

Wirth Lab Expectations – December 2021

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 CWRU and living in Cleveland.
- Hold others accountable for prioritizing health, wellness, and lab safety.
- Request vacation.
- Maintain open lines of communication between group members.

2) Respect your colleagues.

- Communicate to your colleagues.
- Maintain a clean and organized lab workspace.
- Reserve high use 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 hardcopy lab notebook every time you're doing something in the lab.
- Keep your shared project folder updated.
- Spot check each other's lab notebooks.

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) Strive to write every day for at least 20 minutes.

- Work on a paper, literature review, or upcoming abstract every single day.
- Keep this writing in the shared project folder.