Enhancing your medical education through research: an overview of the MD-STIR program

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• What is the MD with STIR program?
  – A program that formally recognizes your research experience during your undergraduate medical program
    • Receive an MD with Special Training in Research notation on your UofA transcript and diploma
FAQs

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    • Receive an MD with Special Training in Research notation on your UofA transcript and diploma
  – work in a research lab for 1 summer
  – submit a research proposal
  – work in a research lab for another summer
  – write up your final data in a research report
  – give an oral presentation and defend your data
  – Structured program: “Involvement in a good research environment will improve your lateral thinking, clarity of reasoning and thus improve your critical thinking abilities”
FAQs

• What is the advantage of enrolling in this program since I already have summer research experience?
  – *This is an opportunity to take your research to “the next level”*
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What is the advantage of enrolling in this program since I already have summer research experience?

- *This is an opportunity to take your research to “the next level”*
- → submit a research proposal
  - Under the guidance of your Supervisor, you will write up a research proposal that you wish to do in the following summer (driver/passenger)
  - Receive constructive feedback from the MD STIR committee (composed of accomplished scientific researchers from all fields)
  - An opportunity for you to improve your writing skills
- → work in a research lab for another summer
  - This is now YOUR project (motivated to learn from team members, propose methodology or analytical improvements etc.)
- → write up your final data in a research report
  - By writing a formal report, you really get to “know your study”.
- → give an oral presentation and defend your data
  - An opportunity to test your presentation and critical thinking skills and receive constructive feedback from a panel of experts
MD with STIR timeline

- Summer 1—Work in a research lab
- Fall—Find a Supervisor for Summer research 2
- Feb 1—Submit MD with STIR Application
  - Research proposal
  - Confidential appraisal from past Supervisor
  - Application is assessed by Committee and constructive feedback given to student
MD with STIR timeline

• Summer 2—Work in a research lab
  – Attend Research ethics and Integrity Seminar
  – Student presents an oral presentation to department of research group

• Sept—Submit final report (6 pages, dbl-spaced)
  – Abstract/Introduction/Results/Discussion/References
  – Contribution to Research Report (1 page, dbl-spaced)

• Oct/Nov—Oral presentation and defense
MD with STIR timeline

- Summer Research 1
  - Feb 1 - Submit Application
  - Receive Committee feedback
- Summer Research 2
  - Attend Ethics Seminar
  - Oral Seminar
- Final Committee Decision
  - Sept - Submit Final report
  - Oct./Nov - Final oral report
Words of wisdom from former students:

• If research interests you or if you’re looking for something productive and fulfilling to do over the summer months, then I would take part in the STIR program. The skills I developed and relationships I formed motivated me greatly and gave me new personal goals to work towards, both short-term and long-term.

• Research benefitted me by giving me opportunities to practice with verbal and written communication. Learning to be a medical expert in one area. Practice searching research medical databases for new research.
Questions?

Words of wisdom from The Matrix:

Sooner or later you're gonna realize, just like I did...

There's a difference between knowing the path and walking the path.

https://www.med.ualberta.ca/programs/mdstir