

# Finding A Research Lab

## STEP BY STEP

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### 1. Determine what research you're interested in

Use our guiding questions (on the Finding A Research Lab page) to determine what research is best for you! Think about the research that you WANT to conduct, not the research that you're expected to conduct.

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### 2. Investigate Research Opportunities Near You

- a. Find hospitals, researchers, and scientific research organizations near you by Googling
- b. Use their contact info to ask about the kind of research they are conducting, or read their past published literature

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### 3. Contact Researchers About Research Assistance

Use our email template to email researchers and ask whether there are any research positions available. You may have to volunteer your time without pay (I had to volunteer for 2 years before getting paid). You also may have to email many labs before even getting a response. If you don't hear back from a lab, you can consider finding other lab members on the lab's website and contacting them directly.