

Independent Investigative Inquiry – III

E25 Scholarly Project Requirement

Cynthia Sprenger, PhD
Triple I Director

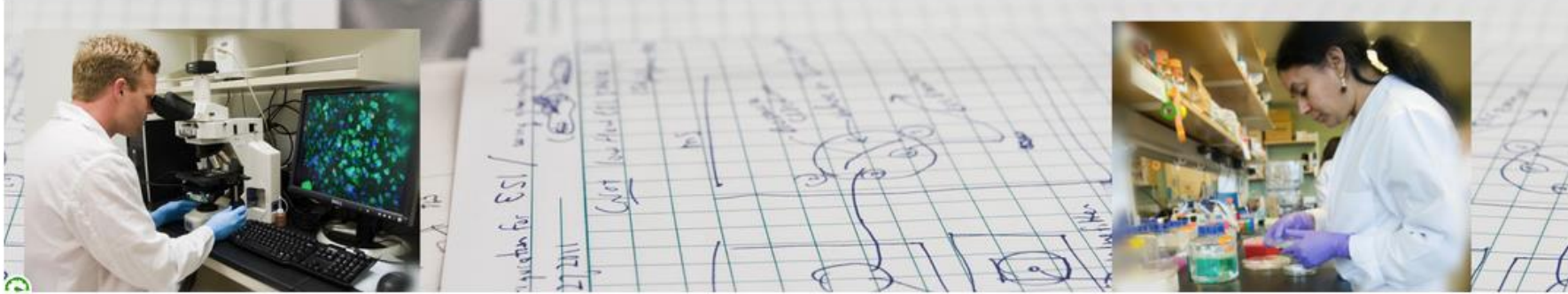
AGENDA

- > Overview
- > Options to complete your Scholarly Project Requirement
- > Getting started

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TRIPLE I CANVAS SITE



✓ Welcome-Overview of Triple I Course.

Welcome-Overview of Triple I Course.

- | | |
|---|---|
|  Office Hours |  |
|  Start Here: Welcome! |  |
|  A Great Way to Check Out Triple I: Attend a Triple I Poster Symposium this November |  |

WHAT IS SCHOLARLY WORK?

> Scholarly work is work that moves a field forward by asking a question and seeking the answer

Discovery: research in which new discoveries are made through original investigation.

Integration: Work that synthesizes and gives meaning and perspective to isolated facts.

Application: Work that examines how knowledge can be effectively applied to consequential problems.



WHAT IS THE III SCHOLARLY PROJECT REQUIREMENT?

- > Independent Investigative Inquiry (III)
 1. Select a subject of interest to explore over the summer between the first and second year
 2. Investigate the subject, under the guidance of a Faculty Mentor
 3. Report on your findings in the fall of second year

- > **MD Degree requirement**

WHY IS A SCHOLARLY PROJECT REQUIRED?

- > You are building a foundation of medical knowledge that will last throughout your career
- > Many parts of that foundation will change throughout your career
- > An essential skill is to be able to ask scientific questions and find the answers to those questions as medicine evolves

HOW AND WHEN WILL I REGISTER AND COMPLETE THIS GRADUATION REQUIREMENT?

Courses that you will register for to complete the III:

- > **Independent Investigative Inquiry (MEDSCI 501, 6 credits):**
 - This is a 1 of 2 hyphenated course to complete your III research, registration will be during the summer between 1st and 2nd year.

- > **Independent Investigative Inquiry Final Project (MEDSCI 503, 1 credit):**
 - This is a 2 of 2 hyphenated course to wrap up or present your III research. Registration will be during the fall of your second year and will be concluded by turning in your final paper or presenting your research at the poster session.

TUITION

- > **As a graduation requirement you will be expected to register for and pay tuition for these courses**
 - Tuition amount depends on your Foundation Site
 - Please contact your site's registrar for information about tuition cost
 - For questions about financial aid, please contact SOM Financial Aid Office (somfao@uw.edu)

- > **UWSOM does not allow waivers for this requirement** even if you hold an advanced degree in a health-related field (such as MPH or PhD)
 - UWSOM administration strongly feels this experience benefits all students and enhances your residency applications

AGENDA

- > Overview
- > Options to complete your Scholarly Project Requirement
- > Getting started

