

## Wirth Lab Expectations – April 2019

If you conduct research in our group, you are expected to:

- 1) **Prioritize your health, wellness, and lab safety.**
  - *Invest time in a hobby.*
  - *Exercise your body and mind.*
  - *Take advantage of working at CSU and living in Cleveland.*
  - *Hold others accountable for prioritizing health, wellness, and lab safety.*
  - *Request vacation.*
  
- 2) **Respect your colleagues.**
  - *Communicate to your colleagues.*
  - *Maintain a clean and organized lab workspace.*
  - *Reserve equipment.*
  - *Define and maintain project responsibilities.*
  - *Be on time for meetings.*
  
- 3) **Be proactive about your lab work, training, and career.**
  - *Read broadly in STEM literature.*
  - *Go to conferences or other labs around the country.*
  - *Use business cards.*
  - *Join local or national professional societies.*
  - *Get trained on new hardware, techniques, simulations, or skills.*
  - *Write a good-looking CV and update every couple of months.*
  - *Ask CLW to buy you a coffee to talk about your career.*
  
- 4) **Document everything.**
  - *Write down protocols ahead of every lab activity.*
  - *Write down observations from every lab activity.*
  - *Collect data and analyze those data from every lab activity.*
  - *Draw conclusions based on these data and analysis.*
  - *Use your electronic 'Wirth Lab Research Diary' google sheet every day.*
  - *Use your hardcopy lab notebook every time you're doing something in the lab.*
  
- 5) **Work effectively and efficiently.**
  - *Multitask by reading the literature, writing, or analyzing data during downtime.*
  - *Be honest with yourself about how effective you are with your time.*
  
- 6) **Write every day for at least 20 minutes.**
  - *Work on a paper, literature review, or upcoming abstract every single day.*
  - *Keep this writing in a google doc accessible to CLW.*