Intro Music ([00:00](https://www.rev.com/transcript-editor/shared/pOHHUHdGH8ml1HpUSBa2uJgvDYV8Vt6IWVjiFHyLqQ1iBB1DQSrUoxbmOrNtbGv19HsPgzY9woVCmUdF5-DzK7Fh0tc?loadFrom=DocumentDeeplink&ts=0.21)):

5, 6, 7, discover, connect, engage, become, discover, connect, engage, become, discover, connect, engage, become.

Lauren (Host) ([00:15](https://www.rev.com/transcript-editor/shared/4SpECyLEygkD3cqoT8CqbwWHxcCXWoyGa9DxN54GzDZ0nd9JTA-xrX0A0Q1NeDfu1iqVnC3zTyBNd7RvJl-1ckQuVGE?loadFrom=DocumentDeeplink&ts=15.39)):

Hey, research friends. It's your host, Lauren Okano. And we're back with another episode of the CURN Cast. The CURN Cast is all about breaking down the barriers to research and making research more accessible for all. I'm very excited to share [00:00:30] today's episode with you, and it's all about spilling the tea on applications. So this is going to talk a lot about the UREAP scholarship that we offer at T R U, but we're going to give you some tips on how to approach any application, whether that's in your undergrad or in grad school and beyond. So let's jump into our conversation with our special guest, Sylvia Gropp. I would like to acknowledge that the CURN cast [00:01:00] is being recorded and created on the traditional and unseated territory of the Tk'emlúps te Secwépemc within Secwepemcúl’ecw. I'm very grateful to be able to learn, play, and create on these beautiful lands. Hello. Hello. Welcome to our special guest of the day, who is Sylvia Gropp, who is going to talk to us a little bit about the reap and we'll explain what that is if you don't know what that is. [00:01:30] Um, and just general applications and scholarship, um, writing for research, which is super exciting. So welcome Sylvia. Happy to have you.

Sylvia (Guest) ([01:41](https://www.rev.com/transcript-editor/shared/VVrlwHGhYdoTlxvqEdbwnl0eIr7tA9olc4jLlgVKlAtnrMuf3vbTZ4Fsr7F01ehAGFc-tRS5ixcegM7pd17zvH-6_uQ?loadFrom=DocumentDeeplink&ts=101.0699999)):

Hi Lauren. Thanks for having me.

Lauren (Host) ([01:43](https://www.rev.com/transcript-editor/shared/QquQcbSq65wL9WLhaSSzKXfMK2Kd_5fPYlFNwbItn6f9flnE3yKBc0SLZTz93w7_d-LikTabGSfFl1eaILXGElQpGa0?loadFrom=DocumentDeeplink&ts=103.08)):

And, uh, so basically one of the reasons that I was super excited to talk to you today for this podcast is because students are always coming to us. And, uh, even as a student when I was a student, I was like, oh, that'd be cool to get a scholarship to do research. [00:02:00] Um, sometimes it's hard to find out where to apply, how to apply for those things. So hopefully this is a way to normalize some of the scholarships we have a bit and disseminate some of that information. And then just also along the lines of breaking down some of the barriers to research, just talking about what, uh, is involved in an application and giving some tips on how we can do really well on them. You obviously see a lot of the UEAPs or all the UEAPs that come through and, you [00:02:30] know, some of the really great things happening on applications and some of the maybe not so great nitpicky things that you, uh, wish students knew more of.

Lauren (Host) ([02:40](https://www.rev.com/transcript-editor/shared/E5o86Ml9hkxa3kJG-twaA2wg0vnqvbPBKx9uiJ93YBZE94dDf1drqER7thCOYGUAM6l2z8DJDm2cIPcubvXj_GGC2ds?loadFrom=DocumentDeeplink&ts=160.115)):

So I really want to get into that a little bit and hopefully that'll help students get an idea of what's involved in these types of applications and then how to, uh, succeed and move forward if they do decide to apply for one. So, uh, yeah, I hope you're <laugh> ready and excited to talk about those things. But first I do want to [00:03:00] do a quick lightning round just to warm us up a little bit. And how this works is I'm going to ask you a question, you can think of the first thing that comes to mind, and it can be really short. Uh, and we just want to know some of your answers to these questions. And they're all related to research, and I know you've done research yourself, which is super exciting. So I'm curious, first question is, what was the last thing that you researched?

Sylvia (Guest) ([03:28](https://www.rev.com/transcript-editor/shared/j_BqziDUiQubZgUapvCcCMdD26t0kwRjPrJoMmnVPZu3MlqasDJ6IhBjLLkU6iZeXBPMangN8TMPoIek-3EeP5SHfpY?loadFrom=DocumentDeeplink&ts=208)):

Uh, the last thing I've been researching [00:03:30] is actually Westworld. I got the opportunity to go through, uh, some private property that has their own museum. It's the Pringle property. Uh, looking forward to possibly doing my doctorate around a virtual, uh, museum presence, uh, because of safety issues there.

Lauren (Host) ([03:51](https://www.rev.com/transcript-editor/shared/kMjbS0P3WN1nwbUdk27YmTcQCqB1u4mdkNgPX3Z38RwFYI00xHav_OVJj9uHAks3ZmswvD_7Nc2ylJaOG-ITURCLrU8?loadFrom=DocumentDeeplink&ts=231.49)):

Oh, that's fascinating. I'd love to know so much more about that <laugh>. And then how about, and it might be similar, what is a current research interest [00:04:00] of yours or something you'd like to know more about?

Sylvia (Guest) ([04:03](https://www.rev.com/transcript-editor/shared/xwCs0Sc5c5qwdQbP0-BN-kgO3wxdZbJMMAkZxHgKOl4U09cSM0bbvfGXNqfRYPFtCVSwLyzNKb1GMr0lWdyOXHTfhBU?loadFrom=DocumentDeeplink&ts=243.1)):

Uh, really for me, uh, because I'm an educator, uh, I am really interested on, uh, creating sense of place in an online world. So I took most of my master's online, but how do you really connect and get students to connect with curriculum mm-hmm. <affirmative> online.

