How to Stay Motivated in Research (Series of 5 Tips).
Being overwhelmed by trying to do too much is another common cause of losing motivation. As tasks accumulate, it's easy for researchers to start working longer hours until it becomes too much—and they begin losing the motivation to continue. Working smarter instead of harder will let you tackle your tasks more efficiently without adding more hours to your work day. Researchers who do this can stay motivated for longer in their career. One way of working smarter is by choosing efficient technologies that let you complete experimental procedures faster without compromising your results.

SURF Cincinnati.
Every summer the College of Medicine, in partnership with Children’s Hospital, hosts around 200 undergraduates and high school seniors in 10 week summer internships in laboratories throughout the Academic Health Center as part of the Summer Undergraduate Research Fellowship (SURF) program. These are very high achieving students with their eyes typically set on medical school or graduate school at the end of their undergraduate studies.

Research Bearcat.
Have you noticed the new research bearcat around CARE/Crawley? The research bearcat is meant to symbolize the research mission and designed to reflect the research environment. Note the bearcat’s non-latex glove, goggles, and pipette.

New Generation Illumina Sequencer.
The UC Genomics, Epigenomics, and Sequencing Core (GESC) has purchased a new generation Illumina sequencer. This will significantly reduce the sequencing cost and turnaround time for investigators. To learn more about the new Core service, please contact the core manager, Xiang Zhang, PhD (xiang.zhang@uc.edu).

Internal Research Opportunities for Medical Students.
There are a number of internal research opportunities for medical students within the University of Cincinnati College of Medicine and the Cincinnati Children's Hospital Medical Center. To see a list of opportunities please visit: https://med.uc.edu/academicsupport/research/internal-(uc-cchmc)-opportunities