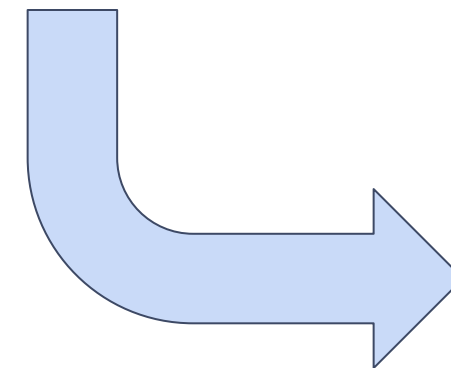
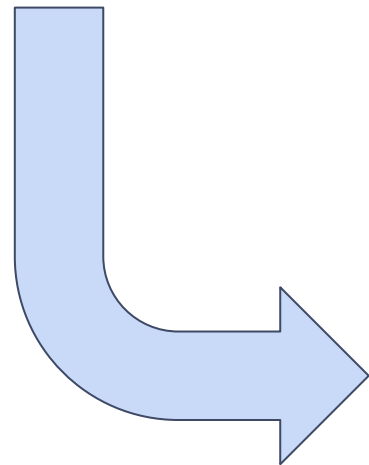
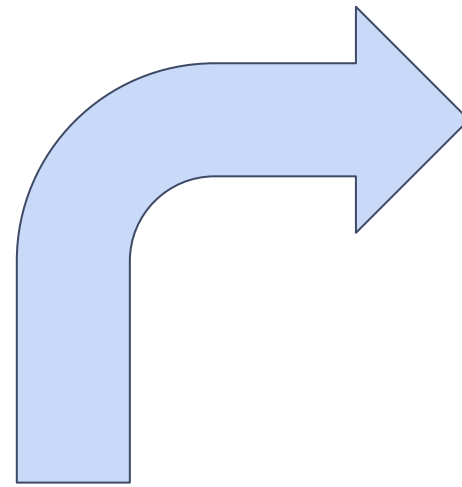