Lauren (Host) ([04:20](https://www.rev.com/transcript-editor/shared/aVW3czOKFvA9gZlWORlgDHQBW1K4U4BJ7Ridh4t5aHxl2pvfl2t13uDZ5QaYs41kAlhMX_OG4c_PUIgSNX6HFnplyhU?loadFrom=DocumentDeeplink&ts=260.35)):

Yeah. And we've seen that through like covid and things, and I've seen some really positives come out of it. And then there's some challenges. So that's something, uh, [00:04:30] two research, which is very cool. <laugh>, next question is, what do you wish more people knew about research?

Sylvia (Guest) ([04:37](https://www.rev.com/transcript-editor/shared/07LfGX9a3grHtefYxQecoeip5mXCTU6kIhCarFVB7tGimjLPZ1B76VjBhJhfXZswc-O05GYSzndNKPzhv8YdLHEf96g?loadFrom=DocumentDeeplink&ts=277.06)):

Just how many opportunities, you know, there are for research and, uh, the fact that, you know, I, again, I did a lot of research in my undergrad at my graduate level and just how easy it is to get into research, but, uh, it's not as intimidating as, as people think it's, or how hard as people think. It's

Lauren (Host) ([04:56](https://www.rev.com/transcript-editor/shared/hYL_sQSZnUvwW_rmwMGAPP0Fm3lnOD6JlKIdY1CWm6WFhjIym6lkXc3sE-eRKD38Ws-IKt6--X2XotuEunpN1bXais8?loadFrom=DocumentDeeplink&ts=296.26)):

So true. And I've heard that a couple times now, so hopefully that'll come [00:05:00] through to <laugh> our listeners. Research is not intimidating. <laugh>. Yeah. <laugh>. Um, what is your research superpower?

Sylvia (Guest) ([05:09](https://www.rev.com/transcript-editor/shared/O5iWqohUOxSdzfjBQjruzoX5X_uuvY5TnVyXUVSPYG2h9XMw7HURTyfxn8PgP3egP_lq5uvZhCWAUWJZPrwucVw2C8w?loadFrom=DocumentDeeplink&ts=309.13)):

Uh, I get told a lot my brain doesn't work like other people's brains <laugh>. So, um, I tend to look at things from a very different lens, um, when it comes to research and how to disseminate that research out to people is usually not, um, within normal means <laugh>.

Lauren (Host) ([05:27](https://www.rev.com/transcript-editor/shared/Tyla_FwYkmAfTvllcyZvahWqjZ0r4k8Fc_Q5u2HgMpR7qZrGWuKPtx3q3xYvHkmTGAQVtzoBYtkf-QPvNad676hx8XI?loadFrom=DocumentDeeplink&ts=327.79)):

And then last but not least, if [00:05:30] you could share one message with future T R U student researchers, what would that be?

Sylvia (Guest) ([05:36](https://www.rev.com/transcript-editor/shared/izf5_s4vNR3gL5HlY6-s8QP1Cv6rZdyQrV3sGa3Vwp1sKHvKFSy-shVpSjOfetH_yx5d9wF-i4WMuSotOlSkgmk3r48?loadFrom=DocumentDeeplink&ts=336.04)):

Uh, basically I don't think there's any research that's too small. Um, I think too, like I, I know in my case, uh, when I was getting into research, I just thought it was so huge and I really didn't even know where to start. And I think research really starts with just a thought, like an inquiry, like something that tickles your brain that's research because you want to know more about it. [00:06:00] So, you know, for future researchers it could just be that little brain tickle that puts you on a road to research.

Lauren (Host) ([06:15](https://www.rev.com/transcript-editor/shared/LXCfsF1GMxnmMiR-JDg7tvg-0t2noR-6UTD6dOuS_ZpRLWQ_KKzsZVx_sejSYjK7s3LpGDRevrcPRsZWeMEb_OKkiIc?loadFrom=DocumentDeeplink&ts=375.95)):

So now we get to get into the good stuff and talk about applications and talk about the UREAP. I know as an undergrad student in my early kind of years, I heard the term being thrown around all the time [00:06:30] and I wasn't quite sure like, oh, what is, what are they talking about? What's a UREAP? And then I finally talked to someone about it and it makes a lot of sense, but I would like to hear from you. What the heck is a ureap <laugh>?

Sylvia (Guest) ([06:42](https://www.rev.com/transcript-editor/shared/SUCfuL-ZvRhtEq4Jfi1-kcLHcGV1WIll_P4GyKtU2T5ZDGT167oMcRqyE_10sCdM_-ghKny-XlPVjdtdQ7EaPVagzOY?loadFrom=DocumentDeeplink&ts=402.62)):

Yeah. Well we call it UREAP because it's quite the mouthful to go round calling it, you know, the undergraduate research experience award program. Um, which in itself can be intimidating. Uh, so it's your reap and it's a $6,000 scholarship, uh, primarily for undergraduate [00:07:00] students.

Lauren (Host) ([07:01](https://www.rev.com/transcript-editor/shared/ZmO3c6x6z_H-tixBiV4rGCOdVlg-TzzYN5_kfZz30rfrwtH2UvfUfYhu-n7YaEIYIS6J0cJ9CsCnixhQ4oKT48jb_4Q?loadFrom=DocumentDeeplink&ts=421.37)):

Cool. And that's to do their own research projects.

Sylvia (Guest) ([07:05](https://www.rev.com/transcript-editor/shared/AWLf21IQg2NUQZlF85Kw1EctGGyDAJ2PuUYrDgH3vQoX6nUYumJqJ4HJFK2rb68pFzudZa37JSdnW2e0DU0Nf-Xjw4w?loadFrom=DocumentDeeplink&ts=425.15)):

Yeah. Which is really neat because yeah, it's taking that passion of yours and giving you the support that you need to run with it.

Lauren (Host) ([07:14](https://www.rev.com/transcript-editor/shared/eznWAycpBbnDkcpvWgodjxsLAGeIET1LCwzWc4cW30rF43eTZV8O1_vy3PydFLHz36_13FL28Bvyeg1QQh-zOUCaTbY?loadFrom=DocumentDeeplink&ts=434.18)):

Yeah, that seems like it ties in really nicely with your comment before about finding that area that tickles your brain and then being able to actually carry it out through this scholarship. So that's a super cool opportunity that T R U has to offer. Who, [00:07:30] I think you mentioned it was an undergraduate award. Um, can you speak a little bit more about who qualifies for the UREAP who can do the UREAP?