TRIPLE I PROGRAMS

1. Discovery (Research)

Director: Cynthia Sprenger, PhD

2. Integration (Literature Review)

Director: Cynthia Sprenger, PhD

3. Rural Underserved Opportunities Program (RUOP)

Director: Toby Keys, MA, MPH

4. Global Health Immersion Program (GHIP)

Director: Collette Abbott, MD

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1. DISCOVERY



Cynthia Sprenger
Director

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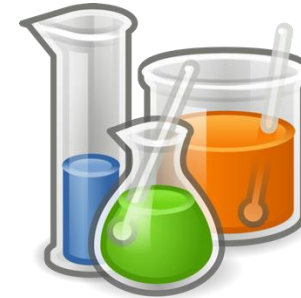


Amy Nair
Triple I Education Specialist

somiii@uw.edu

1. DISCOVERY

- > **Research** in any topic related to medicine
- > You may choose any method:
 - Laboratory-based
 - Clinical research
 - Health services
 - Quality Improvement, and many others!
- > Every project must have a Faculty Mentor to support you
- > 30-35 hours per week, 8-week, Summer 2026 research project
 - **June 29 – August 21**
- > You will present a poster of your work at the Medical Student III Poster Session in Fall 2026 at your Foundation Site.



1. DISCOVERY

Examples from prior years:

- CRISPR/CAS9-Based Gene Therapy for Inherited Visual Disorders
- Hepatitis C Treatment Outcomes among Patients in Addiction Treatment Settings
- Predictors of Adherence to Lung Cancer Screening in a Referral Program
- “Grandpa Speaks, Nobody Listens,” A change in Mindset of Alaska Native Elders

1. DISCOVERY

> How do I find a project?

- Choose from the **Directory of Faculty Projects** available Oct 1, 2025
- Or you may independently find a Faculty Mentor. If they are not listed in our Directory, please check with your site's Research Advisor first.

> Who is my site's Research Advisor?

- **Alaska:** TBD
- **Idaho:** Russell Baker, PhD (russellb@uidaho.edu)
- **Montana:** Katie Daughenbaugh, PhD (katie.daughenbaugh@montana.edu)
- **Seattle:** Cynthia Sprenger, PhD (cts2501@uw.edu)
- **Spokane:** Sarah Matousek, PhD (matousek@gonzaga.edu)
- **Wyoming:** Nellie Bruns, PhD (dbruns1@uwyo.edu)

1. DISCOVERY

> **Who can be a Faculty Mentor?**

- Any faculty member with an UWSOM appointment
- If you want to work with someone without an appointment, you will need a co-mentor with an UWSOM appointment. Talk to your site Research Advisor for help!

1. DISCOVERY

- > **If you want to do a project at another Foundations site**
 - You may apply for \$2650 in relocation funding to move to **any other Foundations site** for the summer to pursue your project. This may **not** be used for travel outside the WWAMI region.

- > **If you want to do a project outside of the UWSOM system**
 - Let us know as soon as possible about the program you want to apply to so we can adjust your pre-Triple I timeline
 - You will still need a UWSOM co-mentor
 - You will **not** receive the WWAMI relocation fund

1. DISCOVERY

➤ Programs that provide stipends for summer research

- Run by UWSOM faculty or may be at other universities

UW Examples

- Medical Student Training in Aging Research (MSTAR-UW)
- Division of Rheumatology Summer Research Program
- **Medical Student Addiction Research Training Program (MedStAR) applications close on September 17th**
- **Summer Medical Student Research Program in Nephrology, Urology and Hematology Research – NCOR-KUH, applications close on October 31st**

National Examples

- Medical Student Training in Aging Research (MSTAR-UCLA, UCSF)
- Children's Hospital Los Angeles—Summer Oncology Fellowship
- Diabetes Research Centers—NIDDK Medical Student Research Program in Diabetes
- Foundation for Anesthesia Education and Research (FAER)—Medical Student Anesthesia Research Fellowship Summer Program (MSARF)

1. DISCOVERY

- > **Programs that provide stipends for summer research**
 - Highly competitive
 - You must apply for these programs separately from III
 - **Application deadlines are usually before the UWSOM III proposal deadlines (Fall/Early Winter)**
 - More information about these programs can be found on the E25 Canvas home page
 - Questions: contact Dr. Sprenger, somiii@uw.edu

1. DISCOVERY

Timeline

October 1

Directory of Faculty Projects available

December 31

Deadline to contact Faculty Mentors

January 4, 2026

Application due (mentor and project topic)

Jan-March 2026

Work with Faculty Mentor on Project Proposal

March 28, 2026

Project Proposal due

June 29 – August 21, 2026

Research time

Fall 2026

Poster Presentation

III Programs

1. Discovery (Research)

Director: Cynthia Sprenger, PhD

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4. Global Health Immersion Program (GHIP)

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2. INTEGRATION



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Director

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Amy Nair
Triple I Education Specialist

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2. INTEGRATION

- > **Systematized Literature review** focusing on an area in medicine
- > You will learn:
 - To systematically search medical databases and
 - To critically evaluate medical literature
- > 30-35 hours per week, 8-week, Summer 2026 research project
 - **June 29 – August 21**
- > Ends with a Final Paper, due October 2026
- > Presenting at the Medical Student III Poster session is optional.



