



\$18,500 Fellowship in Biomedical Research The INBRE Scholar Program

ABOUT THE PROGRAM:

INBRE is a scholarship program that selects highly qualified undergraduates for an unparalleled opportunity to pursue original biomedical research within multiple academic laboratories in Nebraska. It is geared to those aspiring to pursue advanced education in biomedical research (i.e., a Ph.D. degree). The program requires a two-year commitment. Usually, 3 new students will be selected as INBRE Scholars each year. For general information, visit the website www.unmc.edu/inbre.

WHO CAN APPLY?

Any student, generally in their second year, who will not graduate until May 2028 is eligible. Students pursuing a major in Science, Technology, Engineering, or Math (STEM) are ideally suited for this program. This program is intended for students preparing themselves for educational or employment opportunities in the field of biomedical/STEM research after completion of their undergraduate degree.

PROGRAM BENEFITS:

- \$4,000 for the first summer conducting research at a major research institution in Nebraska; \$4,000 for each academic year of participation; and \$4,500 for the second summer for research conducted at the Scholar's home institution.
- Housing support for the first and second summers. Housing options are available to Scholars during the first summer, whereas second-year Scholars receive a \$1,000 housing allowance.

PROGRAM REQUIREMENTS:

- **Complete a 10-week Research Foundations Summer Training Workshop** (in 2026, starting May and ending August) in biomedical research within a laboratory at the University of Nebraska Medical Center (UNMC), the Univ. of Nebraska-Lincoln (UNL), or Creighton Univ. Medical Center (CUMC) during the 1st summer in the program. Scholars must devote full-time effort (40 hours per week). Outside employment and enrollment in summer courses are NOT allowed.
- **Join an INBRE-supported research laboratory** at UNK and conduct original research for the next two academic years and the summer in between. This will require devoting total effort to the research project during the summer and 10 hours/week during the academic year with either Drs. Kim Carlson, Kristy Kounovsky-Shafer, or the other professors who receive a DRPP. For faculty and lab information, refer to <http://www.unk.edu/academics/biology/faculty/index.php>.
- **Present research results** during junior and senior years at the annual INBRE meeting in August and the Nebraska Academy of Science meeting in April. If resources and circumstances allow, present at additional local, regional, and national venues.

Note: This program involves a significant time commitment that likely would preclude INBRE Scholars from working at another job. Considering this expectation, the NE-INBRE program, therefore, provides the generous stipends described above to help address Scholars' financial obligations. For further info, contact Dr. Kristy Kounovsky-Shafer at kounovskykl@unk.edu.

INBRE Scholar Application

- A complete application packet for the INBRE Scholar program must be submitted by **Friday, November 21st by 5 pm CST**. Submission address: INBRE Fellowship Selection Committee, Attn: Dr. Kristy Kounovsky-Shafer, Dr. Kristy Kounovsky-Shafer (BHS 411E, mailbox in BHS 415, or kounovskykl@unk.edu)

A complete application consists of the following items, submitted together as one document in the following order:

- **Application form** (two pages, see attached)
- **Statement of Interest:** up to 2 pages, double-spaced, 11 pt font. Address each of the following questions:
 - Why are you interested in biomedical research? Indicate where you first heard about the INBRE program.
 - What are your future educational and career goals following graduation from UNK?
 - Do you have any research experience? How will this program benefit your career goals?
 - Which UNK lab(s) are you most interested in working within (see list above) and why?

Note: You are strongly encouraged to speak to former or current INBRE Scholars. Insights from such conversation(s) regarding the INBRE program will likely strengthen your Statement of Interest.
- **Copy of the most recent university transcript**
- **Resume/CV**

Also: Arrange for one letter of recommendation to be directly sent to Dr. Kristy Kounovsky-Shafer. The letter should address the applicant's scientific potential, academic prowess, research experience, and character. Email or paper format is acceptable.

The INBRE campus coordinator will contact students selected for interviews, Dr. Kristy Kounovsky-Shafer.



Nebraska's Institutional Development Awards (IDeA) Networks
of Biomedical Research Excellence (INBRE)

Personal Information

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____ Email _____
Second Email _____
Are you a U.S. Citizen or Permanent Resident? ☐ Yes ☐ No

Academics

Class Status _____ Fr. _____ So. _____ Jr. _____ Sr. _____
Major(s) _____ Minor(s) _____
Cumulative GPA _____ STEM GPA _____

Recommendation Letter

Ask your reference to send their letter by email directly to kounovskykl@unk.edu by the application deadline.

Reference
Name _____ Phone Number _____
Email _____ Relationship _____



I certify that the information in this application is correct, and I authorize INBRE faculty to view my academic records. If selected as an INBRE Scholar, I **agree** to the following conditions for continuance in the program:

