



- Monday afternoons will generally be spent outside of the classroom. There are a few tours planned; but many will be hands-on or otherwise interactive activities.
- Most Mondays, you will be free by 3:00 or 3:30 PM to report to your research areas. This will be particularly useful for those of you who might need to set something up for the next day's work. *You are expected to inform your mentor that most of your Mondays will be occupied with outside-the-lab-bench learning.*
- **TUESDAYS** – You will be in your research areas all day. ***Be sure to ask your mentor about when you should start and end your work days.*** Ask about laboratory specific expectations for breaks and lunch. For those of you who want to bring a lunch, you may wish to ask if there's a refrigerator to store it. Otherwise inquire about nearby places to grab something to eat.
- **WEDNESDAYS** – The day will be split as follows:
  - In the mornings, starting at 9:00 AM, you will join other summer research students in the School of Veterinary Medicine (SVM) for various presentations on various aspects of research. Topics will vary from ethical considerations, rigor and reproducibility, delivering scientific presentations, designing scientific posters, etc. You may join by zoom or in person (SVM room 2255); but recognize that you'll optimize professional network building with discussion leaders and other scholars if you join in person. The summer scholars with whom you will interact are veterinarians in training (typically in the first or second year of the four-year degree program). These individuals will enjoy talking to you about their career and training journeys. Also recognize that urological conditions are a major problem in veterinary species, as they are in humans. Also recognize that veterinarians are trained to understand and address species differences in biology, physiology, pharmacology, and other disciplines; they are valuable resources, particularly if you are using model species to investigate the basis of urology-related diseases.
  - You will generally be done with this activity around 10:00 or 10:30 AM, at which time you are expected to go to your research areas for the remainder of the day.
- **THURSDAYS** – You will be in your research areas all day.
- **FRIDAYS** – You will be in your research areas all day.
- **Lab-specific meetings and expectations** – Many research groups hold weekly meetings or regularly meet one-on-one or in small groups with the PI. ***You are expected to ask your PI about the research group expectations and attend meetings provided they do not conflict with the required Monday and Wednesday SPUUR meetings.*** Understand that your PI could, in the future, serve as a professional reference as you consider advanced training or additional research opportunities. Take the time to prepare for your meetings with other lab members and your PI.

## RULES AND REGULATIONS

All research results generated while you are a SPUUR Scholar at UW-Madison are the property of UW-Madison. A few rules about conduct during your summer experience follow:

- Read the UW-Madison "Guide to Creating and Maintaining a Safe Learning and Work Environment at UW-Madison, located online here: [https://compliance.wisc.edu/wp-content/uploads/sites/102/2018/09/Safe-Learning-and-Work-Guide.Fall\\_.FY19-Accessible.pdf](https://compliance.wisc.edu/wp-content/uploads/sites/102/2018/09/Safe-Learning-and-Work-Guide.Fall_.FY19-Accessible.pdf).
- Attend all lab meetings required by your mentor.
- Follow all laboratory rules set by your mentor. These might include how to dress to comply with laboratory safety guidelines, how to follow various lab safety rules, how to maintain a laboratory book, rules about storing and maintaining data, etc. In addition to any common laboratory book or log to which you are required to contribute, **we strongly encourage you to maintain a personal notebook – no matter the type of research in which you are engaged** – in which you document your experiences on a day-to-day basis. We want your feedback on positive and negative aspects of your SPUUR experience and your recommendations for optimizing SPUUR for future years.
- Share your results as requested and as required by your mentor. This might include written documentation, verbal reports, or presentations to others in the lab.

- Be respectful of the workspace and your teammates. Interact professionally with your mentors, lab mates, and others with whom you come into contact while you are at UW-Madison. Your work environment is guided by university policies outlined in the afore-mentioned 'Guide to Creating and Maintaining a Safe Learning and Work Environment at UW-Madison' and available for [download](#) on the UW-Madison website. The guide includes reporting procedures for misconduct.
- Contribute to tasks that keep the lab functioning. These may include washing dishes, cleaning the lab, writing protocols, keeping lab notebooks up-to-date, and organizing and archiving electronic data and research specimens.
- Participate fully in your lab for the time you are there. We want you to succeed and to strongly consider making urology research part of your future!

## KEY EVENTS

- **Thursday, June 6 (afternoon) and Friday, June 7 (all day).** You are expected to attend and participate in the CAIRIBU Interactions Core Summer Summit, "**Catalyzing Connections to Advance Urology Research.**" The summit will take place on the UW-Madison campus in the HSLC. Various investigators from around the country will present their research and discuss novel and cutting-edge ideas to advance urology research. You will learn about a broad cross-section of urologic research and be able to talk one-on-one with these investigators. This is a unique opportunity for UW-Madison SPUUR scholars only!
- **Friday, July 19, 12 Noon-2:30 PM** (virtual). You are expected to attend, listen to research presentations of others, and present your research at the CAIRIBU O'Brien Center Summer Student Research Jamboree. You will share the research space with undergraduates working at other George M. O'Brien research centers in benign urology (University of Texas Southwestern Medical Center, Columbia University, and Stanford University, among others).
- **Friday, August 9.** You will be expected to submit a final title, author list, and abstract of your summer research and to complete end-of-experience surveys.
- NOTE that other key events may be planned.