2. INTEGRATION

Key Steps in a Systematized Literature Review

1. Identify a specific unresolved question relevant to medicine
2. Identify relevant studies through a systematic search in consultation with a Health Sciences Librarian
3. Select studies to be included in the review
4. Collect and organize information culled from the studies
5. Collate, summarize and report the results

2. INTEGRATION

> **How do I find a project?**

- Choose from the [Directory of Faculty Projects](#) available Oct 1, 2025
- Or you may independently find a Faculty Mentor. If they are not listed in our Directory, please check with your site's Research Advisor first.

> **Who can be a Faculty Mentor?**

- Any faculty member with a UWSOM appointment
- If you want to work with someone without an appointment, you will need a co-mentor with an appointment. Talk to your Research Advisor for help!

2. INTEGRATION

Examples from prior years:

- Parkinson's Disease and the Gut Microbiota
- The Effects of Architectural Design on Patient Outcomes
- Correlations Between Maternal Insurance Coverage and Newborn Outcomes
- Initiation of Antiretroviral Therapy during Primary HIV Infection: Effects on the Latent HIV Reservoir

2. INTEGRATION

Timeline

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December 31

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January 4, 2026

Application due (mentor and project topic)

Jan-Mar 2026

Work with Faculty Mentor on Project Proposal

March 28, 2026

Project Proposal due

June 29 – July 10, 2026

One on one consultation with a Health Science Librarian

June 29 – August 21, 2026

Research time

Fall 2026

Final Paper due

DISCOVERY and INTEGRATION

What do I do next?

- See our website here:
<https://education.uwmedicine.org/curriculum/medical-student-scholarship/>
- **Attend your site's Poster Symposium to see the E24 Triple I projects**
 - > **Alaska:** Monday, November 10th
 - > **Montana:** Monday, November 10th
 - > **Idaho:** Thursday, November 13th
 - > **Wyoming:** Friday, November 14th
 - > **Spokane:** Tuesday, November 18th
 - > **Seattle:** Tuesday, November 18th

DISCOVERY and INTEGRATION

What do I do next?

- **Attend a Discovery & Integration info session**

- > Sessions will be scheduled for October & November...email will be sent out to MS1s and dates/times posted to Elentra

- **Talk with your site's Research Advisor**

Alaska

TBD

Idaho

Rusty Baker, PhD

Montana

Katie Daughenbaugh, PhD

Seattle

Cynthia Sprenger, PhD

Spokane

Sarah Matousek, PhD

Wyoming

Nellie Bruns, PhD

III Programs

1. **Discovery (Research)**

Director: Cynthia Sprenger, PhD

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3. **Rural Underserved Opportunities Program (RUOP)**

Director: Toby Keys, MA, MPH

4. **Global Health Immersion Program (GHIP)**

Director: Collette Abbott, MD

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)



Toby Keys
RUOP Director
keyst@uw.edu



Beth Dillon
Rural Programs
Education Specialist
dillonb9@uw.edu



Taylor Kim
RUOP Program
Operations Specialist
somrural@uw.edu

REGIONAL RUOP PLACEMENT PARTNERS:

Alaska	Shyla Dema
Central Washington	Rubén Betancourt
Eastern Washington	<i>To be Announced</i>
Idaho	Liz Bryant
Montana	Sara Houston
Southwestern Washington	Yulissa Torres-Lopez
Western Washington	Trish Lavish
Wyoming	John Willford