Sylvia (Guest) ([07:36](https://www.rev.com/transcript-editor/shared/Iu4PLPgm8km9IkwwhAtl3TEKsuCa82EfAzlkhaKezWzym97iZ7DYJT_iBSCL-DjhIfFy-j50Q87pbBmZlgL6QindfDI?loadFrom=DocumentDeeplink&ts=456.59)):

Sure. So we have, um, a couple of, uh, things that you need in order to be eligible for it. Uh, you have to be a full-time student at T R U mm-hmm. <affirmative>, and you have to be enrolled in an undergraduate program that's pretty standard. Uh, we like to see you being, um, having 60 credits completed. Yep. Um, now this one throws people off and I don't want them to be scared. [00:08:00] Um, you'll see that we like to have, you had to have a minimum G p a of 3.2. However, that's not a deal breaker. If your G P A is under 3.2, uh, there's just an additional step to the application. We ask that you or one of your, uh, mentors write a letter with regards to why your G P A may be a a little low. Like, we know how the world is, uh mm-hmm.

Sylvia (Guest) ([08:24](https://www.rev.com/transcript-editor/shared/8CesCh9V_aVeUVD82dlXwwEjwFrK2DVGhpq9h3dgb8u2X01P1_hav0uEhqURF4vg2Vrz7LB__Ah1WeSIGQG30Z1tD-s?loadFrom=DocumentDeeplink&ts=504.891)):

<affirmative> right now, and there's lots of things going on and it's hard juggling with school. So as [00:08:30] much as we'd like to see a 3.2, that's, that's not a deal breaker, um, for this mm-hmm. <affirmative>, you'll also, like I said before, you'll need, um, a faculty member on campus who will act as your mentor to kind of help you with your research. Um, you can't have held a re in the past, so this isn't a word you can only hold once. And, um, the other thing with this is you can't hold a ureap as well as an NSERC USRA at [00:09:00] the same time for the same project.

Lauren (Host) ([09:03](https://www.rev.com/transcript-editor/shared/CnLKjaAjERkgayYGrCAtTz5oYxabTKBH9i34GU4NzVV9WOSI7Rx_iIvvFfqYNu797nC2VibBMuKz9DmHexkuGE8cHts?loadFrom=DocumentDeeplink&ts=543.8099999)):

Okay. Yeah, that makes sense. <laugh>. Mm-hmm.

Sylvia (Guest) ([09:06](https://www.rev.com/transcript-editor/shared/3H6QPgMtuqu12WPabgPKMrnOxAVssxsQZM4uEkivnJk40JjN2kDyERw0FQkSGZl8BtdpdhwLMntPerRpEJoyRz1fWd8?loadFrom=DocumentDeeplink&ts=546.75)):

<affirmative>, yes. We want you to give you all the opportunity to focus on your research.

Lauren (Host) ([09:11](https://www.rev.com/transcript-editor/shared/0hZ98zrDZ6LE-0sT_-gxEMXv5Mm_r_VOhVk-HFiBHN5b7t7bfNTF9yKzJMgRSfABXn8hRGqAaBmatok_4X1sOYTdsNQ?loadFrom=DocumentDeeplink&ts=551.82)):

That's a very clear explanation, and I think a lot of times in research we associate scholarships, uh, and opportunities with the, the physical sciences, sciences and social sciences. But can you qualify for the re if you are in, uh, any program at

Sylvia (Guest) ([09:28](https://www.rev.com/transcript-editor/shared/8u5mHDEQMk2o3O3bj7rUuZDnSt8ZBf9RS8XrlUibgxPDsGG4lpOZ_f0DaFmHZSDGII-1t48Mg2DPLx57FtvH2nG9V74?loadFrom=DocumentDeeplink&ts=568.595)):

Tier? Yeah, definitely. That's [00:09:30] undergraduate for sure. Um, I, I have to say I've sat on quite a few of the adjudication committees, um, and the committees get really excited, uh, when they're getting UREAPs from departments that they don't normally see. Um, you don't have to, we still get, of course, get, get excited to see things from science and that sort idea, but they get equally excited to see things coming out of fine arts and mm-hmm. <affirmative>, that kind of stuff as well.

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Hit the Streets ([10:00](https://www.rev.com/transcript-editor/shared/TN4G1eN82iLWrVZHdT8R5A27EXACvp7c43fbZeJ_FV5Cnn3GZ74E3BOC31V5L6topH4XIxCWsz2OkIKtA9TD_EsadUQ?loadFrom=DocumentDeeplink&ts=600)):

[00:10:00] Welcome to Hit the Streets. I'm Hannah. And I'm Julye-Anne. This is a segment where we ask strangers weirdly specific questions about research. Now let's hear from our first victim. What was the last type of thing you applied for?

Speaker 5 ([10:19](https://www.rev.com/transcript-editor/shared/xQpia8VX0xRdPsDbPeItI4nXFui6km55EaL7Daw5rlcNLu-SpNsixnM0oA1iIodx2U7hWBrYbYyHQxb9wKkUziCb0j4?loadFrom=DocumentDeeplink&ts=619.41)):

Um, the last thing I would've applied for, uh, would've been like a freelance graphic design job that I'm working on.

Speaker 6 ([10:26](https://www.rev.com/transcript-editor/shared/L1HCh4mEA4lhF6_NMLRPU_jx2h2z2Wc-8OVzE_TzdhlHtq1HjSUsz68sgWWWMm477jwotlKuztJZcLdDXuMFYDotTzM?loadFrom=DocumentDeeplink&ts=626.91)):

Um, last thing I applied for, I applied for [00:10:30] the honors program in psychology.

Speaker 7 ([10:33](https://www.rev.com/transcript-editor/shared/DW95ctyC5ZW6E0Lnvvbs8KgCn9UWCUb67j1YJ1SebToVpp2APCxP6bTEW5IKTdbD_zQFTTAHboCrR-beaMaFQ30Lwtg?loadFrom=DocumentDeeplink&ts=633.36)):

Like the last type of application I wrote was yesterday for a job application.

Speaker 8 ([10:38](https://www.rev.com/transcript-editor/shared/yN8pcyhJdjqSXakVark-ZAYMwadvnk6S0d-7iw2LoIPXBqZt8-D6YUcj0BKDnYHWTm_yPVg22LCG2CoJQt2JAHntLqo?loadFrom=DocumentDeeplink&ts=638.46)):

Housekeeping job

Speaker 9 ([10:40](https://www.rev.com/transcript-editor/shared/jgoeUBoQgLwsUbK0f2HA5kSt-x7B5I49Ow_e1ZPXsgO1t99KgXPQ_lAH6qc99-WnRITPIaBqztljnkLxpX8PVmgpZlw?loadFrom=DocumentDeeplink&ts=640.57)):

For a job? Yeah, for a job. For a job. Okay. <laugh> good.

