

The IBA Newsletter

January 2015



A resource for upcoming conference deadlines, social events, workshops, general information pertinent to your field, program reminders and other relevant activities



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◆ ◆ ◆ Welcome Back!

Welcome back to second semester – and for some of you, the last semester of your undergraduate and graduate programs! We hope that each of you had a very nice and relaxing winter break.

Helping you ease into the new semester, we have provided you with a list of some of our ***top suggestions*** on how to improve your study behaviors. To read more on these strategies that will help prepare you for an upcoming quiz or exam,



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February 2/20 -- Pitch Your Project Competition (Main Library)

2/22 – IBA Student Bowling

April

4/8 – Spring Undergraduate Research Festival (SURF)

4/12 – The Taste of IBA

Important Dates



Join Project Engage Become a Latham Fellow!

Application Deadline: March 15

Submit a one-page essay communicating your views regarding research innovation, scientific engagement and meeting the needs of society in today's world **and** one letter of recommendation from your research advisor to brinda-shetty@uiowa.edu

Use scientific research and innovative thinking to confront societal challenges and engage our community!

What is Pitch Your Project?

Pitch Your Project is a research communication competition designed to challenge students to present a compelling pitch or story about their research and its significance. Five students will each be awarded a \$500 scholarship to attend a professional development program or event.

To apply, visit the following site:

https://uiowa.qualtrics.com/jfe/form/SV_a94vBq6N4TYeEzX





Improving Your Study Habits

These strategies will help you prepare for your college-level work. *Read* some of the suggested tips and try them out yourself!

1. *Assess and understand your present study behavior* – create a chart and log the amount of time you spend studying per week, how it can be improved, what you want to accomplish, and how much you achieve in the time committed to studying.

2. *Enhance your time-management skills* – utilize a planner, to-do lists, get a reasonable amount of sleep regularly, and balance your time. Do not procrastinate!

3. *Have self-regulation* – try to study at a set time each day and study in environments that eliminate distractions (i.e. IMU, library, classrooms).

4. *Get to know your professors* – visit during his/her office hours, ask questions, seek feedback from exams or papers.

5. *Innovate, try new methods or techniques* – create mnemonics, do elaboration and rehearsal of material, do sample problems, answer your own questions, relate new knowledge to old knowledge and form connections.

6. *Make study groups* – work with classmates to engage in the material with each other and double check your own knowledge of the concepts and notes.

7. *Attend workshops* – workshops at orientation or throughout the semester will provide you with additional tips, strategy pamphlets, career planning courses, and online instruction.

◆ ◆ Good Luck!

Opportunities

1 Undergraduate Certificate in Clinical and Transactional Science

Experience the thrill of translating biomedical discovery into practice!

Eligible students must have:

- √ 45 semester hours completed
- √ 3.0 GPA or higher
- √ Currently conducting lab research
- √ BIOL:1411 and MATH:1460

For more information, visit:

<http://www.icts.uiowa.edu/content/cts>

2 Collaborative Learning and Integrated Mentoring in the Biosciences at University at Buffalo

May 26 – August 1

Application Deadline: February 1

CLIMB UP is a 10-week program designed for undergraduates to excel in biomedical, STEM, and health science research and explore career opportunities.

For more information, visit:

www.buffalo.edu/climb/climb-up

3 Summer Research Opportunity Program (SROP) at University of Michigan

Application Deadline: February 10

SROP is an 8-week program designed to prepare undergraduates for graduate study through intensive research experiences with faculty mentors and enrichment activities. Undergraduate students must have a minimum overall GPA of 3.0 and entering their junior or senior year in college.

For more information, visit:

<http://www.rackham.umich.edu/prospective-students/srop/application-process>

(Continued)

4 UIOWA Department of Epidemiology Visit Days

February 6 and March 6

The Department of Epidemiology at the University of Iowa College of Public Health will be hosting Visit Days for prospective graduate students. Prospective applicants will have an opportunity to hear from current students, faculty, alumni, and student services staff.

For more information and to sign up, visit:

<http://www.public-health.uiowa.edu/epidemiology-visit-day/>

5 Graduate Programs in Pharmacology and Toxicology at University at Buffalo

Fall 2015

Application Deadline: February 14

Become an expert in pharmacology, toxicology, drug discovery, and more at the University at Buffalo!