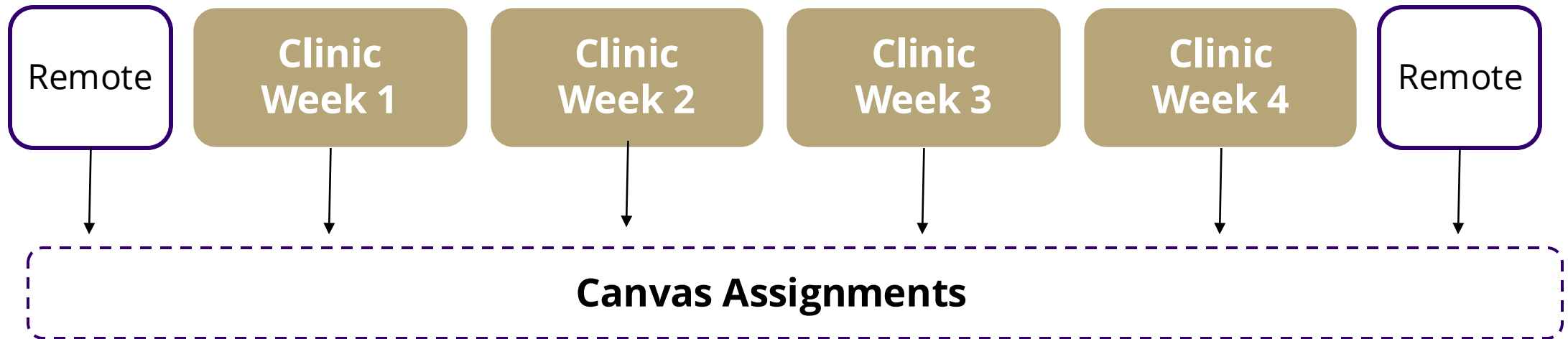
3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

- > **Community and Clinical Immersion**
- > **Program Goals:**
 - Early exposure to community medicine in rural & urban under-resourced settings across WWAMI
 - Primary care focused
 - Real-world context for how community health care systems function



3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

RUOP-Triple I Scholarly Work – 5 WEEKS



- > **Clinic:** 30-35 hours per week
- > **Rotation:** Four uninterrupted weeks; variable start dates July through Mid-August
- > **Assignments:** Begin weekend prior and are completed roughly 1 week after the rotation

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

Clinical Rotation: (0 credits)

- > Ungraded
- > Primary care focused
- > Housing is provided if outside of reasonable commuting distance (40-minute drive)
- > Single, round-trip mileage to/from Foundations Campus to RUOP site also provided



3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

Scholarly Project: (6 credits)

- > Uses an asset-based framework
- > Public Health, community-based
- > Several tracks to choose from:



RUOP Track	Scholarly Task	End Product	Co-Creation with Partner?
Health Education	Literature Review	Physical Content	Yes
Climate Health [±]	Literature Review	Podcast Episode or Alternative Content	Yes
Intervention Analysis	Literature Review	Intervention Proposal	No
Hybrid Discovery/RUOP	Discovery Research	<i>*variable based on project</i>	<i>*variable</i>

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

Difference between Scholarly Activities & Research:

Scholarly Activities



- Any activity that increases the knowledge of an individual
- Organic in process; can cut across several disciplines
- **(RUOP)** Is specific to the community / target population
- Does NOT require IRB approval

Research

- Systematic investigation
- End product meant to contribute to generalizable knowledge
- Can often include surveys, testing, and data collection
- Requires IRB approval

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

Examples of RUOP Scholarly Project Topics

- Health Education:
 - > Exercise is Medicine: Running for Body and Spirit in the Apsáalooke Tribe and Hardin, Montana
- Climate Health
 - > Targeted Education on Asthma During Wildfire Season in Chelan-Douglas County, Washington
- Intervention Analysis
 - > Reducing Oral Health Disparity in Children in Sheridan, Wyoming

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

> **How are placements determined?**

- Students share placement preferences in application (e.g., WWAMI region, practice setting, personal goals for experience, access to car / housing, etc.)
- Priority given to Foundations region
- Only TRUST students have a guaranteed placement assignment / location
- Aim to place enrolled pathway students in locations that match their pathway program, however this may not always be possible based on site availability/logistical considerations from year-to-year

> **What if I have a site / preceptor in mind?**

- Put details in your application!
- RUOP works with Placement Coordinators across WWAMI to ensure placements meet program objectives and UWSOM standards
- Students **should not** reach out to physicians/sites directly to arrange their own rotation

> **How competitive is RUOP?**

- Do our best to match any student who commits to RUOP with a site

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

> **Have additional questions about placements and timing?**

- Come to an Information Session! *More details to come.*
- Check out our website:
<https://education.uwmedicine.org/somrural/programs/ruop/>

> **Who do I contact with questions?**

- Beth Dillon (dillonb9@uw.edu)
- Toby Keys (keyst@uw.edu)