Speaker 10 ([10:44](https://www.rev.com/transcript-editor/shared/ykpawXjTRsKwNiyJ447AT750TYrVYWYgvRsEQrdIVaVbbMKFnef5dqsSw9G_tLqSgawojJvWi_0MoOZYgNUk9MBIZUo?loadFrom=DocumentDeeplink&ts=644.49)):

Uh, the last thing I applied for was a summer position doing psychology stuff. Um,

Speaker 11 ([10:50](https://www.rev.com/transcript-editor/shared/730frDQFmb_989nUY-uUKIwm-uv7sPy4BwFnarhW7jijfUHKIh8EFMpK5bDBc8eSG1XIwdI0Dce9JedIsLNE51JFVA0?loadFrom=DocumentDeeplink&ts=650.22)):

I'd say it'd be for my summer job.

Speaker 8 ([10:52](https://www.rev.com/transcript-editor/shared/7EP7ibM3bhnk2i0NOf-MlHdVzhVrFH5y3S5o45HrGbfgSLNpNRIvIymZ6qInlsVRrsqshU-GpP6fnuVzCEXz1by3nwI?loadFrom=DocumentDeeplink&ts=652.29)):

I think the last thing I applied for was probably university, to be honest.

Speaker 12 ([10:57](https://www.rev.com/transcript-editor/shared/K_tU_JhXmo4UeKZRvKxI5rQHdOhlW9DcjkEDHz2RfwPWrkBDhbcJCqzXc8g7HB16JQpZOm_JXknYCHrqtICU8Q2aMjQ?loadFrom=DocumentDeeplink&ts=657.57)):

<laugh>. I think the last thing I applied for was a job over [00:11:00] the summer in my hometown.

Speaker 13 ([11:01](https://www.rev.com/transcript-editor/shared/pNkPG-n-X9re2IocY8L20fOgQJsvkFET4498FfdA9YEK2OKUiI_-utB5G9QBYcAywdgtVfIWj3stCImBIT9kLTBMJAE?loadFrom=DocumentDeeplink&ts=661.78)):

Yeah, same my summer job working back in Ontario.

Segment Host ([11:04](https://www.rev.com/transcript-editor/shared/SeLIiNvHtn7k9J-LRQJDQk8yskw_IVfoWXmnDJAL3XJjX0zV8moAoNX2yMYIfOqJUPSMb7gSDWPoDimhQEGWMaVyybM?loadFrom=DocumentDeeplink&ts=664.89)):

And that's it for question one. Now back to our regularly scheduled programming.

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Lauren (Host) ([11:11](https://www.rev.com/transcript-editor/shared/7QzvGps9HfXd7odNXbGCZFy44ByaeS_JIeeD9Z39NdI8Mr-_wPZv9HWlmQSjyeyFQCMOY1iu1QSrT0wcTyC--tWO86A?loadFrom=DocumentDeeplink&ts=671.76)):

So if for some reason you don't qualify for the ureap, or maybe a student doesn't have 60 credits quite yet, but they're still interested in research, can they still do research or there still opportunities to get involved or to work your way up towards doing a UREAP?

Sylvia (Guest) ([11:27](https://www.rev.com/transcript-editor/shared/DphC7rVi1wbYJBoOGOYkndLLlmjzlxBZk9VE9qknJxJlKFgnqOnY92TZTkQqQ28_xxTAK73lC-EiajdaF8VOOAeHSQA?loadFrom=DocumentDeeplink&ts=687.33)):

Oh, of course. Yeah. There's a lot of opportunities, [00:11:30] uh, for research on campus. Um, starting right off from your first year of university, it's, no, we're really trying to move past this idea that you can't really do, uh, research until you're in your third or fourth year of your program. Uh, we so mm-hmm. <affirmative>, I always recommend that people go to our website, um, check out all the opportunities there. Um, they're more than welcome to email us. We're at studentresearch@tru.ca, [00:12:00] and we can give them more information that way. So I think in total, I adjudicate about 25 awards a year. So <laugh>, there's Wow. Yeah, there's quite a few opportunities for students.

Lauren (Host) ([12:15](https://www.rev.com/transcript-editor/shared/FR5DCmKi6zbh5PmQWRR0OFJB_K0o9dMoiH0mshEDiE1gB1kOG1imHMWmULgO3ZLSbrPpROclYMIb7OBMrbG9v8BcNFk?loadFrom=DocumentDeeplink&ts=735.3099999)):

And even if it's not, uh, doing a full scholarship or getting, doing your own project right away, there's always opportunities to kind of get your feet wet and, and get a feel for research before you decide to jump in head first [00:12:30] and do your own project, which is very cool.

Sylvia (Guest) ([12:32](https://www.rev.com/transcript-editor/shared/hWQ9JXhjCdk0PpN5yBE_R7pGwS06-6qC8piSrHlyRAJz6ZSNFyIP4WNaI5IQktmnJAxTl3iooMmfk3NQ595vNluvsiI?loadFrom=DocumentDeeplink&ts=752.74)):

Yeah. And I, I always recommend to students, like if you have that one prof that you really get along with or you happen to know what their background is in research, definitely go chat with them. Because even if you're not feeling like you're prepared to do your own research, there's opportunities, um, to be paired up with a faculty member and help support their research, um, as well.

Lauren (Host) ([12:59](https://www.rev.com/transcript-editor/shared/-uE1Fzj7Td91fPvPXPOw5zA3a98Q2pfPXImja5NrEXE7CtHzVcA80WYEX9HGivYj6_syEhN9lZTP-zaTGaiOPDfXWHo?loadFrom=DocumentDeeplink&ts=779.23)):

So next [00:13:00] I want to look a little bit more closely at the UREAP. So as I mentioned before, uh, you do get to see a lot of applications. You sit on the Committee for Adjudication sometimes, and I'm sure there's things that come in that you're super excited about and you love to see. And then I'm sure there are some things that aren't so great to see. So I'm curious, maybe we can start with the dos of the UREAP application. So what do we love to see on an application?

