

# CAIRIBU TRAINEE NEWSLETTER

COLLABORATING FOR THE ADVANCEMENT OF INTERDISCIPLINARY RESEARCH IN BENIGN UROLOGY

ISSUE No. 3 || 1.15.26

## HELP PLAN THE NEXT ARCTICS SERIES

CAIRIBU ARCTICS forums are planned BY and FOR trainees and early-stage investigators. The 2026-2027 series begins in September.

If you're a trainees or early-stage investigator that's interested, please email us.

[Email Us](#)



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## ADVICE COLUMNS

In each issue of the CAIRIBU Trainee Newsletter, trainees have the opportunity to submit questions to be answered by CAIRIBU investigators from across the network.

This issue features insights from Principal Investigator Aruna Sarma, PhD, MHA and Graduate Student, Alexis Adrian.

## ASK US

Advice and answers to trainee submitted questions from CAIRIBU investigators

## FEAT.

**Aruna Sarma, PhD, MHA**  
**Alexis Adrian**



### ASK A PI - Aruna Sarma, PhD, MHA

**Question:** How do you learn how to publish?

**Answer:** You learn to publish through repeated writing, feedback, mentorship, and reviewing others' work. Over time, you develop an instinct for the core message, how to position it in the field, and a consistent personal writing style. Publishing is not just about mechanics; it's about finding your voice and developing a consistent style or formula for your work. Read more in the full article.

[Full Article](#)

### ASK A TRAINEE - Alexis Adrian

**Question:** How do you know you are meeting expectations in your position and making progress toward your independence?

**Answer:** Knowing you're meeting expectations starts with defining your own goals and what independence means to you. Setting realistic plans and avoiding constant peer comparison help clarify progress. Regular, open conversations with supervisors are key to measuring growth. Read more in the full article.

[Full Article](#)

### ASK A POST DOC - By Anonymous

**Question:** How do you deal with PIs that are difficult or unfair?

**Answer:** Dealing with difficult or unfair PIs involves clear communication, documentation, and self-advocacy. Keeping records can reduce miscommunication, and asking about perceived unfairness can clarify expectations. Mentorship is often seen as unidirectional, but the mentee is also responsible. Read more in the full article.

[Full Article](#)

## TRAINEE-FOCUSED FUNDING

JAX Nathan Shock Center is accepting applications for Pilot Research Projects in the biology of aging utilizing aged male and female C57BL6/J and UM-HET3 mice. Junior faculty members are particularly encouraged to apply for Pilot Projects. Postdoctoral fellows cannot serve as Principal Investigators for pilot projects. However, they can apply with faculty sponsors.

[The JAX Nathan Shock Center of Excellence](#)

The Klingenstein Fellowship Awards in Neuroscience supports innovative research by early career investigators. The research should have relevance for understanding the mechanisms underlying neurological and behavioral disorders, that may lead to improvements in the diagnosis and treatment of these disorders. Application portal opens September 15 and closes on February 1.

[Klingenstein Fellowship Awards in Neuroscience](#)

(R21 Clinical Trial Optional) - This Trailblazer Award is an opportunity for NIH-defined New and Early Stage

The National Institute on Aging (NIA) Research Centers Collaborative Network (RCCN) aims to bring together

Investigators to pursue research programs that integrate engineering and the physical sciences with the life and/or biomedical sciences. Importantly, applicants must propose research approaches for which there are minimal or no preliminary data.

**Trailblazer Award for New and Early Stage Investigators**

researchers from the 7 NIA Centers programs to foster the development of cross-center collaborations around issues important to the health and well-being of older adults. Travel awards cover travel to and from the meeting, meals, and hotel accommodations.