# **Tips for Future Students: My Overseas Research Experience in Japan**

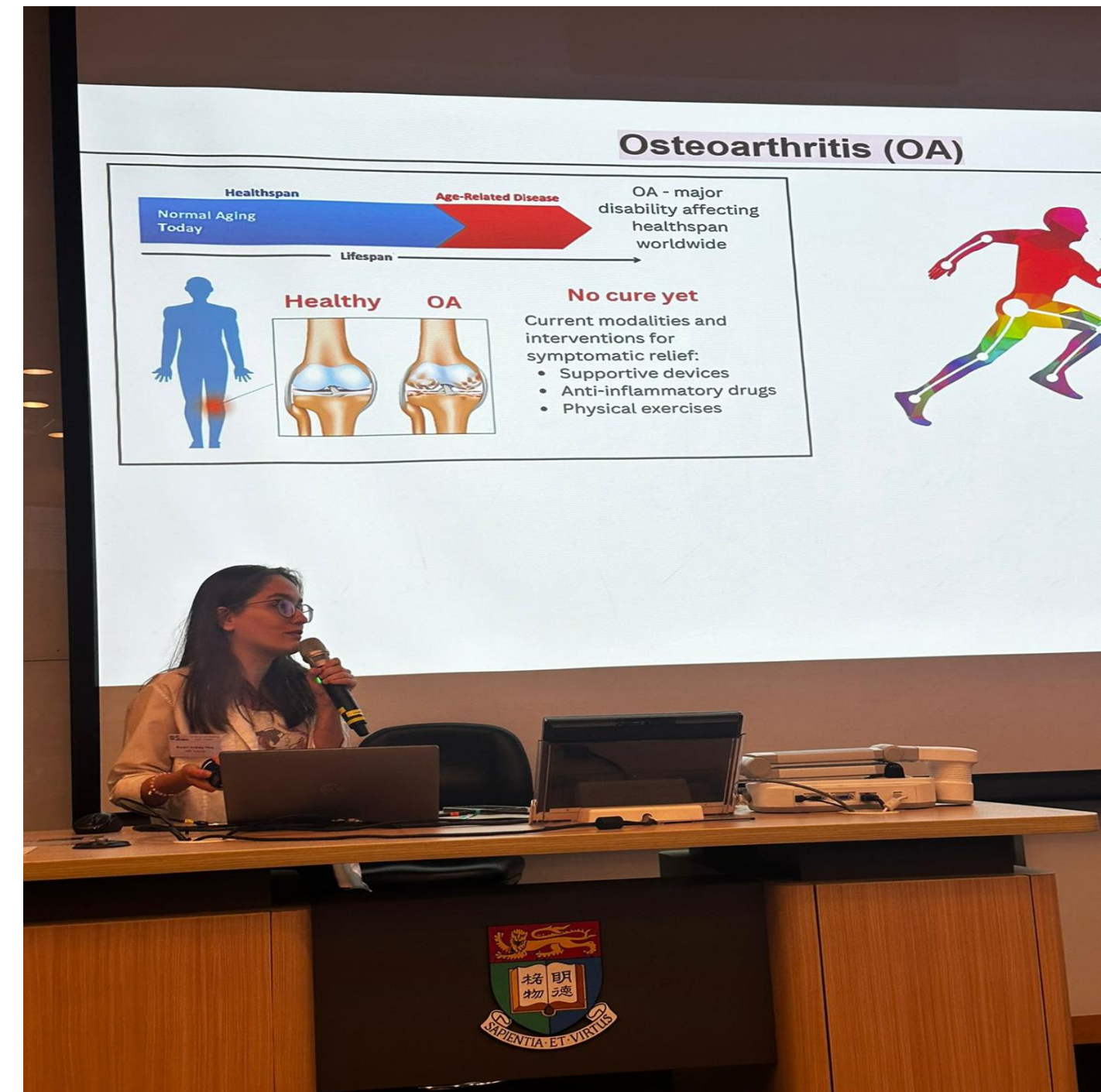
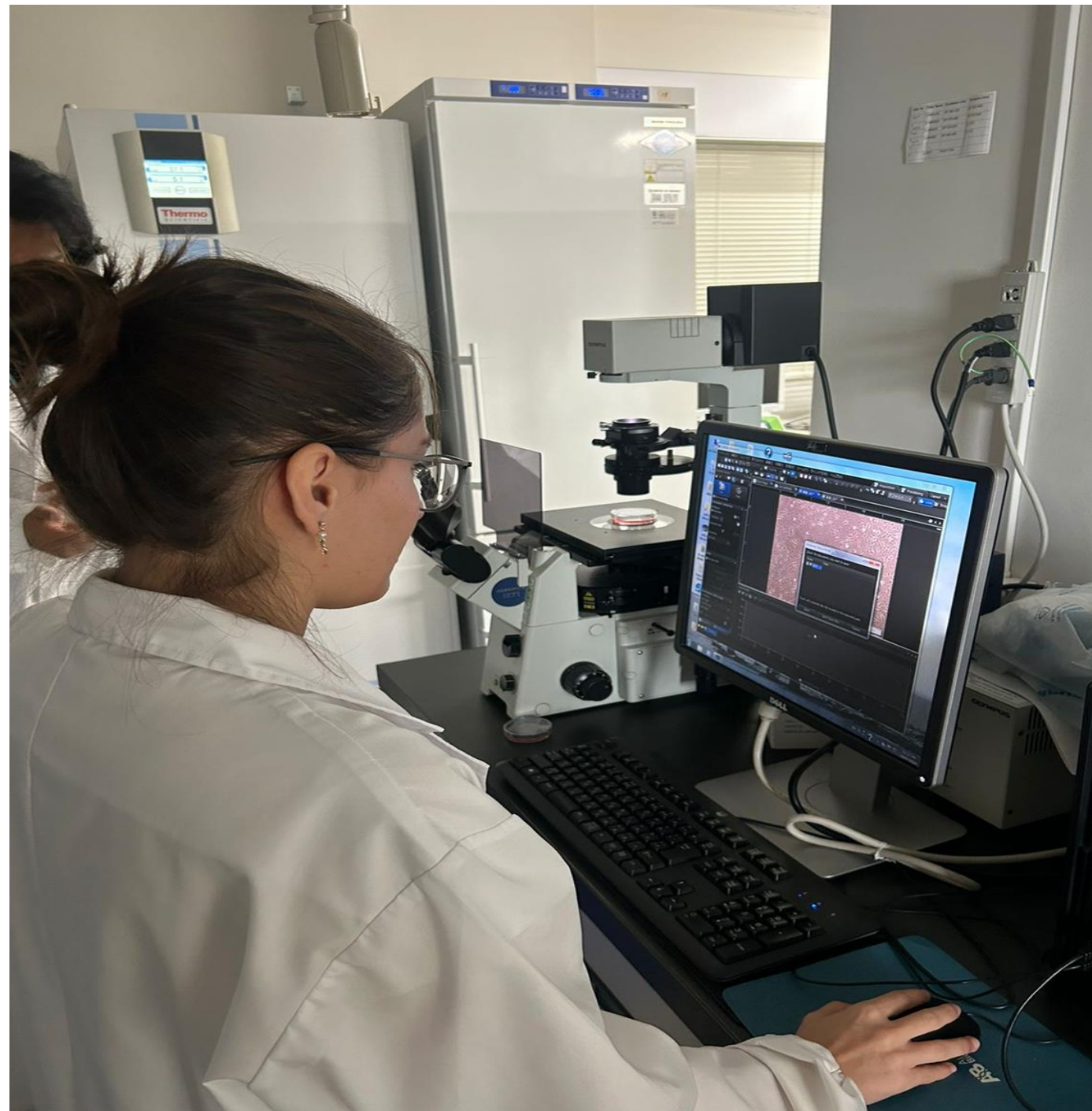
**Aybala Nisa Kesici**  
**BSc Molecular Biology and Biotechnology**