Sylvia (Guest) ([13:28](https://www.rev.com/transcript-editor/shared/uwX8YrotuPu2gjFYLFjFzc7H0aIyCWcH3DA-TDkJJJNKZg0rLuZV4Fw8Dj0TfZ3BvT5VATDniLao2JbVEVbSgc7lbEg?loadFrom=DocumentDeeplink&ts=808.57)):

Well, the UREAP is [00:13:30] a little bit, uh, different when it comes to applications. Students apply through a program called Romeo. And uh, really why we do that is this is the same platform that faculty needs to apply for for faculty awards. So it's like a training opportunity for students. However, it's a program that a lot of students have never seen. Uh, so I cannot stress enough going to the help guide, which is online for ureap. 'cause literally this guide will hold your hand mm-hmm. And, um, [00:14:00] tell you enter this, enter this, enter this. Um, I like to tell students you want to make it as easy as possible for, um, basically the Adjudication committee to look at your application. You have to think that sometimes these people are reviewing over 50 applications. Um, so always make sure that you've gone through the help guide, you've filled everything out.

Sylvia (Guest) ([14:24](https://www.rev.com/transcript-editor/shared/o9gsvYzUISbSsH8hzfwSxf7sGUqxLLa23n4X0BSLVJqE8HM15jBuCdzgn5Su_SsuRPTnod08oZ4UdXVB-D0pRl_2Y40?loadFrom=DocumentDeeplink&ts=864.97)):

Um, I find a lot of times, um, students miss key components. [00:14:30] So for example, for ureap you need two faculty mentor letters. Now those have to come directly to me. They don't come through the student. Um, and both of those faculty members should be on campus. And that's kind of a safeguard for a student. We want somebody on campus that can support the student should something happen. Um, the is more than welcome to have an additional member say in the community if they're doing community driven research. Um, they can definitely also write you a [00:15:00] letter, but you need to have those two applications from your faculty member by the deadline <laugh>. So yeah, we don't want to see those coming in late. We don't accept late applications. And usually I am making, um, an application in eligible basically because a student has forgot something in their application. So always make sure you've attached your right all your paperwork.

Lauren (Host) ([15:27](https://www.rev.com/transcript-editor/shared/VS7rkciyCr7wYAxbDG_0X1kKQBtEu6nr_ZGJbbw9_x19oNX1IzFr_0LgHtUxVILwQahb1FNqEQKu6UApCKV4MQCGSEE?loadFrom=DocumentDeeplink&ts=927.71)):

So double checking and following [00:15:30] that year e guide and making sure that all of the, uh, appropriate documents and everything are, are attached. That's great advice. Um, and for any application, not just the UREAP, and then you touched on a few of the don'ts. Are, are there any other things that you see that maybe it's a good kind of flag to wave at students for them to remember when they're writing applications on, uh, what not to do [00:16:00] when writing a reap <laugh>?

Sylvia (Guest) ([16:02](https://www.rev.com/transcript-editor/shared/YcVubT9U8FgQ9Iucu2CeQm5WWJZ2HkWlKiOCNrLpCbmL9VfwKvxrshvZ5-9tHk2eF8T81QpRxrvFxJ4OHvV4zaWHD5o?loadFrom=DocumentDeeplink&ts=962.12)):

Uh, basically, I know this sounds horrible <laugh>, but really just submit what you're asked to submit, um, because you're spending this time sending in a bunch of documents that we just don't even attach to your application because the committee doesn't want to see it. Right. So I don't want students, um, feeling stressed or panicking because they want to put all these additional pieces in. We're not asking for those, so they're not even going to be looked at [00:16:30] in the case of that mm-hmm. <affirmative>, um, always, uh, not necessarily for UREAP but just in general for other applications. Especially if you do, um, went to school elsewhere and you're submitting those transcripts, uh, to make sure you have the time to get those, um, and attach them transcripts tends to be the number one reason why I make applications ineligible is because I'm not getting proper transcripts that were requested.

Lauren (Host) ([16:58](https://www.rev.com/transcript-editor/shared/GGXGjz4ceUnkDLl2YZS4iDs9PraRb68M37EUc9KoovCOpQf0wkSfM6pdtIs-12n07N7RagAHSRKkNHomTXwCqD3ACUc?loadFrom=DocumentDeeplink&ts=1018.88)):

Yeah, that makes sense. [00:17:00] Yeah. Um, and then with all these things there is the help guide. Um, we are sharing some of these tips and tricks, but if students have more specific questions, what's your advice for where they can go? Where can you get help with UREAP?

Sylvia (Guest) ([17:14](https://www.rev.com/transcript-editor/shared/UftTcs3k8U3VF0LIFR4NiiiVSgUropuAvwWJNbA0DcvqP2Y_2YP9hZZRH3UGcUGwT08AyAZ19C3qB_YxsT3u_Y4yF4U?loadFrom=DocumentDeeplink&ts=1034.27)):

Oh, definitely. Uh, reach out to us. Um, there's never a stupid question if you're second guessing yourself, uh, in your application, always send us an email at the student research at TRU. It's constantly monitored, um, and we have a [00:17:30] pretty quick turnaround for students and it's much easier for them just to reach out to us and double check and have that peace of mind rather than guessing and maybe guessing wrong. And then their application's ineligible.

Lauren (Host) ([17:43](https://www.rev.com/transcript-editor/shared/7YQ_MrnTrX6v2J3rz4q9CxCrCNHmNpOsp2CkUju3tR50XVRI87zzuMzJw0ePpPIGGcXb_H9YKX04VBRoiSZFEcfl_2M?loadFrom=DocumentDeeplink&ts=1063.79)):

I like that. That's great advice. So always rely on the people of the research office. If you have, uh, we're here and happy to help.

Sylvia (Guest) ([17:52](https://www.rev.com/transcript-editor/shared/0qA1-Ih1PWBKjkB5sPPnp16AmATXe8ptKkvrW6ekNag8gE89fKh8cWBimRyZntGxuM9pa9l7ReaVYejxR5oxVfBqFlQ?loadFrom=DocumentDeeplink&ts=1072.29)):

Oh, always that. Well, that's, that's what we're here for, right? Like, we we're actually a pretty laid back <laugh> group of people. Um, [00:18:00] so yeah, we we're here to help you and we, we want you to succeed and we want you to be successful in your research. And that moves forward even when you're doing your ureap, you know, uh, you may have, when you first put your application in, you were wanting to publish and go to a conference or something like that, and something has happened and you've, you have to change, um, the outcome of your project. You know, that's something else that you could definitely reach out, um, to us for. And [00:18:30] um, you know, we can always adjust it as well.

