

2015 CaRES Evaluations Completed by Interns
N=15 (100% of 15 Interns) Responded to All Questions
 [Note: we could fund only 15 interns in this, the final year of the current 5-year grant]

How many CaRES internships have you done with us at UAB prior to this summer?

Responses	Frequency	
	0	14
	1	1

Please rate how well your preceptor...

5=Excellent 4=Good 3=Neutral 2=Fair 1=Poor

	Mean
Gave you the orientation and assistance you needed to do your internship.	4.87
Showed interest in your progress learning research in this area.	4.80
Was available to supervise, assist, or advise you.	4.67
Demonstrated an understanding of the goals and objectives of the CaRES program.	4.80
Made clear his/her expectations of you as an intern.	4.73

Please rate how well the CaRES administrators and staff...

5=Excellent 4=Good 3=Neutral 2=Fair 1=Poor

	Mean
Explained to you how the program was to work.	4.80
Responded to your questions or concerns.	4.67
Clearly outlined expectations for you as an intern.	4.60

Please tell us how much the CaRES program helped you to...

5=Excellent 4=Good 3=Neutral 2=Fair 1=Poor

	Mean
Build your overall knowledge of the particular research area you worked in.	4.60
Build your overall knowledge of scientific methods and the research process.	4.67

Please give us your overall assessment of our program.

5=Excellent 4=Good 3=Neutral 2=Fair 1=Poor

	Mean
How would you rate the quality of your overall educational, research, and training experience provided by the CaRES program?	4.60

Please tell us whether you agree or disagree with the following statements...

5=Strongly Agree 4=Agree 3=Neutral 2=Disagree 1=Strongly Disagree

	Mean
Based on your prior education, experience, and skills, you were well-matched with your research project.	4.47
You had a positive research relationship with your preceptor.	4.67
Your preceptor should be approved again to oversee a CaRES intern.	4.73
Your stipend was adequate.	4.67
Your hours were flexible.	4.80
Your internship was an effective way to obtain a short training experience in cancer research.	4.73

The CaRES seminar was an effective way for you to communicate your research activities.	3.73
The CaRES seminar keynote presentation was a valuable component of the seminar.	3.73
The CaRES seminar keynote speaker was effective in providing useful information.	3.80
You interacted with people with whom you could collaborate on future research.	4.07
You are likely to pursue a career in cancer research once you leave school.	3.33

The CaRES program helped me to _____ my career plans or path when it comes to cancer research. (choose all that apply)

	Frequency
	n (%)
“identify”	5 (33.3)
“solidify”	5 (33.3)
“refine”	5 (33.3)
“narrow”	1 (6.7)
“eliminate options from”	3 (20.0)
“decide to change”	0 (0.0)

State the degree to which your CaRES internship experience helped you improve . . .

3=Greatly enhanced 2=Moderately enhanced 1=Somewhat enhanced 0=Did not enhance

	Mean
Your general writing skills	1.53
Your scientific writing skills	1.87
Your ability to perform laboratory procedures	2.00
Your knowledge of research design	2.73
Your data analysis skills	2.13
Your knowledge about doing research in an academic setting	2.60
Your knowledge about acquiring grants and funding	1.93

How will you disseminate the results of your CaRES research project?

3=Already Submitted 2=In Progress 1=Being Planned 0= Not Applicable / No Reply

	3	2	1	0
Use your project as the basis for a thesis or dissertation.	1	0	2	12
Make an oral presentation at a professional meeting.	3	0	5	7
Present a poster at a professional meeting.	2	3	5	5
Draft and submit a manuscript for publication.	2	3	6	4

End of Statistical Summary

Please see a summary of the student intern comments on the following pages.

2015 CaRES Intern Commentary for Selected Questions

For the statement, “The CaRES program helped me to _____ my career plans or path when it comes to cancer research,” the students were asked to choose one or more of these words or phrases to fill in the blank: identify, solidify, refine, narrow, eliminate options from, or decide to change. The most common responses were identify, solidify, and refine. The students were also asked to explain their choices. The student intern commentary is presented *verbatim* other than for the deletion of identifiers.

The program provided me the opportunity to see what research and publishing entails.

I am more open to research as an accompaniment to clinical work as a physician in my future career. I enjoyed working with a breast cancer population and would be open to working with a cancer population in the future.

The CaRES program was an excellent introduction into the cancer field. Although I cannot say for certain that I will pursue a specialty in oncology or do further cancer research, I am now more interested in finding out more about this particular field and could see myself pursuing it in the future.

I am still considering cancer research in my future career. I want my career to involve mission work and international medicine, but if my career also involves cancer research, I know that I will want it to be based in the U.S.

In all honesty, cancer was not a big part of my MPH academic experience before I applied for the CaRES internship. I am primarily interested in women's reproductive health advocacy in an international context. Luckily, my project addresses HPV and cervical cancer and also works to advance the state of cervical cancer screening and women's reproductive health. I have become much more knowledgeable and interested in HPV and cervical cancer and how they relate to women's health, and hope to continue working on these projects for the foreseeable future.

