



LabTREK:

Life Science Co-op Experience

By Clarissa Nitafan

ABOUT ME



Academic Background

B.Sc. Major in
Microbiology Co-op



Career goals

Public health research



University Involvement

- SSA Academics Programmer
- UMULH Co-president
- Previously involved with WISEkidnetic energy and Let's Talk Science



Other Interests

- Crochet
- Reading
- Trying new coffee places

CO-OP WORK TERMS

01

National Microbiology Laboratory
Canadian Science Center for Human and Animal Health
Canadian Public Health Laboratory Network COVID Genomics Program



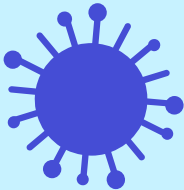
02



National Microbiology Laboratory
JC Wilt Infectious Disease Research Center
National Laboratory for HIV Genetics

03

National Microbiology Laboratory
JC Wilt Infectious Disease Research Center
HIV Immunology Laboratory



01

National Microbiology Laboratory May 2022 – Aug 2022
Canadian Science Center for Human and Animal Health
Canadian Public Health Laboratory Network COVID Genomics Program



Project

Validation study on a bioinformatics tool to be used on COVID samples.



Work Environment

- Mostly worked from home
- Supervisor provided a lot of guidance and set clear expectations
- Weekly meetings



Overall Experience

- Learned a lot!
- I previously had very limited experience with bioinformatics
- supervisor was super nice and accommodating!



02

National Microbiology Laboratory May 2023 – Aug 2023
JC Wilt Infectious Disease Research Center
National Laboratory for HIV Genetics



Project

Studying mutational patterns of SARS-CoV-2 from ICU patient samples



Work Environment

- Worked on site
- Lots of students also working at JC Wilt
- Worked more independently



Overall Experience

- Learned more about bioinformatics and stats
- Unique experience: let students determine the direction of the project
- Manuscript writing experience

03

National Microbiology Laboratory Aug 2023 – Dec 2023
JC Wilt Infectious Disease Research Center
HIV Immunology Laboratory



Project

Studying host immune response to HIV infection.



Work Environment

- Bench work
- Working closely with other people in lab group/ supervisor



Overall Experience

- So far it has been fun getting more wet lab experience
- Supervisor and coworkers are very nice
- Accommodating

WHY CO-OP?



Meet New people

Connect with other students and meet professionals in the industry



Work experience

Gain relevant work experience as an undergrad



Explore

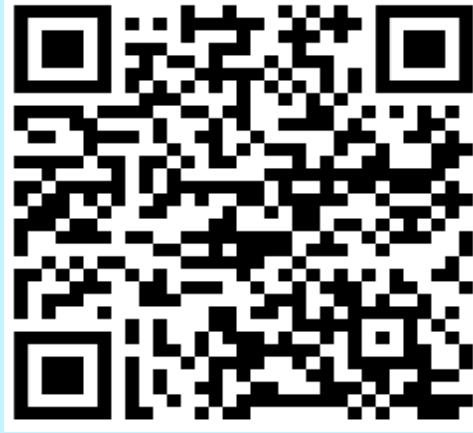
Get experience in different areas and find what you like



Apply knowledge

Apply your knowledge from uni courses to your work





Information for Students interested in Co-op