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Hit the Streets ([18:36](https://www.rev.com/transcript-editor/shared/gKJYlCnpxf90HBHjqlpdx0WgtJgIBjp5a7CbVkyYEJmG5gudrdt5YUZd04dhjTw6u84vZFSZMt6OnRVJ38g_cXLG1-U?loadFrom=DocumentDeeplink&ts=1116.48)):

Hey, welcome back to Hit the Streets. Hear that Funky Music Beat. Let's hear from question two. Now,

Hannah (Segment Host) ([18:42](https://www.rev.com/transcript-editor/shared/r3zMfLF3j_0i53fxbomyg3XNa1_MgI0c_q-OvxBhER9wBOTzA1hnU0v7BvKN0uoBCZTXA31nbcZOzk3aHXYpZkAeFcM?loadFrom=DocumentDeeplink&ts=1122.06)):

What was the most challenging part of writing that application?

Speaker 14 ([18:45](https://www.rev.com/transcript-editor/shared/WKQicJQkrM3Lfe1IidCzTp4kLXdMs8Vn6A9XgM06bZRWzxAjB5iqj2qaWxTWEM0FkIkfvUqwIAOwO1lv1sEtCg0ypco?loadFrom=DocumentDeeplink&ts=1125.96)):

Finding a reference so that I can copy from them. <laugh>, honestly. Okay. That's better than doing it by yourself.

Speaker 10 ([18:53](https://www.rev.com/transcript-editor/shared/vYuSkXOA39xZ8YUxHlAVJWG8G1vHFfC9muoXInHXlzlTGvBoe2NIxVbKoIuOxSccyowBBekIjR2CK_wZ_lDT-t34auk?loadFrom=DocumentDeeplink&ts=1133.28)):

Um, honestly, the fact that you submit your resume and then you have to go back through and like write all the pieces of your resume again for [00:19:00] the application.

Speaker 7 ([19:01](https://www.rev.com/transcript-editor/shared/gLV1zOpXBaJnc3x0aBfFR5XXX_Hh2w1GoGzxeXcmsptOWs-Y97Nqk-rOYD-HwSVlhy2mMNYXF8iSYZlSpOUphPWKV3k?loadFrom=DocumentDeeplink&ts=1141.68)):

Like the most challenging thing was me trying to found, find a parallel between the job description and what I have done and trying to present in a way that I am, I've currently done this thing and I have that like, certain kind of experience. I don't

Speaker 15 ([19:18](https://www.rev.com/transcript-editor/shared/q4s1jVAvHBv3pdvzd_5ezUlqS7xqwCdkD0Ey3wkrPDoT1Y8pn6XHd6Fo0JaHrktKsqbw44k1OSKH0Awz8KfB5MYg93o?loadFrom=DocumentDeeplink&ts=1158.72)):

Know how to write my skills and qualifications perfectly. Like according to the job.

Speaker 11 ([19:23](https://www.rev.com/transcript-editor/shared/XOUZifS-hWVmW4uDIIe-Hl2WHjQTPxjwbQ2LiX9gq0Y9F345mjyCD1nSxUSFf39G1ZnwPm5H2T1XOtwixyhWrt2fxzQ?loadFrom=DocumentDeeplink&ts=1163.97)):

I would say getting the references was a pretty tricky part. Um, it's a small industry like the adventure guiding industry. So you [00:19:30] want to, like, everyone seems to know each other, so you want to find references that are known to be credible.

Speaker 6 ([19:35](https://www.rev.com/transcript-editor/shared/wQjhz3Ag7NZ_4js7-UDSvJGFlOizyThVV-pinO5q-UbBzw2AvqY2-b_UjPv_EmM5uLFM2Hm6iKS1GxfJQNqHsagAdyA?loadFrom=DocumentDeeplink&ts=1175.6099999)):

My challenge, um, was references during the pandemic. I didn't have any connections to anyone 'cause it was all online. So I, it was hard to actually find a reference I could use.

Speaker 16 ([19:46](https://www.rev.com/transcript-editor/shared/dlyuIbk-widAREKAkasRU9bdVU7ZYhaS4VMrmb682DCTPyAWzuyhgtFg_I3bXa3XJv4YN0hbuZCYqpgYcfaEQ-n5YMo?loadFrom=DocumentDeeplink&ts=1186.81)):

I especially not good at writing because I think it, English grammar is difficult for me. So it's, it's biggest [00:20:00] difficulties for me.

Speaker 5 ([20:03](https://www.rev.com/transcript-editor/shared/kp3-mRr5S0-0ewQxdHV6-gNZ-jLIL1rWB7fFik4bM9QZNOJsXSte-mjpaYXChocKIVFIOGj1hj0bAXC2bxL9SSb-7Fg?loadFrom=DocumentDeeplink&ts=1203.51)):

Um, I think the most challenging thing for me is trying to relate it back to what they want. Um, oftentimes I struggle on, I get hung up on what I think is important and not so much what they think is important. Um, so I think the kind of decipher what they want, uh, out of their application.

Hannah (Segment Host) ([20:20](https://www.rev.com/transcript-editor/shared/3Hq1Ud9pxk-N8N619vLG9MQ0xE0ObIQ_pTURBWrl4gk0UXCMhlCQPZYmf7e0IfU2oBhp_j693kX39B_1preVwO79Jgg?loadFrom=DocumentDeeplink&ts=1220.43)):

Well that's it for question two.

July-Anne (Segment Host) ([20:22](https://www.rev.com/transcript-editor/shared/nPgYzMGGT-WvfyXMNMGCRNks9O-a0mc1pBcvurdLQ8PdbIWJ9cOSvXSIRLpu7tqG-Tw3VaZx5RaCbPq7v52YTtn751c?loadFrom=DocumentDeeplink&ts=1222.6199999)):

See you next time on Hit the Streets folks.

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Lauren (Host) ([20:27](https://www.rev.com/transcript-editor/shared/kJo7cQIPcuQU704PN4LISgt_0AsGcGZ8GsamG2B1cpJuhESxeTUhtW7HSRQIm9X_RdDlfY7ZlVQpzM5e89-KoAOJsE4?loadFrom=DocumentDeeplink&ts=1227.3599999)):

So if you are reviewing applications [00:20:30] and, uh, I'm curious to know if there's any common themes, if there's any parts of the application that you think students particularly struggle with and if you have any advice on that.

