I had the great pleasure of interning in a research lab on Colorado State University’s campus and enjoyed my experience. I gained many useful laboratory skills and technical knowledge. Anyone looking to pursue a career in research should definitely look into undergraduate research at CSU. More specifically anyone interested in genetics, yeast, cancer, radiation, or environmental exposures should look into working in Dr. Lucas Argueso’s lab.

During my time in Dr. Argueso’s lab I learned how to run an autoclave machine, mix media, freeze strains, handle yeast (store it, grow it, dispose of it) I received hazardous waste training, I learned radiation protocols and worked with radiation exposures, and I know how to sterilize tubes and media. Other skills that I gained were public speaking (I gave formal presentations often), technical writing (writing up reports for experiments), and data analysis (both data that I collected and data that others are presenting). I gained many valuable skills that I will use in my future career once I have graduated.

The majority of my internship entailed me running experiments and collecting data. After a year and a half of assisting graduate students and learning from them, I was able to propose and conduct my own experiments as part of my final project in the lab. Often times I would be running multiple experiments at once or have another
project that I was asked to complete on top of my own project.

The best part of my internship was being able to have my own project after two years in the lab. When I first came into the lab I could barely understand all the technical terms and language that everyone used, now I am able to explain what I am doing to others. Overall research is a superb internship opportunity and gave me the opportunity to conduct research first hand as an undergraduate, something that is almost unheard of in other universities.