> **Is there someone local I can talk to as well?**

Alaska: Shyla Dema

Montana: Sara Houston

Washington: Beth Dillon

Idaho: Liz Bryant

Wyoming: John Willford

3. RURAL UNDERSERVED OPPORTUNITIES PROGRAM (RUOP-III)

Timeline

Sept-Oct (variable)

Region-specific RUOP Info Sessions

December 1, 2025

RUOP Application opens

January 4, 2026

RUOP Application closes at 11:59 PM Pacific

January 9, 2026

Students informed of regional placement location

January 16, 2026

Students commit to participate in RUOP

Spring 2026

Mandatory orientation (TBD)

June 29 – August 28, 2026

RUOP summer immersion experience

Fall 2026

III Medical Student Poster Presentation

III Programs

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4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)



Collette Abbott
GHIP Director

ceabbott@uw.edu



Kirsten Greene
GHIP Program Manager

kngreene@uw.edu

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

- > GHIP is a program for students to engage in a community-based global health training program, focused on community needs, assets, and health.
- > Students are matched to a host community in a resource-limited setting and spend 8 weeks working to identify, examine, and explore solutions to key health problems in the form of a scholarly project.
- > Objectives for students:
 - 1) Gain first-hand understanding of the health challenges facing people in low- and middle-income countries.
 - 2) Learn how to partner with a community and conduct a public health project.
 - 3) Help a community to address an identified health challenge.

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

- > Emphasis on decolonizing global health.
- > Prioritize projects that cater to the needs and wants to the community, rather than the interest of the student alone.

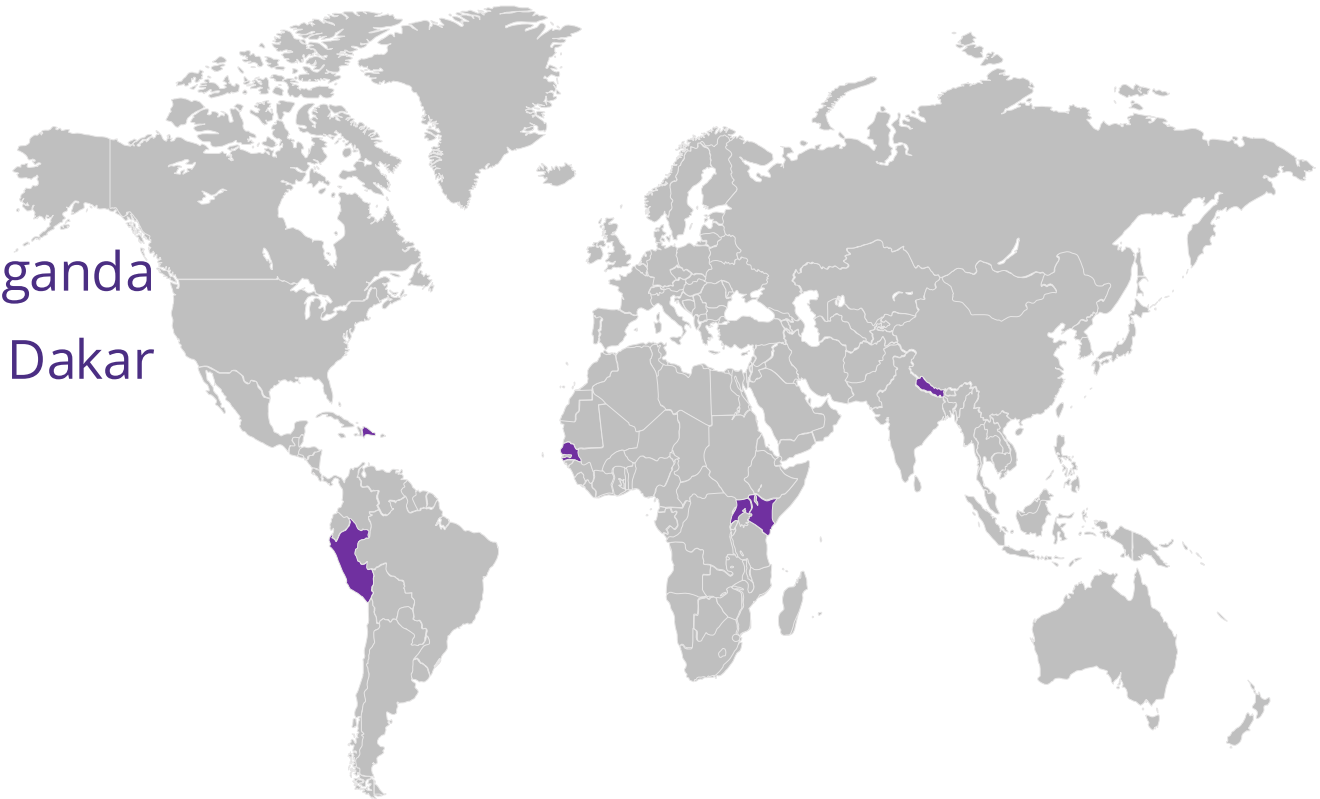
4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