Sylvia (Guest) ([20:41](https://www.rev.com/transcript-editor/shared/8rLGmEd9HUFNev5Wv7h3G6Ea3uKy1nk30gjf7x7xq72itiwKzEXpzMcCoHafwfHw7tuzeVzuwx9VZeZHMnNAVtrBfc0?loadFrom=DocumentDeeplink&ts=1241.79)):

Usually, um, what I'm having to reach out to students for tends to be around their operating grant. So with the UREAP, you have the $6,000 scholarship that gets paid out in two installments when you first start, uh, ureap and at the end when it's completed is when you get your second half. But the UREAP [00:21:00] also has this secondary component to it that you can get up to a thousand dollars for an operating ground. So that's to help support you with whatever your research may be. Um, whether it's you need pencil crayons because <laugh>, you're doing mapping or you're doing a comic or whatever. It's, it's to help you with your supplies. And um, a lot of times I'll have them come in and they're not asking for an operating grant at all. Some are over and above, uh, especially [00:21:30] tends to be in the sciences.

Sylvia (Guest) ([21:32](https://www.rev.com/transcript-editor/shared/8Yvdty5p6EyZnBfwkF0PrSNwCIaeowTct5IF8oU2XD4iir2bzAXdXsF9dplOEeBe195NbD56n7jybo6dEZSPS0V1-s0?loadFrom=DocumentDeeplink&ts=1292.26)):

So if you are doing your operating budget and say for example, your budget that you need to do your research is $1,500, um, that's the time that you know, okay, well I have a thousand dollars that'll cover it off. You also need to account from where that extra $500 is coming from. And that is a conversation that you'll need to have with your faculty member, um, because there is other options to fund that extra $500, but it needs to be justified [00:22:00] in your application. So that's usually the number one. Even if you're doing your application, you're like, oh no, I'm I'm not going to need this operating grant. Always talk to your faculty member and confirm. 'cause it's better to ask for it ahead of time and not use it. Then be in the middle of your research and all of a sudden realize that yes, you actually do need those additional funds.

Lauren (Host) ([22:24](https://www.rev.com/transcript-editor/shared/EwY9gf5LepzW7Jc45jDNGaUQvgsxY_aXxE8Q4udd9oFgZVWRQQ5Vu0TpwKRiXgpbltcGq0lPL1stgZd3zDdNrYAPtbs?loadFrom=DocumentDeeplink&ts=1344.58)):

And I think that's a really great lesson. Most undergrads who are applying for UREAP don't have a lot of experience [00:22:30] with budgeting and understanding, you know, how much it actually costs to buy supplies for your research. So I think that's a great piece of the application that students have to go through and learn and um, it's something that you'll have to keep doing if you stay involved in research because funding is important. So <laugh>

Sylvia (Guest) ([22:49](https://www.rev.com/transcript-editor/shared/pY0vFYDin5xfLfIJDX8-VZOisO1CoXE0Lk-XLChihC7C59ESMxkSc57FpMiXrgfozP7qzfcAuKI8OQqy__UQtFvubNA?loadFrom=DocumentDeeplink&ts=1369.21)):

Yeah, that's really the purpose of this grant is it, it is, yes, of course we want to help you do your research, but we're also helping you learn kind of the process, um, that you need. [00:23:00] Um, definitely hang onto receipts, <laugh> for sure. I recommend either scanning them or taking a picture of them, um, as soon as you have them, um, because they are usually asked for at the end of your project.

Lauren (Host) ([23:13](https://www.rev.com/transcript-editor/shared/q11PfjISq6bN0dOY_MDWXLcgYjO5zKH7jdluKk6BZADPsWcC31StTTi2EKZdKJiFl1v390NjBrha4wBtDqLme8XeC2k?loadFrom=DocumentDeeplink&ts=1393.3599999)):

And then there's one other section of the application that I think sometimes students might struggle with because it's different depending on what type of research that you're doing. So that's of course the ethics section. Um, and for some projects you might not need to do this section. It's easy breezy and then [00:23:30] for some projects you really need to get in depth about that. So I'm just curious, um, what's your advice to students on that? And do you have any tips when approaching the ethics section?

Sylvia (Guest) ([23:40](https://www.rev.com/transcript-editor/shared/hajAC66_Dhn-GvNr-8uFdJTt00AAJi1s4anSECyfh64cSK9Gc9VinYX3cIHRb0rvrFGJSo3PpOvwpbIEdviohFu9eAs?loadFrom=DocumentDeeplink&ts=1420.3)):

Oh yes. Ethics, um, <laugh>, I remember it. It's very intimidating. Um, and you also have to re like realize that ethics can take a while to get, um, your certification for Right. We have a designated ethics compliance officer in the office. Tricia, she is fantastic. [00:24:00] Mm-hmm. <affirmative>. Um, basically a good rule of thumb when it comes to ethics. If you're dealing with humans or animals, we want to talk to you <laugh>. If you are more in the sciences and we like to say you're dealing with stuff that's gross, uh, like blood, that kind of idea, talk to your faculty member because usually they have already dealt with the biosafety and they can better guide you on whether [00:24:30] or not you actually need to apply. Um, we have a lot of, um, pieces that students can go to for more information. There's a whole re um, ethics section on our website. It also has the email addresses for Tricia who again, she checks her emails. Um, so that's kind of what we recommend. Like again, we're, we're here to help you. We don't want you to stress and try to tr do it all yourself. Uh, feel free to get [00:25:00] ahold of us. A lot of the faculty members are already, you know, dealing with their own research so they are well-versed in getting ethics, um, as well. So we're here to support you with that.

