

# Which lab is the best fit for me based on my preferences, options, and influences?

## PREFERENCES

Prompts	What is my preference/goal?	Is it a must-have?
<p><b>Tip: Think about your previous lab experiences!</b></p> <ul style="list-style-type: none"> <li>• What kind of working relationship would you like to have with your PI? (weekly check-ins or monthly, helping you develop projects or giving you the autonomy to develop your own, etc.)</li> <li>• What research areas would you like to work in?</li> <li>• What skills do you want to develop during your PhD? (expertise, techniques, presentation/writing)</li> <li>• What networking opportunities do you want? (conferences, internships, courses, collaborations, etc.)</li> <li>• What work/life integration do you want? (exercise, other interests, family, etc.)</li> <li>• What environment is important to you? (quiet, boisterous, competitive, collaborative, etc.)</li> <li>• How does the PI interact with lab alums? (and do lab alums have jobs that you might be interested in?)</li> <li>•</li> </ul>		

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## OPTIONS

Name of Lab #1 \_\_\_\_\_

My Grade for This Lab: \_\_\_\_\_

Things to consider	Pros	Cons	Neutrals/Unknowns
<p><b>How You Work Best:</b></p> <ul style="list-style-type: none"> <li>Is this an environment where you feel you can be productive?</li> <li>When you imagine yourself in this lab, how does that make you feel? Why?</li> </ul> <p><b>Opportunities &amp; Progress</b></p> <ul style="list-style-type: none"> <li>What projects will you get to work on?</li> <li>What skills will you learn: new research areas or techniques, working on papers, grants, etc.</li> <li>What development opportunities are supported: attending conferences/courses, mentoring students, teaching, etc</li> </ul> <p><b>The People &amp; The Lab</b></p> <ul style="list-style-type: none"> <li>Is the funding outlook good?</li> <li>Can you work with the people in the lab?</li> <li>Do people have time to take care of themselves (dr. appts, vacation, etc.)</li> </ul> <p>What's the time to graduation for other students?</p> <p><b>The PI</b></p> <ul style="list-style-type: none"> <li>How skillful is the PI at supervising: (Do they set expectations, delegate, give feedback and address conflicts in the lab effectively?)</li> <li>How often will you interact w/ PI?</li> <li>What are the expectations to graduate?</li> <li>Do you know how a PI might address progression issues?</li> <li>What evidence of support for career goals like yours?</li> </ul>			

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## OPTIONS

Name of Lab # 2

My Grade for This Lab:

Things to consider	Pros	Cons	Neutrals/Unknowns
<p><b>How You Work Best:</b></p> <ul style="list-style-type: none"> <li>Is this an environment where you feel you can be productive?</li> <li>When you imagine yourself in this lab, how does that make you feel? Why?</li> </ul> <p><b>Opportunities &amp; Progress</b></p> <ul style="list-style-type: none"> <li>What projects will you get to work on?</li> <li>What skills will you learn: new research areas or techniques, working on papers, grants, etc.</li> <li>What development opportunities are supported: attending conferences/courses, mentoring students, teaching, etc</li> </ul> <p><b>The People &amp; The Lab</b></p> <ul style="list-style-type: none"> <li>Is the funding outlook good?</li> <li>Can you work with the people in the lab?</li> <li>Do people have time to take care of themselves (dr. appts, vacation, etc.)</li> </ul> <p>What's the time to graduation for other students?</p> <p><b>The PI</b></p> <ul style="list-style-type: none"> <li>How skillful is the PI at supervising: (Do they set expectations, delegate, give feedback and address conflicts in the lab effectively?)</li> <li>How often will you interact w/ PI?</li> <li>What are the expectations to graduate?</li> <li>Do you know how a PI might address progression issues?</li> <li>What evidence of support for career goals like yours?</li> </ul>			

# Which lab is the best fit for me based on my preferences, options, and influences?

## OPTIONS

Name of Lab # 3

My Grade for This Lab:

Things to consider	Pros	Cons	Neutrals/Unknowns
<p><b>How You Work Best:</b></p> <ul style="list-style-type: none"> <li>Is this an environment where you feel you can be productive?</li> <li>When you imagine yourself in this lab, how does that make you feel? Why?</li> </ul> <p><b>Opportunities &amp; Progress</b></p> <ul style="list-style-type: none"> <li>What projects will you get to work on?</li> <li>What skills will you learn: new research areas or techniques, working on papers, grants, etc.</li> <li>What development opportunities are supported: attending conferences/courses, mentoring students, teaching, etc</li> </ul> <p><b>The People &amp; The Lab</b></p> <ul style="list-style-type: none"> <li>Is the funding outlook good?</li> <li>Can you work with the people in the lab?</li> <li>Do people have time to take care of themselves (dr. appts, vacation, etc.)</li> </ul> <p>What's the time to graduation for other students?</p> <p><b>The PI</b></p> <ul style="list-style-type: none"> <li>How skillful is the PI at supervising: (Do they set expectations, delegate, give feedback and address conflicts in the lab effectively?)</li> <li>How often will you interact w/ PI?</li> <li>What are the expectations to graduate?</li> <li>Do you know how a PI might address progression issues?</li> <li>What evidence of support for career goals like yours?</li> </ul>			

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## INFLUENCES

How do I make decisions? (circle)	External and internal factors (list)	How important is that influence?
<p><b>Tip: Think about previous decisions you've made!</b></p> <p>Data-Driven            or            Intuitive</p> <p>Pressure-prompted    or            Early Starter</p> <p>Crowd-sourcing        or            Independent</p> <p>Systematic             or            Organic</p> <p><b>Who did you talk to when making previous decisions?</b></p> <p><b>Who will you talk to this time?</b></p>		