- > 9 credit academic course (MEDSCI 501/503, GH572A).
- > Department of Global Health program
- > Learn more here:
<https://globalhealth.washington.edu/education-training/medical-students/ghip>

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

International Partner Sites:

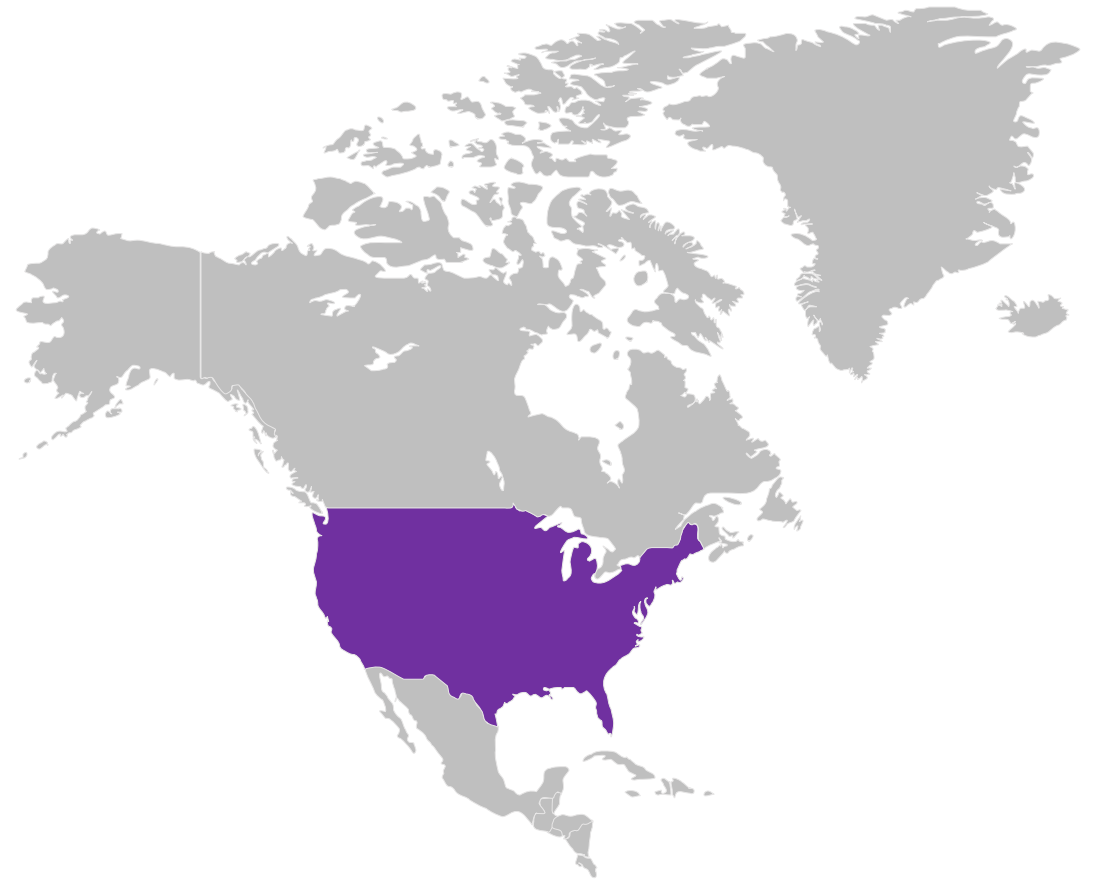
- > Dhulikhel Hospital – Dhulikhel, Nepal
- > Naivasha District Hospital – Naivasha, Kenya
- > Uganda Cancer Institute – Kampala, Uganda
- > UW-Senegal Research Collaboration – Dakar or Ziguinchor, Senegal
 - ***French language required.**
- > IMPACTA - Lima, Peru
 - ***Spanish language required.**
- > La Clinica de Familia – La Romana, Dominican Republic
 - ***Spanish language required.**