For more information, visit:

<http://medicine.buffalo.edu/pharmtox>

To apply, visit:

<http://www.gradmit.buffalo.edu/etw/ets/et.asp?nxappid=GRA&nxmid=GetPublicApplicationSite&progid=RWH0ULR0S~RWH0ULR0T>

6 Summer Research Program at University of Nebraska-Lincoln

Application Deadline: March 2, 2015

The Nebraska Summer Research Program is a 8-10 week program that offers research opportunities in the science, technology, engineering, and mathematics fields. Students will receive first-hand exposure to research and the experience of graduate school.

For more information, visit:

<http://www.unl.edu/summerprogram>

Seminars and Conferences of Interest

Hawkeye Undergraduate Research Association

Visit the website to stay up-to-date with seminars and conferences for the upcoming spring semester! Meetings will resume Spring 2015.

For more information, visit:

<http://iowahura.wix.com/research>

Spring Undergraduate Research Festival (SURF)

Wednesday, April 8

For more information, visit:

<http://www.uiowa.edu/icru/article/bi-annual-undergraduate-research-festivals>



Don't forget to 'like' us on Facebook to receive updates regarding upcoming events!



For seminars specific to your areas of interests, please see:

Biology:

<http://www.biology.uiowa.edu/seminars.php>

Physics:

<http://www.physics.uiowa.edu/resources/events/calendar>

Institute for Clinical and Translational Science:

<http://icts.uiowa.edu/calendar-month>

Psychology:

<http://www.psychology.uiowa.edu/resources/events>

Biochemistry:

<http://www.medicine.uiowa.edu/biochemistry/seminars/>

Biochemistry:

<http://www.medicine.uiowa.edu/biochemistry/seminars>

Microbiology:

<http://www.medicine.uiowa.edu/microbiology/events/>

Chemistry:

<http://www.chem.uiowa.edu/news/colloquium-seminar-schedule>

Get Involved in the Community

Career Leadership Academy

The Career Leadership Academy is an exciting opportunity for YOU to develop your leadership and professional skills –those same skills that employers have told use they’re looking for in new employees.

The program is comprised of 4 academic credit-bearing courses called “phases” that focus on developing the leadership skills you already have and discovering the ones you’ll need to be successful after graduation. Each phase of the program is filled with seminars, activities, and events designed to give you an edge as a leader in whatever career field you choose.

Consider Iowa Networking Night – February 24

Spring Job and Internship Fair – February 25

Physical Therapy and Rehabilitation Science Job Fair – March 6

Educator Fair – April 7

For more information, visit:

<http://www.careers.uiowa.edu/leadershipacademy/>



Discover Iowa

Discover Iowa works to promote partnerships with a wide range of public and private constituencies in order to facilitate the mutual exchange of ideas, resources, and expertise. These collaborative efforts create more opportunities for community involvement; extend the reach of the university’s academic, cultural, and health care resources; and enhance economic development.

For more information, visit:

<http://www.discover.uiowa.edu/get-involved>

Volunteer Match

Volunteer Match works to promote organizations both on and off campus that fill every niche, including health and human services, arts and humanities, human rights, environmental causes, agriculture, social justice, animal welfare, public policy, and more.

For more information, visit:

<http://www.volunteermatch.org>

Sign up to be a volunteer and/or join along the Johnson County NAMI Walk on **April 25th!**

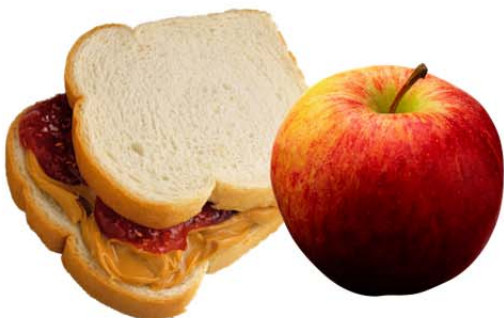
For more information, visit:

<http://www.namiwalks.org>



IBA Student Retreat

Big thanks to **Paul Gorski**,
Founder of EdChange and
Associate Professor of
Integrative Studies at George
Mason University, for
facilitating our student retreat!



Happy Birthday!



Ramsan Younatham 2/10
(pictured to the left)



Brigitte Vanle 2/21
(pictured to the right)

Victoria Parker, MNPC Graduate Student, presenting her 2nd year Literature Review Seminar on “Triclosan: A Potential Role in Liver Carcinogenesis” on January 20th.