## SUMMER IN MADISON

Madison, Wisconsin is a pretty cool place, especially in the summer. We hope you will have ample time in the evenings and on weekends to enjoy all that Madison has to offer. Some highlights are below:

- **[UW-Madison Memorial Union Terrace](#).** Legendary place in the east campus area (corner of Langdon and Park Streets) to meet up with others, hear some music, grab some grub, and soak up the sun on the Lake Mendota southern shore. The link above will redirect to a website that includes a calendar of events
- **[UW-Madison Union South](#).** Located on the near-west side of campus. Features a bowling alley and a climbing wall. Several eating venues available.
- **Babcock Ice Cream.** A famous UW-Madison specialty. Can get it at many local venues (e.g., Memorial Union, Union South, many other local ice cream shops). But the best place to get it is at the UW-Madison Babcock Dairy Store on Linden Drive. The ice cream is famous, but so is the cheese. There's also a deli where you can get freshly-made sandwich and an observation deck where you can watch product manufacturing. You can also visit the [dairy cattle center](#) to observe milking from the 84-cow herd that supplies milk to Babcock Hall; milkings occur daily at 4 PM.
- **Picnic Point.** A mile-long peninsula along Lake Mendota's southern shore. It's a relatively quiet place to take a walk, observe birdlife, and do the "portage walk" across the narrowest point of the peninsula. You can [reserve a fire circle](#) and have a campfire.
- **Dane County Farmer's Market on the Square.** America's largest producers-only farmers' market. Held from April to November on Saturday mornings on the Capitol Square and on Wednesday mornings on Martin Luther King Jr. Blvd.
- **Bike the Lake Monona Loop.** Approximately 12 miles on a paved path. Bikes for rent are available at stations all over the city, including on the UW-Madison campus.
- **Capitol Building tour.** The Wisconsin state capitol was built between 1906 and 1917. It is open to the public weekdays from 8-6 PM and weekends and holidays from 8-4 PM. [Free tours are offered daily.](#)

- **Concerts on the Square.** Music by the Wisconsin Chamber Orchestra (free). Wednesdays, 7:00 PM, June 26-July 31 on the State Capitol lawn. Bring a blanket and picnic. Or grab food from one of many food carts.
- **Art Fair Off the Square, Saturday and Sunday, July 13-14.** Annual 2-day event featuring all kinds of art for sale, food trucks and more.
- **Chazen Museum of Art.** On University Avenue in the heart of campus. The entire museum is free. Open Monday-Friday 10-7 PM and on weekends 11-5 PM.
- **Monona Terrace Concerts on the Rooftop.** Free, Thursday nights from 7-9 PM; gates and cash bars open at 5:30 PM. Check website for live music info: <https://www.mononaterrace.com/events/>.
- **The Madison Night Market.** Second Thursdays. Dates coinciding with your SPUUR experience are in June and August. Located along State Street and Gilman Street. Vendors have art, pre-packaged foods, fresh produce, and other products for sale. There are food carts, “pop-up” restaurants, and live music. More info at <https://visitdowntownmadison.com>.

**WHERE TO GO FOR HELP**

- If you need help, are experiencing an emergency of some kind, have an urgent need, or a burning question that can't wait, call **Chad Vezina at 608-345-2056** at any time. Or call **Kris Penniston at 608-234-2887**.
- The **UW-Madison Employee Assistance Office** offers confidential consultation services for anyone working on the UW-Madison campus. A snip of the home page for the “LifeMatters” program is at right. Feel free to use this resource if you need to talk with someone about your personal and/or work-related concerns.

**Employee Assistance Office**  
Confidential consultation services for UW-Madison employees and their families

<https://hr.wisc.edu/employee-assistance-office/lifematters>

## LifeMatters

The **Employee Assistance Office (EAO)** has expanded its services to provide employees with free and confidential statewide coverage, and 24/7 telephone access to professional counselors in support of employees' personal and work-related concerns.

Along with EAO, **LifeMatters** provides a wide variety of resources including training, financial and legal consultation, time saving searches, 1-5 sessions with a counselor for personal or work-related issues, and management consultation regarding workplace concerns.

Appointments with LifeMatters counselors are available in-person, via chat, text, or video.

**Access LifeMatters 24/7**

<p>Call</p> <p><b>800-634-6433</b></p> <p>to talk with a counselor</p>	<p>Text "Hello" to</p> <p><b>61295</b></p> <p>to start the conversation</p>	<p>Visit the</p> <p><b>LifeMatters Website</b></p> <p>Password: Bucky1</p>
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**For on-campus support during business hours**

Contact EAO:  
**Employee Assistance Office**  
 8 am-4:30 pm  
 Monday-Friday  
 608-263-2987  
[eao@mailplus.wisc.edu](mailto:eao@mailplus.wisc.edu)