

✓ Student Self-Checklist for Finding and Preparing for Experiential Learning Opportunities

You belong here. Here's how to start finding the right opportunity for you:

✓ Student Action Items

- ☐ **Learn What's Out There:** CaB has a mix of structured 'courses' for experiential learning. See our infographic below for both, but reach out to your professors and for potential research opportunities.
 - ☐ **Ask Questions:** If you're not sure how to apply, ask your instructor, TA, or academic advisor. It's normal to ask!
 - ☐ **Reflect on Your Interests:** What excites you? Which courses or topics have you enjoyed the most? Your excitement will come through when you discuss opportunities.
 - ☐ **Consider Your Availability:** Be honest with yourself about your time, schedule, and other commitments, and be sure to communicate this.
 - ☐ **Prepare to Reach Out:** Draft a short email expressing your interest to a professor or lab coordinator. Mention what interests you about their work, and ask to meet during their office hours
 - ☐ **Don't Self-Exclude:** You don't need top grades or previous experience to get started—early experiences are for learning!
 - ☐ **Explore Short-Term Options:** Look for small projects, volunteer roles, or summer positions if a full semester feels too ambitious.
 - ☐ **Practice Professional Communication:** Check your email regularly and respond promptly when you express interest.
 - ☐ **Ask About Accommodations or Supports:** If you need specific supports (physical, learning, financial), ask early so arrangements can be considered/made.
 - ☐ **Be Open to Feedback:** Everyone starts somewhere. It's okay to learn and grow from the experience.
 - ☐ **Follow Up:** If you don't hear back, follow up politely after a week.
 - ☐ **Celebrate Your Effort:** Taking the first step is an achievement. Every experience helps you grow.
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Experiential learning is more about transferrable skills and less about grades. Reflect on the following transferrable skills and consider how you might further develop yours



Leadership



Initiative



Persistence & grit



Risk assessment



Creativity



Adaptability



Critical Thinking &
Problem Solving



Communication



Ethics & Personal
Integrity



Social & Cultural
Awareness



Curiosity &
Meta-Cognition



Collaboration

Your Dynamic/Experiential Learning Roadmap

for students interested in project-based learning & mentorship



CKIH 200 RySciMatch

- ★ **Research Leadership**
- ★ course offered by the SDZ/FoS
- ★ designed for 2 and 3rd year students
- ★ Non-credit (no cost)
- ★ offered year winter and summer semesters

SCI 888 Evidence-based Innovation

- ★ **Hackathon-styled course**
- ★ course offered by the SDZ/FoS
- ★ designed for 2 and 3rd year students
- ★ For-credit
- ★ offered each semester (including summer)

CHY399 Property-directed Synthesis

- ★ **Intensive Research lab course**
- ★ course offered by the CaB
- ★ designed for senior students
- ★ For-credit - one semester
- ★ offered only in Fall or Winter

Start here



Finish here

SCI 999 Research Practicum

- ★ **Intro Lab Experience**
- ★ course offered by the SDZ/FoS
- ★ designed 2-4th year students
- ★ Non-credit (no cost) - can taken 4 times
- ★ offered each semester (including summer, max 10hr/wk)

CHY307/BLG481 Lab Project

- ★ **Intensive Research lab course**
- ★ course offered by the CaB/SDZ
- ★ designed for 3 and 4 year students
- ★ For-credit
- ★ offered only in winter and summer

CHY40/BLG40 Thesis Project

- ★ **Thesis project course**
- ★ course offered by the CaB
- ★ designed for senior students
- ★ For-credit - 2 term course
- ★ offered only Fall/Winter