4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

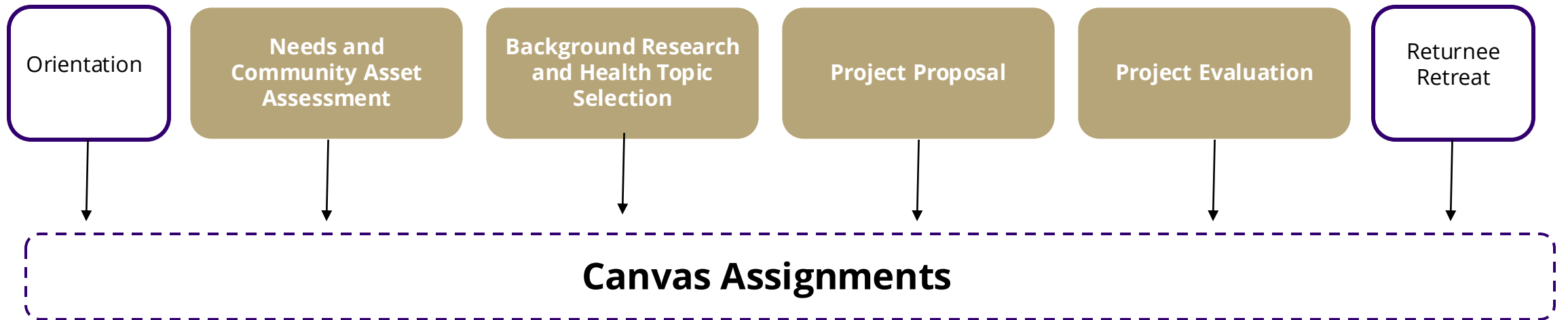
Local Global Partner Site:

- > EthnoMed in King County
- > UW Mentor: Duncan Reid, MD
- > Engage with these urban refugee/asylum seeking communities around Seattle King County.
- > Conduct a community public health project as you would when you are abroad, with cultural competence and community-based approach in mind.
- > Example project: “Congolese TB cultural profile” on EthnoMed.



4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

GHIP Scholarly Work – 8 WEEKS



Additional assignments:

- > Journal Reflections (4)
- > Abstract
- > Poster

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

Previous projects

- > Improving understanding of HPV and cervical cancer among women living with HIV, in Dakar, Senegal.
- > Educational outreach on HIV prevention and hormone therapy for transgender women in Lima, Peru.
- > Childhood vaccination trends in Ziguinchor, Senegal.
- > Promoting healthy breastfeeding practices in and around Dhulikhel, Nepal.
- > Improving Intro-Operative Monitoring at Naivasha Referral Hospital, in Naivasha, Kenya.

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

> **How do we place students?**

- Students rank placement preferences and experience in application (e.g., prior international experience, personal goals for experience, site preferences, etc).
- Students in the Global Health Pathway are given some priority, but no students are guaranteed a GHIP placement.

> **What if I want to participate with a site that GHIP does not partner with?**

- GHIP only operates with our established partners.
- You would need to get your own mentor and can apply for this under Discovery.

> **How competitive is GHIP?**

- On average we can accommodate 8-10 students doing international experiences per year in GHIP.
- You should apply to another Triple I option as well. Many years we cannot accommodate every student who applies.

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

Information session:

Date: Tuesday November 4, 2025 over Zoom
5 pm AKDT / 6 pm PDT / 7 pm MDT

Information sessions will be recorded. Additional information to be sent out closer to the scheduled date.

4. GLOBAL HEALTH IMMERSION PROGRAM (GHIP)

Timeline

December 1, 2026	GHIP Applications open
January 4, 2026	GHIP Applications due
January 6-16, 2026	Interviews with GHIP faculty and partner sites
January 16, 2026**	Placement decisions offered**
Mid-March, 2026	Mandatory orientation
Summer 2026	Engage in your project, complete assignments
Fall 2026	Attend the post-GHIP seminar. III Medical Student Poster Presentation.

