

# How to Choose a Rotation Lab & Lab Etiquette Seminar

August 23, 2023

# Overview

- **JCLS Resources**
- **Choosing a Rotation Lab**
  - Considerations when choosing a rotation lab
  - Recommendations for approaching potential rotation labs
  - Tips for conversations with a potential rotation mentor
  - Additional rotation information
- **Lab Etiquette**

# Resources

- **JCLS Research Page**
  - [www.jefferson.edu/academics/colleges-schools-institutes/life-sciences.html](http://www.jefferson.edu/academics/colleges-schools-institutes/life-sciences.html)
- **PI Rotation List from Danielle**

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## Welcome to the Jefferson College of Life Sciences

With our mission of "Training Tomorrow's Scientific Leaders Today", our college and faculty provide many outstanding programs to support the next step towards achieving your future professional goals. Whether you are seeking undergraduate, postbaccalaureate, graduate or postdoctoral education and training in the life sciences, our many academic programs, complemented by co-curricular professional development, provide a solid foundation for our graduates to continue on to further advanced training or directly on to a broad array of successful and impactful careers.

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## Biochemistry & Molecular Pharmacology

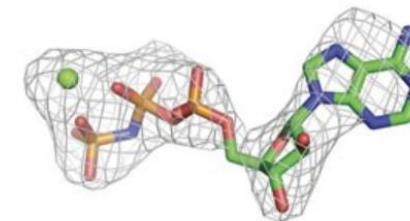
Learn about our scientific focuses: Molecular and Cellular Pharmacology, Chemical and Structural Biology and Molecular Biology and Gene Regulation.



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## Molecular Biology & Gene Regulation

Research in **Molecular Biology & Gene Regulation** investigates the genetic control of cellular physiology in both normal and diseased states. Critical cellular processes are explored at the molecular level using a combination of molecular/genetic approaches and organisms ranging from bacteria, to yeast, to humans. Research areas include genetic and epigenetic control of gene expression, chromatin structure and function, mechanisms of mutation and genome stability, RNA processing, mechanisms that control protein translation, regulation of the cell cycle and protein folding and misfolding inside the cell. Students who select this area of emphasis gain expertise in a broad range of fundamental methodologies used to investigate cellular regulatory mechanisms.



### Areas of Research

### Principal Investigators

Mechanisms of Cell Growth & Differentiation

[Aplin](#), [Calabretta](#), [Debler](#), [Eischen](#), [Grabocka](#), [Jaynes](#), [Languino](#), [Ma](#), [Naik](#), [Penn](#), [Rodeck](#), [South](#), [Summer](#), [Sun](#), [Vadigepalli](#), [Waldman](#), [Wedegaertner](#), [Winter](#)

Signal Integration/Cross-Talk

[Alnemri](#), [Aplin](#), [Bussard](#), [Calabretta](#), [Grabocka](#), [Hoek](#), [Languino](#), [Ma](#), [Mahoney](#), [Naik](#), [Penn](#), [Rodeck](#), [Schnell](#), [Summer](#), [Sun](#), [Uitto](#), [Vadigepalli](#), [Waldman](#), [Wedegaertner](#), [Winter](#)

Protein Targeting & Trafficking

[Grabocka](#), [Paumet](#), [South](#), [Van de Wetering](#), [Wedegaertner](#)

# Resources

- **GSA**
  - GSA President – Nathan Ryan  
(Nathan.Ryan@students.jefferson.edu)
  - VP of Internal Affairs – Bridget Boyle  
(Bridget.Boyle@students.jefferson.edu)
- **Liaisons**
  - Keep an eye on your inbox!
- **Program Directors**

# Considerations

- PI
- Research topic
- Research methods
  - Wet lab, computational, animal work
- Funding!!!
  - NIH Reporter
  - Private vs Federal
- Lab environment/members/size
- Lab meetings
- Mentorship
  - Who?
  - How?
- Working hour expectations (especially during GC 550!)
- Work-life balance
- Length of PhD



## Approach Recommendations

- **Speak to your liaison/members of GSA/senior students/Program Directors**
- **Consider the PI presentations**
- **Browse the list of PIs accepting rotation students**
- **Research the PI and the lab and read papers**
- **Reach out/meet with the PI**

## Open & Honest Conversations

- Research topic, research methods, funding, lab environment/members/size, lab meetings, mentorship style, working hour expectations (especially during GC 550!), work-life balance, expectations of you as a rotation student
- Speak with current members of the lab or past rotation students
- **IS THIS A LAB/ENVIRONMENT YOU CAN SEE YOURSELF SPENDING 4+ YEARS WORKING IN?**



## Additional Information

- **Minimum of 2 rotations (3 recommended)**
  - **Fall, Winter/Early Spring, Late Spring/Early Summer**
  - **\*\*Based on program requirements\*\***
- **Can do more than 3 if you haven't found the right "fit"**
- **Fluidity between programs/departments**
  - **Always run your choices by your program director**

## Additional Information

- Spend at **MINIMUM** one month in the rotation
  - You cannot get a full experience/feel for the lab after 1-2 weeks
  - Aim for 6-8 weeks
- Don't waste your time
  - Cut a rotation short if it's really not working out
- **DO NOT** need to commit to all rotations at once
  - Consider availability

# Lab Etiquette

- Be respectful of people/equipment/lab rules/Jefferson rules
- Be your own advocate!!
  - Speak up if there is an issue
  - Use your resources: GSA, Liaisons, Program Directors, Dr. Lisa Kozlowski – Associate Dean for Student and Postdoctoral Affairs ([Lisa.Kozlowski@Jefferson.edu](mailto:Lisa.Kozlowski@Jefferson.edu))

QUESTIONS?

