



University of Pittsburgh
Department of Biological Sciences
HMB Postbaccalaureate Program

Research Rotation SELF-Assessment

Student form: This form is to be completed by the student after the rotation, reflecting on their accomplishments during the entire rotation and status at the end of the rotation. Please complete and send the form to the rotation host before meeting to discuss the rotation.

Student's Name	
Rotation Advisor	
Rotation Number	1 2
Title of Rotation Project	

Note to the student: As you fill out this form, keep in mind that there are many aspects to the research endeavor you engaged in that contribute to your success. A successful research rotation will include many, if not all, of the following activities:

- reading background peer-reviewed literature
- reading background information from reliable, but less formal sources (such as Wikipedia)
- reading peer-reviewed literature directly relevant to the field and/or your research project
- thinking about experiments
- designing experiments, including positive controls, negative controls, and treatment groups.
- preparing for experiments, including planning your day, assembling equipment and reagents, writing out clear protocols before starting, and considering expected results.
- executing experiments and collecting data, including keeping close track of precise experimental details in an organized lab notebook (paper or virtual depending on the preference of the PI)
- analyzing data objectively
- interpreting data in light of expected results versus the results you obtained
- writing up experiment summaries and making figures of the results of your experiment
- talking with your PI, your labmates, and your peers about all of the above
- putting together lab meetings and/or a rotation seminar
- taking breaks when necessary to clear your mind and let your intuition or creativity guide you.

While this list is not comprehensive, think about these activities as you fill out responses to the questions below.

What are the strengths of your research abilities?

Detail/list evidence of enthusiasm and persistence.

What should you improve in your research efforts?

What positive interactions did you have with others in the lab?

What should you improve in your interaction with others in the lab?

What are the positive aspects of your work ethic?

How can you improve your work ethic?

Please discuss your seminar performance.

Guidelines

This report must be completed by the student within one week of the end of the rotation. Return the completed electronic document to Cathy Barr (cbarr@pitt.edu), who will forward it to the DGS and the interim advisor. They may discuss this self-assessment with other committees.