Lauren (Host) ([25:14](https://www.rev.com/transcript-editor/shared/SENi6VT17PUxkqszdWMlG-u5FYEkZuVZt79nbur4FaxlIGbpr5vrQslOrDqUaYPJc8QVEU1r4ou-R1jH4SBxuZGBC6M?loadFrom=DocumentDeeplink&ts=1514.1199999)):

Yeah. And it seems like just overall what I'm hearing is yeah, it is a scholarship that you're learning to navigate on your own and a lot of this stuff will be new, but there is lots of support, um, both in the office and then that's why you have faculty mentors as well who have most likely [00:25:30] been through the process. And if not, re a similar application process before. So you're not alone. <laugh>

Sylvia (Guest) ([25:38](https://www.rev.com/transcript-editor/shared/o2AkwXjkTg7Nhki4orG-Tb7d2zaJKxVbpZX-pGiMBrGfnRprb2eP_iDCBxWfsy9AVOx0IsuLVnBx_d15isCnhgP5p6c?loadFrom=DocumentDeeplink&ts=1538.1199999)):

<laugh>, yeah, please reach out to us. We want to help you <laugh>, <laugh>. So yes, if it's a, if it's an animal or a human, you're probably going to need ethics. Um, the biohazard on the fence. <laugh>. Mm-hmm. <affirmative>.

Lauren (Host) ([25:59](https://www.rev.com/transcript-editor/shared/fcWnw9b82rR4TzxQt27WsBnxowVxLSCL2s8Y0RfA9LiHBNtN1T-FIfjTevx6AhqghiVggHs4iMN9Vjy1ea0gP4Z8uBM?loadFrom=DocumentDeeplink&ts=1559.21)):

Just lastly, [00:26:00] I'm wondering in general when we're thinking about applications, uh, because we do have lots of opportunities both in our office, uh, and then students who are maybe graduating and going off to exciting things like grad school and applying for post-grad programs, there's going to be applications. So I'm just wondering, any last pieces of advice for students to really stand out on applications and, and do really well? Um,

Sylvia (Guest) ([26:26](https://www.rev.com/transcript-editor/shared/4azctLVuTp-mf1VMrFGh4Zb5TcHwKDSWQslaeKrGQAH6hetn_BXeAKIh7z5DpE_QvowLpIOHmOErRDc9tDxTMZZQudA?loadFrom=DocumentDeeplink&ts=1586.33)):

You know, that's a great question and it's going to vary depending on what your, [00:26:30] um, applying for. And you know, it really comes down to the simple things. Um, like I said, I adjudicate a lot and I see a lot of times that obviously students apply for awards and sometimes it's as simple as they don't change what awards they're applying for and submit the same cover letter <laugh>, which doesn't look great. It's kind of like mm-hmm. The same if you have a resume and you're cover lettering for a job and you, you know, so it's, it's little things [00:27:00] like that, making sure that you're actually answering the questions that are asked of you. Um, you know, a lot of times we really want to know who you are, what you're passionate about, you know, what you've been doing, um, you know, kind of how you got to where you're at, like what made your brain tickle, you know, um, and really passionate about the research you're doing. So again, a lot of our rewards spell out right on the application exactly what we want. Um, I [00:27:30] prefer, and this is just me, I love things in P D F, um, <laugh> and it's a safety thing for you 'cause they're locked in. Um, but yeah, just make sure you're going through and be like, yes, I submitted this. Yes, I submitted that. Um, and a lot of times our awards do overlap when they're due, so it's always good to check, um, application dates just to make sure you have everything prepared ahead of time.

Lauren (Host) ([27:55](https://www.rev.com/transcript-editor/shared/X0VFnXQLspYO0BRkbF_1M1YNAb2Uyj8Mr4qqKTuES-zC3k_vn-gPhMyDYh8vZE12KNegCMq8iottQ8BBAIVqtLitr-w?loadFrom=DocumentDeeplink&ts=1675.35)):

Yeah. So it sounds like it's important to nail down those details [00:28:00] and get really familiar with, uh, what you actually do need to supply and then deliver that and, and don't overdeliver and put things in that are not needed. Right. You don't need to make extra work for yourself. So is there anything else that you want to share about the UREAP or any last, uh, advice in general for students?

Sylvia (Guest) ([28:20](https://www.rev.com/transcript-editor/shared/dnDHGZEiOYOK4hyKfAJx7qtboFZzbo5cLp5mCHX_O3jq7CWAca6MethDLX6mPCdwVkDxerUgyppjXb1RXHQIforiDBw?loadFrom=DocumentDeeplink&ts=1700.85)):

Um, basically the nice thing about UREAP is it does, um, have two intakes a year. So we have fall and we have winter. So it's [00:28:30] always great to kind of see how that's going to work with your schedule and your life. Um, it tends to be that our winter intake is usually much larger than our fall because a lot of students need to have the summer or would prefer to do their research over summer, um, to have it completed. Um, but if it's something that you can make work in the fall, uh, you do have those two options for applying and yeah, it's a, it's a great award and yes, it is a scholarship, [00:29:00] but it's also a learning experience for you and we want you to have the best experience possible and just reach out.

Lauren (Host) ([29:07](https://www.rev.com/transcript-editor/shared/bpFaZXBzhYaNklDAhazlQ-tAD39xh3j20ehpJy2lWkah_Z0ZGTeB0uiVE1SA3ZBRBBpQKE6IQwXPTRv3Ul23UzqiHBw?loadFrom=DocumentDeeplink&ts=1747.71)):

Amazing. Well, uh, thank you so much Sylvia. I think that's all of my questions for you today. I really learned a lot about what the UREAP is and I even learned for myself some do's and don'ts for applications in the future. So I really appreciate your time, uh, and I really hope that if students are interested and still have questions that they will hit up the research office [00:29:30] and come find you and get to meet you possibly. So I hope you have a really great day and we will, uh, see you next time on the CURN Cast

Sylvia (Guest) ([29:39](https://www.rev.com/transcript-editor/shared/QUjmcTQydiVHitnB93g8ACd15Iyr1GzC-gNT4FiNL243UGN-KlrlkOEB0i2dioJidCsDBgkijmWXv9TbQjZusDfYtNg?loadFrom=DocumentDeeplink&ts=1779.57)):

<laugh>. Awesome. Thanks Lauren.

Lauren (Host) ([29:44](https://www.rev.com/transcript-editor/shared/MKA23BsIl90o1Rd9fXOF3m2b9Z0Z4Mev6jFj2XZ0scnMTkOvshu8-CbhOlwcg9WxiitDeLxpJJG6pSL3uHiHSbBu7oM?loadFrom=DocumentDeeplink&ts=1784.23)):

Thanks again to Sylvia for sharing all those important tips on applying for research scholarships. I hope this has inspired you to consider looking at which scholarships that you might apply for to kickstart your research journey. Thanks for tuning into the CURN Cast. We'll [00:30:00] see you soon!