# Institute for Integrated Cell-Material Sciences (iCeMS), Kyoto University



# Effect of Different Pyrrole-Imidazole Polyamides as Gene Switches on the Human Mesenchymal Stem Cell Differentiation into Chondrocytes



# Roadmap

**FIND YOUR  
SUPERVISOR**

1

**PLAN YOUR  
RESEARCH**

3

**PRESENT YOUR  
FINDINGS**

5

**GET  
PREPARED!**

2

**CONDUCT  
YOUR  
RESEARCH**

4



# Step 1: Find Your Supervisor

## Get A Head Start

- The earlier you start, the better! Finding a supervisor can take time, so don't procrastinate.
- **But here's the key:** Don't give up, even if you're running out of time. I finalized my supervisor just a week before the deadline. **Be persistent.**

## Leverage Your Network

- Your network is your greatest asset.
- What if they don't work? Don't hesitate to send cold emails. I found my supervisor this way, so it's worth the effort!

## Embrace Rejection as Part of the Journey

- Let's be honest: Rejection is inevitable. Some professors may not respond at all. That's okay.
- I sent dozens of emails and only got one response— but that one response was all I needed.
- **Keep going, and don't take it personally.**

## The Art of Cold Emails

Cold emails might feel intimidating, but they can open doors. Here's how to get it right:

- **Write a great subject line:** Make it clear and professional.
- **Keep it short and to the point:** Supervisors are busy— respect their time.
- **Attach a polished resume:** Brief but informative. Highlight your relevant experience.

## Market Yourself Effectively

Feeling inadequate? Don't.

You don't need to be an expert in the field to reach out to a prospective supervisor. Instead:

- Show genuine interest in their research.
- Focus on what you can contribute to their lab.

**Enthusiasm matter more than perfection.**

# Roadmap

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SUPERVISOR**



**PLAN YOUR  
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**GET  
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**CONDUCT  
YOUR  
RESEARCH**



## Other Steps

### GET PREPARED!

You'll be abroad for over two months! Secure your accommodation, take time to acclimate, and ensure you have reliable internet and finances in place.

2

### PLAN YOUR RESEARCH

Outline how you'll allocate your time, but remember to stay adaptable— challenges can lead to unexpected opportunities!

3

Immerse yourself fully in your research and document your journey. These notes will be helpful for your final report. And have fun along the way!

### CONDUCT YOUR RESEARCH

4

Get ready for your poster presentation in October. It's your chance to showcase what you've learned!

### PRESENT YOUR FINDINGS

5

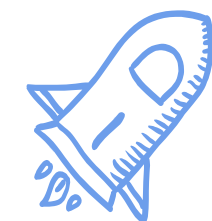
# What I Gained From ORF?



**Invaluable  
Guidance &  
Fresh Ideas**



**Cherished  
Memories &  
Friendships**



**Boosted  
Confidence**

**Good luck & have fun!**

**Feel free to reach out if you have any questions :)**

