ca/career/campus-experiences/work-learn>
  
- UBC Psi Chi Chapter Awards
- <http://psichi.psych.ubc.ca/>
  
- Psychology Students' Association (PSA) of UBC Awards
- <http://psa.psych.ubc.ca/>



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# What to expect as a Research Assistant

## Every lab and position is different

- Research Assistant
  - Data collection
  - Data analysis (You can apply knowledge of PSYC 218 to your own data)
  - Data entry
- Research Coordinator
  - Manage Research Assistant schedules + abovementioned responsibilities
  - Report to and work closely with Graduate students
- Bonus!
  - Experienced students might be asked to help develop manuscripts (e.g. literature review, copyediting, writing sections of a paper)

# What to expect as a Research Assistant

## Every lab and position is different

- Time commitment: 6-10 hours/week
- Lab-based vs. Field-based experiments
- Working with people vs. animals

## Also consider:

- Staying with one lab long-term vs. Joining multiple labs

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## Other research opportunities

- Get course credit while getting research experience
  - Honours Program
  - <https://psych.ubc.ca/undergraduate/honours-program/>
  - Directed Studies
  - <https://psych.ubc.ca/undergraduate/careers-involvement/get-involved/directed-studies/>

## Other research opportunities

- Present your research at poster sessions and conferences
  - PSYC 217 (poster award)
  - Psychology Undergraduate Research Conference (PURC)
    - <https://psa.psych.ubc.ca/purc/>
  - Multidisciplinary Undergraduate Research Conference (MURC)
    - <https://students.ubc.ca/career/career-events/multidisciplinary-undergraduate-research-conference>

## Other research opportunities

- Get involved in psychology organizations
  - UBC Undergraduate Journal of Psychology
    - <https://ubcujp.psych.ubc.ca>
  - Canadian Psychological Association (CPA)
    - <https://www.cpa.ca>
  - Psi Chi International Honours Society
    - <http://psichi.psych.ubc.ca/>



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