

# How the USRI Program Has Helped Prepare Me for Graduate School; A Critical Reflection

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## Purpose

This poster provides a critical reflection of (a) ways the USRI program encouraged the development of my theoretical & practical research acumen, and (b) how I anticipate these experiences will support my Master of Science (MSc) studies.

## Background

In September 2021, I begin an MSc in health promotion in the Health & Rehabilitation Sciences (HRS) Program at Western. Two integral elements of this program are **practical** and **theoretical knowledge** (1). Examples of USRI opportunities that have helped to prepare me for success in my HRS MSc follow.

## Theoretical Knowledge

Examples of USRI workshops that advanced my research knowledge base & MSc preparation:

- **Conducting ethical human research: The ABCs**
  - I learned about best practices of human research & resources to aid in Research Ethics Board applications; critical tools for the integrity of my thesis research.
- **Practicing safe texts: how to research, write and use materials safely**
  - I gained a comprehensive understanding of copyright & open access; essential for my writing development, coursework essays, & thesis work.
- **Publishing your work: let's de-mystify the process**
  - I have an understanding of pathways to and processes of publication (e.g., revisions, rejections) and relevant-to-me journals; vital knowledge for an aspiring academic.

## Practical Knowledge

Select USRI experiences that fostered my academic skill development:

- **Hands-on research activities (PRO-GRAD project)**
  - I engaged in quantitative data cleaning, qualitative inductive content analysis, literature searches, research team meetings; all essential for graduate research
- **Finding statistical data sources & Organizing research with reference management tools (workshops)**
  - I explored secondary data resources & learned Zotero for article organization; finding & interpreting quality sources + efficacious article management are crucial tools for academic writing
- **All about research posters workshop**
  - I've applied these learnings to create this poster, and effective conference presentations will be important in my MSc

## Results

My Research Internship opportunities have helped me to become more capable and confident in the skills needed for my MSc, from conducting an intervention to effectively disseminating findings.

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## References

(1) Western Graduate&Postdoctoral Studies. (n.d.). Health and Rehabilitation Sciences Master of Science (MSc). Graduate and Postdoctoral Studies - Western University. <https://grad.uwo.ca/admissions/programs/program.cfm?p=133>.