



Student Employment Office

ASK ANYTHING!
Have questions about student jobs or the SEO?
Please ask here!



Food Literacy Project Coordinator Dara Olmsted.
Stephanie Mitchell/Harvard Staff Photographer

Save the Date

Fall Job Fair! in person & remote

Meet on-campus and
off-campus employers
@ Smith Campus Center

September 21, 2:30-4:30

**SEO Spotlight:
Meet Leah Martin!**

Leah is an Environmental Health
student at the Chan school
& a Graduate Research Assistant
for two labs.

More on working multiple jobs on pg 3

New Job Opportunities!

Student Office Assistant

The Ash Center for Democratic Governance and Innovation

SEO Student Coordinator

Student Employment
Office



MFA Ambassador

Museum of Fine Arts, Boston

Website developer

Javed Hussainy

Pathfinder Program Mentors

for Low-Income Students

Educational Divide Reform

Summer Library Assistant

in Conservation/Pam Binding

Eda Kuhn Loeb Music Library, Harvard University.

HOW TO CHECK IF YOU'RE WORK-STUDY ELIGIBLE:

For this summer, check your 2021-2022 award. For the fall, check 2022-2023!

Undergraduates: check Aid Decision Details on my.harvard.edu

Graduate students: contact your school's financial aid office.

TIPS

SEO

Database

More on the



Student Employee Spotlight: Leah Martin

Environmental Health Student & Research Assistant for two labs

I played sports in college and have always lived by the cliché quote, "You miss 100 percent of the shots you don't take," by Wayne Gretzky.

Apply to the job!

Contact the professor!

Send emails to companies or labs that spark your interest!

The opportunities will follow...

How did you find your position?

At the beginning of my first semester at the Harvard TH Chan School of Public Health, I met with my academic advisor and expressed my interest in finding a Work Study position. I was beyond thrilled when they offered me a position in their lab. Later that semester, I had a guest lecturer who also conducted exciting research. Following class, we discussed potential volunteer opportunities in their lab which eventually led to a paid summer position.

What made you apply?

I sought out these positions in an attempt to mix my academic interests with my financial needs so that I could kill two birds with one stone. Additionally, I wanted to find a way to apply what I was learning in class to a research project to further my understanding and gain practical experience in a field that I wanted to professionally pursue.

How have you balanced your job and schoolwork?

Though it is challenging to work and take classes, I find that these research positions complement a lot of my coursework and that several of my coworkers are able to provide additional support (i.e., answer questions or explain topics). That being said, time management is key. I typically plan ahead for exam weeks, prioritizing my studies and ensuring that my workload is minimal for that period.



more from *Leah* *Martin*

What's your typical day at work?

My jobs are very different--one job is in a "dry lab" and the other job is in a "wet lab". Most of my work for the dry lab consists of attending meetings via Zoom and conducting remote research (e.g., literature reviews, designing educational materials, drafting project proposals, and learning data analysis skills). For the wet lab, my typical day includes meetings, research seminars, and conducting experiments in the lab (e.g., maintaining cell cultures, immunofluorescence, and western blots). The *great variety of projects between these two positions keeps me busy* and epidemiology studies are often paired with animal studies/wet lab experiments, so seeing the *interface* between these two on a daily basis has been very rewarding!

How does it relate to what you are learning at Harvard?

I'm studying environmental health epidemiology and have gained *real-life experience* through my jobs. These jobs have allowed me to *expand on course concepts, recognize gaps in my understanding, and ultimately solidify my career goals* so that I can confidently move forward after my program ends.

What are your personal keys to success and what challenges have you encountered?

Finding a way to stay balanced while working and taking classes is really tough, but SO important! For me, going for an early morning run allows me to recharge and stay focused during the day. However, finding time to recharge with a run can be difficult. When the time doesn't allow for a quick run, I still try to get outdoors when I can, whether that means *walking to campus or eating my lunch outside*. If I'm faced with a greater hurdle, I try to reach out to my support network, including family, friends, and professors, depending on the challenge to discuss possible solutions.