

# Research Experience for Undergraduates (REU)

## Program Overview:

REU stands for Research Experience for Undergraduates and they are typically programs that students participate in *away* from their “home” institutions under the mentorship of a faculty member at that institution. Most REU programs occur during the summer at a host institution and consist of a small group of undergraduate students interested in a specific field or research focus. REU programs offer students practical experience in their discipline and are also a great way to experience an eventful program that allows you to network with other students and professionals in their field. This experience enables students to build skills or perhaps learn a new discipline they otherwise would not have explored. Many REU programs include stipends, on-site housing, travel, and food allowances, and a research supply budget.

## Benefits of Participating in an REU Program:

Students who apply for REU experiences can gain many resourceful benefits in research, including:

- Form a better understanding of the nature of research, their discipline, etc.
- Become more confident as they prepare to utilize their disciplinary skills in graduate school and/or the workplace
- Build a strong cohort of undergraduate student researchers from around the country and form long-lasting relationships with these peers and faculty
- Experience a different institution, region, perspectives that may help inform your “next step” planning

## Expectations of REU Participants:

When applying for an REU opportunity, keep some things in mind:

- Students are expected to contribute to the research projects and will be very busy. Students are expected to complete the work and program assignments as dictated by the faculty mentor.
- Start the application process early! Most REU applications will require a copy of your transcript, a personal statement, letter of recommendation(s), and a list of your discipline-focused courses (i.e. mathematics and science courses if attending a science or health REU). For summer REU’s applications are often due late fall/early spring.
- It is recommended that you apply for several programs because they are very competitive!
- Once you are accepted into a program, promptly reply to the REU program director and respond to any action items to commit to the program. Also, let your UWF faculty mentor and OUR know so we can celebrate this exciting achievement with you!

## How to Find and Apply for an REU:

You can begin searching for an REU by searching on the [Research Experiences for Undergraduates link](#) under **Student Resources** on the **OUR website**. This list includes a variety of REU internships available for students in all disciplines, from the sciences to the humanities. Don’t find one that interests you? You can continue your search by googling terms like “Research Experience for Undergraduates Biology” to find more. Contact the Office of Undergraduate Research ([our@uwf.edu](mailto:our@uwf.edu) or [uwf.edu/our](http://uwf.edu/our)) with questions about any REU opportunity or to help you put together your application materials.