Prior to this experience, I had wanted to participate in cancer research during my career. This summer solidified that notion because I can now see myself pursuing that path in my career long-term.

Adding research to my list of career interests to possibly pursue in the future.

CaRES has made me realize my love for research, particularly cancer research that I had not yet discovered prior to the summer.

Please provide details regarding disseminating your CaRES research project results by means of a thesis or dissertation, a presentation at a professional meeting; or a publication (give the citation if available).

Over half of this year's students had already used their CaRES data to propose a thesis, dissertation, oral presentation, poster, or manuscript, or were planning to do so.

What were the STRENGTHS of your CaRES internship? Please mention learning experiences that were especially useful or outstanding:

All

I had sufficient time to dedicate to getting up to speed on the project and background information. Everyone in the research team was wonderful to work with. I gained experience in lab work and general research skills (lit review, scientific writing, etc.), as well as receiving some clinical exposure.

I loved the flexibility I had with CaRES. I was happy that we had the option to take a few weeks off during the internship and my lab had a very relaxed but helpful environment. The post-doc also allowed me to contribute to the research design of my project which was a great learning experience.

I learned a lot about working with mentors and working with issues in communication. I had very good practice with trying to clear up communication issues and also in compromising on cultural differences, especially with regard to time and punctuality. I also bettered my people skills from administering questionnaires to patients.

The strengths of my CaRES internship lie in the extremely supportive environment that my mentor and Dr. Waterbor created. Whenever I had any questions or concerns, my mentor was always available and eager to help me with whatever was at hand. I have learned patience and determination and am still learning those things! Finally, I am grateful for the many hours of writing and editing that I've done this summer as it has sharpened my grant-writing and protocol-composition skills.

My mentor and his lab were excellent. Great opportunity!

My mentor taught me techniques that I did not previously know, but needed for my work in his lab. He was very patient and kind and I feel as though I was able to learn much about the research design process as well as various techniques in a relatively short period of time.

Working with study participants, enhanced knowledge of data analysis and the overall research process.

I really don't know where to start. Everything seemed to be a strength. I have learned so much from the fundamentals of research to the data analysis to a better understanding of professional writing.

What were the WEAKNESSES of your CaRES internship? Please mention anything that you were asked to do that you should not have been asked to do; and comment about things that you wanted to learn or expected to learn but did not learn:

There were some times that we were waiting on data and so work was a bit slow, but that was not the preceptor's fault (we were collaborating with other researchers - on the plus side, gained insight into the process of inter-department collaboration!).

There were no big weaknesses in the internship.

I think because of the nature of the office where I'm working, there were some times where I was asked to edit colleague's writing when it had nothing to do with the projects I am working on. They consult me for English corrections and grammar as well as stylistic and composition help. I have had to learn to politely say that I am not available to do those things because at first it was taking up a lot of my time.

None. Expectations were exceeded.

There were no weaknesses of the internship.

Nothing comes to mind.

I was often told not to come in because there was no work to do. I was only able to see 1 of the 60 participants before I left because we started so late and enrollment was so slow.

Recommendation: Do not let students be in projects that are not already IRB approved or that are not under experienced researchers (with this IRB approval being the final and intended protocol and not one that is planned to be frequently amended). List the actual PI and not another tangentially involved person as the preceptor.

I think that it would have been better if my preceptor could have explained the big picture of what we were studying.

The authorship information presented at the seminar did not seem necessary.

None. I plan to apply for another internship this upcoming summer.

What SPECIFIC RECOMMENDATIONS do you have to improve the CaRES program regarding program publicity, website organization, the interview process, the self-matching process, payment method, or evaluation process?

I thought it all went very smoothly. I was happy with my experience.

The program was great overall, and I had no issues with it. However, a social event planned for all the CaRES interns and preceptors would be a fun idea for the future!

Although the self-matching process worked out for me, I don't think that it was necessarily the best method to get the best candidates for every position. Due to the limited amount of CaRES project funding, I feel like the self-matching process ended up becoming first-come-first served, and not to say that everyone chosen was not fully qualified, but I think that it may have limited mentors getting to interview as many candidates that were interested. However, I still like the self-matching process because it made everything more low key and smooth, so I guess the only suggestion I have is to hopefully get more funding for CaRES projects.

I have been quite pleased with the entire program and am honored to be a part of it. I found the entire process to be quite accessible, well-organized, and helpful.

I think the current organization is very effective.

I did not hear back from some of the PI's until several days after I initially emailed them. Even though they already had their positions filled, it would have been nice to know this so I could have furthered my match/interview process without waiting for a response from those individuals.

Everything was great with the exception of the publicity of the program. The only reason I knew about it was because I person who did CaRES last year informed me of it. Possibly sending out emails or posting flyers prior to the release of the internships would have made it more known among students.

THE END