1. I will complete the ten-week Research Foundations Workshop held on the campuses of UNMC, UNL and CUMC during my first summer in the program. This includes attending orientation day as well as regular attendance at the INBRE Seminar Series every Monday. I realize that the Research Foundations Workshop is considered a full-time commitment to the INBRE program, and additional activities such as taking summer courses or holding part-time jobs during the summer are not appropriate.
2. I understand and agree that if I do not complete the full ten-week summer program, I am responsible for repayment of the total scholarship received, minus the pro-rated amount for the weeks that I did participate. Repayment is due within 30 days of leaving the program unless arrangements are agreed upon by UNMC.
3. I will maintain participation in a research project on my home/transfer campus during the next two academic years and my second summer in the program. During the academic year, my part-time involvement will include **working a minimum of ten hours per week** on my research project. During my second summer in the program, my full-time commitment will include **working the equivalent of 40 hours per week for 10 weeks** on my research project.
4. I will attend and present my research results at the annual Nebraska Academy of Sciences Meeting held in April and the annual NE-INBRE Conference held in August. I understand that attendance at the entire annual NE-INBRE conference and participation in all sessions is required.
5. I will submit yearly progress reports to my faculty mentor no later than May 1st of each year.
6. I will maintain a minimum GPA of 3.0.
7. I will attend the statewide journal club that meets twice per semester.
8. I will attend the INBRE scholar's book club and full program meetings on UNK's campus each week in the Spring and Fall semester.
9. I will try my best to be an exemplary representative of the NE-INBRE program, which is known and respected throughout the state of Nebraska. I will maintain a high level of professional conduct that includes displaying proper respect for my mentor, other faculty, staff and students at the academic institutions participating in the INBRE program, as well as proper attitude, behavior, dress and adherence to lab safety rules.

Signed: _____

Printed name: _____

Date signed: _____

Home address: _____

City: _____ State: _____ Zip code: _____



If you are selected as an INBRE scholar, you will have to sign the following UNK - INBRE Contract

What is expected from INBRE scholars? INBRE scholars will:

1. work with your faculty mentor fall & spring semesters for a minimum of 10 hours per week & 2nd summer for a minimum of 20 hours per week. **INBRE scholars are not expected to work in the laboratory in the evenings or weekends alone, unless deemed appropriate by your mentor (e.g., computer analysis, media preparation, fly collection, etc.).** Additional **paid** campus positions are **discouraged**. However, if you work an additional **paid** campus position(s), it (they) **cannot** exceed 10 hours per week, as undergraduates are only legally able to work a **maximum** of 20 **paid** hours a week on campus. This includes the Undergraduate Research Fellows program, work study, etc. (**mandatory***)
 2. not take summer classes while in the INBRE program, unless approved by UNK INBRE coordinator. (**mandatory***)
 3. become familiar with the literature on your research project.
 4. keep a detailed laboratory notebook that must be left with the faculty mentor after completion of your program.
 5. become adept at techniques required by your research project so you can become independent in the lab.
 6. work on only one research project with one mentor in one department at a time. For example, you will not be allowed to work on your INBRE project at the same time you are working on a project with another professor.
 7. write abstracts and make oral or poster presentations for professional society meetings. Be provided monetary support for **one** professional society meeting for the two-year period that you are a scholar.
 8. attend the annual Nebraska Academy of Science meeting (for the whole day) and the banquet. You will be given transportation to the meeting, and you are expected to take the bus. (**mandatory***)
 9. attend the annual INBRE meeting (**mandatory***)
 10. complete the Responsible Conduct of Research training **before** beginning lab work (**mandatory***)
 11. attend the monthly INBRE meeting (**mandatory***)
 12. attend the weekly INBRE scholars meeting (**mandatory***)
 13. attend the online journal club with the other campuses (**mandatory***)
 14. maintain a level of conduct that will not embarrass yourself or your mentor, including attitude, behavior or dress.
 15. maintain a 3.0 GPA once you have started the program. (**mandatory***)
 16. be evaluated and informed of problems with participation or progress. If needed, a plan of action will be enforced that may include termination from the INBRE program.
- * **Failure to adhere to mandatory policy is a breach of this contract and can result in immediate termination as a scholar. Termination means immediate loss of stipend and all privileges associated with the program.**

What can INBRE students can expect from their faculty mentors? Your faculty mentor will:

1. provide you with a thorough explanation of the project on which you will be working.
2. provide you access to on-line journals from professional societies to which your mentor is a member.
3. assist you in setting up a reasonable work schedule.
4. provide you with a laboratory notebook.
5. assist you in learning the proper laboratory techniques necessary to complete your project.
6. supervise you in the laboratory until you and your mentor are confident you can complete the work on your own. **INBRE scholars are not allowed to work in the laboratory in the evenings or weekends alone, unless deemed appropriate by your mentor (e.g., computer analysis, media preparation, fly collection, etc.).**
7. assist you in ordering the materials necessary to complete your research.
8. assist you in submitting an abstract and registering for a professional society meeting.
9. assist you in preparing an oral or poster presentation for a professional society meeting.
10. make travel arrangements to attend a professional society meeting.
11. evaluate you on a semester basis and inform you of your progress and participation.

By signing this contract, I understand that if I, as a INBRE scholar, do not meet the terms of this contract, I can be immediately terminated as a INBRE scholar with the loss of privileges and stipend.

Signature, INBRE student

Signature, INBRE mentor

Date



Date

Nebraska's Institutional Development Awards (IDeA) Networks
of Biomedical Research Excellence (INBRE)

If you are selected as an INBRE scholar, you will fill out the following.

NE-INBRE Scholar Information

Name: _____

Major(s): _____

Hometown: _____

What is your campus preference? Rank 1-3 or select no preference.

_____ No preference

_____ UNMC

_____ UNL

_____ CUMC

List 5 labs you are interested in for your summer research. Put these in order of preference. These can be found by searching at <http://www.unmc.edu/inbre/mentors/index.html>. Wait until January to look at the updated list. This list is due January 25 to Dr. Kounovsky-Shafer.

1. _____

2. _____

3. _____

4. _____

5. _____

6. Theme: _____ Campus: UNMC CUMC UNL

Will you need summer housing in a dormitory?

Yes

No

Gender:

Female

Male

If Yes, do you have your own car for transportation?

Yes

No