

1. Given the competitiveness of various residency programs and the healthcare job market, having research experience is almost an essential component of medical school. Start early!
2. Opportunities to do research: summer time, research courses, research electives/selectives, or longitudinal projects. In-class surveys are usually simple to conduct and have easy to recruit study subjects. Generally speaking, clinical research is easier to accomplish than basic science research due to the busy school curriculum.
3. Once you have decided on a specialty/specialties to pursue (the earlier the better), you should search for a research supervisor in a related field. This may include looking up the departmental faculty directory, speaking to classmates, or meeting with career counsellors who can connect you with students who are more senior or residents for their opinion.
4. You should strongly consider the MD/PhD program if your goal is to pursue an academic career with a very specific focus. Even if you are enrolled in the MD stream, you can always request to enter the MD/PhD stream during medical school. In addition, having an MD/PhD will make you very competitive for residency programs and faculty positions.
5. Before meeting with a supervisor, make sure you read at least a few of his/her research papers/abstracts in order to have a clear idea of their research interests. If you have time, compare and contrast different researchers' interests in a similar field. This will also allow you to demonstrate interest at the initial meeting with the research team.
6. For basic science research, pick research projects/labs that have a fast turnaround time for experiments. E.g. Bacterial studies, sequencing, leukemia cell lines. This will allow you to generate more data in the limited time you have for research.
7. An ideal lab (you may obtain this information about specific labs from public reputation or word of mouth):
 - a. Places personal safety as top priority.
 - b. Has a supportive and driven supervisor who is punctual and communicates with you on a regular basis.
 - c. Has a cohesive and collaborative research team (including collaboration with other labs).
 - d. Has a good publication record regardless of whether the research results are excellent, good, or mediocre. It indicates that your research project will very likely be published.
 - e. Has an excellent team of technicians with possible undergraduate research students.
 - f. Has easy access to a biostatistician at all times.

- g. Has a flexible work schedule.
 - h. Supports you attending conferences and other networking opportunities.
8. Want to have some fun and travel in the summer? You can also do research at a location away from your home institution. US, UK, and Germany usually have many summer research positions. However, after school starts, it may be difficult to continue the project and carry it to completion.
9. If you are unsure of the specialty of interest but wishes to pursue research projects, it might be reasonable to get involved in medical education, oncology, or psychiatry as these topics can relate to any field of medicine you may become interested in.