**NIA Travel awards for Early Career Investigators**

## JOB OPENINGS

### **UW-Madison Summer Program for Undergraduate Urology Research**

This is a **10-week, full-time, supervised and mentored research opportunity for undergraduate students** that leverages the unique urology research resources at the **UW-Madison**. Designed for students interested in pursuing or considering **graduate school** in a biomedical science-related field

**Application deadline: February 15, 2026 || Decisions announced: mid-March || Program dates: May 26 – July 31, 2026**

### **Mayo Clinic Nephrology and Urology Summer Undergraduate Research Fellowship**

The goal of the nuSURF program is to introduce undergraduate students to basic kidney and urology research early in their careers, allowing them to explore the breadth and depth of the field before making a commitment to exclusively clinical careers. Students in the nuSURF program receive a 10-week stipend to cover travel, housing, and food expenses.

**Application deadline: February 3, 2026 || Decisions announced: mid-February through mid-March || Program dates: May 26 – July 31, 2026**

### **Harvard Summer Research Program in Kidney Medicine**

The Harvard Summer Research Program in Kidney Medicine (HSRPM) is an intensive research experience focused on kidney medicine (nephrology) for undergraduate college students considering a career in science or medicine and particularly suited for students who are interested in pursuing a PhD or MD PhD.

**Application deadline: February 9, 2026 || Estimated program dates: June 8 – August 5, 2026**

### **Emory University Summer Undergraduate Program in Renal Research**

This is a **10-week didactic and laboratory-based experiential program** on the Emory University Atlanta campus to advance their knowledge of nephrology, urology, and hematology research through laboratory experimentation, clinical research, career development activities, responsible conduct in research training, and opportunities to present and share their research.

**Application deadline: January 20, 2026 || Program dates: May 27 – July 31, 2026**

## University of Miami Students Training in Research

The Student Training in Research (STIR) Program is designed to give pre-medical students a deeper insight into the field of medicine and research. Participants will learn how to pursue a specific research problem under the supervision of a Miller School of Medicine faculty member and will present their research findings at a Research Symposium at the University of Miami Miller School of Medicine.

**Application Deadline: February 20, 2026 || Decision Notification: March 13, 2026 || Program Dates: June 8 – July 24, 2026**

## University of Alabama at Birmingham Kidney, Urology, and Non-Malignant Hematology (KUH) Undergraduate Research Experience

This is a 12-week (8 weeks on campus), NIH-funded Summer Research Program that focuses on biomedical research, allowing participants to learn about advances in “KUH” research. Students work on an individual project with a University of Alabama at Birmingham (UAB) faculty mentor and near peer mentor.

**Application deadline: February 27, 2026 || Program dates: June 1 – July 30, 2026**

## UPCOMING **TRAINEE FOCUSED** EVENTS

### CAIRIBU Graduate Student Seminar

**January 21, 2026**  
2:00 pm - 3:00 pm ET

[More Information](#)

### ARCTICS Community Forum

**February 11, 2026**  
1:00 pm - 2:00 pm ET

[More Information](#)

### CAIRIBU K12 Scholar Seminar

**February 12, 2026**  
5:00 pm - 6:00 pm ET

[More Information](#)

## WANT TO ASK A QUESTION?

We want to hear from you! Use the short survey below to submit your question for a future issue of the CAIRIBU Trainee Newsletter. You'll also have the chance to share your thoughts on how we're doing and what you'd like to see in upcoming editions. Now anonymized.

[Trainee Newsletter Survey](#)

## WANT TO READ MORE?

See previous issues that feature more expert advice and include overviews of various NIH funding programs to help guide trainees through the research funding landscape. New issues of the Trainee Newsletter are released quarterly on the 15th of January, April, July, and October.

[See Previous Issues](#)

## ABOUT CAIRIBU

### Collaborating for the Advancement of Interdisciplinary Research in Benign Urology

CAIRIBU is a community of NIDDK-funded U54 and P20 Urology Centers and K12 Institutional Career Development Programs whose overarching objectives are to address gaps in knowledge related to epidemiology, etiology, development, progression, and expression of non-malignant urologic conditions and to train the next generation of leaders in urology research. The CAIRIBU Interactions Core is the central coordinating body for the CAIRIBU Community.



**Kristina L. Penniston, PhD, RD**

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