

## U-RISE Fall 2024 Workshop Schedule

Tuesdays, 12:30 – 1:20pm, New Education Building, Room 1110

Color Codes:

**Mandatory for all trainees.**

**Mandatory for seniors.**

**Mandatory for juniors and pre-U-RISE trainees.**

Semester	Topics/Events	Months
Fall	<p>Welcome Back Meeting: Welcome U-RISE Orientation: Mandatory for all trainees. <b>August 27, 2024</b></p> <p>Draft ABRCMS abstract due to Dr. Holder for review (see <a href="https://www.abrcms.org/index.php/present-at-abrcms-submit-an-abstract">https://www.abrcms.org/index.php/present-at-abrcms-submit-an-abstract</a>). Mandatory for seniors.</p>	August
	<p>What (Research) I Did on My Summer Vacation: Presented by all U-RISE trainees!! <b>September 10, 2024</b></p> <p>How to apply to graduate school/Post-Baccalaureate Programs: How to Write a Personal Statement &amp; An Effective CV. Mandatory for seniors <b>September 17, 2024</b></p> <p>Conference Presentations of Scientific Data: Oral Presentations and Poster Presentations; Professional Etiquette. Mandatory for all trainees. <b>September 24, 2024</b></p>	September
	<p>Health and Wellness Issues and Answers: <a href="https://www.odu.edu/hms/wirc/employeewellness">https://www.odu.edu/hms/wirc/employeewellness</a>. Mandatory for all trainees. <b>October 1, 2024</b></p> <p>GRE Workshop for U-RISE junior class and senior class. Mandatory for all trainees. <b>October 8, 2024.</b></p> <p>Fall Break. <b>October 12 – 15, 2024</b></p> <p>How to Manage Your Finances. Mandatory for all trainees. Kirk Leach, PhD, College of Business <b>October 22, 2024</b></p> <p>Study and Time Management. Mandatory for all trainees. <b>October 29, 2024</b></p> <p>GRE Practice Test via the items sent in a previous email.</p>	October
	<p>Gearing Up for ABRCMS (<a href="https://www.abrcms.org">https://www.abrcms.org</a>). Mandatory for seniors.</p>	

	<p><b>November 5, 2024</b> via Zoom as there will be no classes due to Election Day!</p> <p>Identifying &amp; Applying for Summer Research Experiences: Mandatory for juniors and pre-URISE trainees. <b>November 12, 2024</b></p> <p>ABRCMS Conference for seniors. <b>November 13 – 16, 2024, Pittsburgh, Pennsylvania</b></p> <p>How to Ace Your Grad School/Summer REU/Post-Bac Interview. Mandatory for Seniors. <b>November 19, 2024.</b></p> <p>Thanksgiving Holiday. <b>November 27 -29, 2024</b></p>	<p><b>November</b></p>
	<p>Our Potluck. <b>Friday, December 6, 2024</b></p>	<p><b>December</b></p>