***We aim to make final decisions by January 16 to accommodate RUOP decisions. This is not always possible and depends on our partner sites.*

5. HEALTH PATHWAYS SCHOLARLY PROJECT

- > [The Indian Health Pathway](#), founded in 1992, administered by the [Office of Healthcare Equity](#) (OHCE).
 - RUOP, Discovery, Integration focused on Indian health and pre-approved
- > [The Global Health Pathway](#), founded in 2004, administered by the [Department of Global Health](#).
 - GHIP automatic approval; RUOP, Discovery, Integration with pre-approval
- > [The Underserved Pathway](#), founded in 2006, administered by the [Department of Family Medicine](#).
 - RUOP, GHIP, Discovery, Integration focused on underserved populations and pre-approved
- > [The Latinx Health Pathway](#), founded in 2008, administered by the [Office of Healthcare Equity](#) (OHCE).
 - RUOP, Discovery, Integration focused on Latinx health and pre-approved
- > [The LGBTQ Pathway](#), founded in 2016, administered by the [Office of Healthcare Equity](#) (OHCE).
 - RUOP, GHIP, Discovery, Integration focused on LGBTQ population and pre-approved
- > [The Black Health Justice Pathway](#), founded in 2022, administered by the [Office of Healthcare Equity](#) (OHCE).
 - RUOP at underserved sites; Discovery or Integration focused on Black health and pre-approved
- > [Clinical Translational Research Pathway](#) (CTR), founded in 2023, administered by [ITHS](#).
 - Discovery only
- > **Asian Native Hawaiian Pacific Islander Pathway (ANPHI)**, founded in 2024, pilot pathway.
 - RUOP with focus on ANPHI health; Discovery or Integration focused on ANPHI health and pre-approved

Agenda

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- > Getting started

CAREER ADVISING

medadv@uw.edu



Tonja Brown

Advisor for Idaho &
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Linh Ngo

Advisor for Alaska, Montana,
& Seattle (Salish Sea and
Olympic Mts) students

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Sarah Thomson

Advisor for Wyoming &
Seattle (Cedar River and
North Cascades) students

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Using Triple I to Explore Your Interests, Develop Your Skills & Build Your Professional Community

Consider Your Interests, Goals, and Areas for Growth:

- Medical settings, patient populations, health care systems
- Rural, urban, global health, education, advocacy
- Clinical skills
- Research skills

Next Steps:

- Discuss options with your **College Faculty and MS2-MS4 peers**

Coming This Fall:

- Career Advisor **in-person MS1 career planning group session with Q&A**
- Details coming soon!

Career Advising Short Video Series for Foundations

All MS1s watch in the fall

Guidance from **Dr. Maya Sardesai**

*(Assistant Dean of Student Development; Associate Professor; Associate Residency Program Director,
Otolaryngology-Head & Neck Surgery)*

Video Titles:

- [How to Approach Career and Specialty Exploration](#)
- [How to Navigate Research; Guidance for Foundations Students](#)
- [Making Decisions About Extracurriculars in Foundations](#)

Career Advising Resources

- **Specialty Guides (UWSOM Career Advising)**
 - Faculty advice on how each specialty weighs extracurricular activities
 - Identify if your area of interests are [highly competitive specialties](#)
 - Review guidance on:
 - [Research](#) (summer after 1st year is an ideal time to start)
 - [Extracurriculars / extracurricular planning](#) (what to prioritize for your specialty)
- **NRMP Program Director Survey**
 - Shows factors rated most important by specialty (e.g., research, leadership, community engagement)

REMEDICATION

- > Please be aware that if you need to remediate coursework during the summer, you may be switched from your planned Triple I project to a modified Integration project.
 - <https://education.uwmedicine.org/curriculum/by-phase/foundations/remediation/>
- > The following requires switching to a modified Triple I
 - Remediating anything **beyond 1 thread** over the summer requires switching to a modified Triple I
 - For GHIP, any remediation will result in being to switched to a modified literature review
- > ***Please be aware that summer research programs that provide a stipend are dependent on you remaining in good academic standing.***

Global Surgery Student Alliance presents:

Which Research should I choose?

Ask questions directly to upperclassmen about their Triple I experiences in the following summer research opportunities



Global Health Immersion Program (GHIP)



Scholarship of Discovery



Rural Underserved Opportunities Program (RUOP) & TRUST



Continuing Research after Summer III

10.07.25 | 7pm PST | Zoom

To volunteer as a panelist, please email madam1@uw.edu

CONTACTS

- > **III Canvas Website:** [E25 Independent Investigative Inquiry](#)
- > **Discovery**
Director: Cynthia Sprenger, cts2501@uw.edu
Contact: Amy Nair, somiii@uw.edu
- > **Integration**
Director: Cynthia Sprenger, cts2501@uw.edu
Contact: Amy Nair, somiii@uw.edu
- > **RUOP**
Director: Toby Keys keyst@uw.edu
Contact: Beth Dillon dillonb9@uw.edu
- > **GHIP**
Director: Collette Abbott ceabbott@uw.edu
Contact: Kirsten Greene kngreene@uw.edu

QUESTIONS?
