Begin by thinking about a topic you are interested in and/or a faculty member you have felt connected with during your time at ECU. Email that faculty member to set up a meeting. In that email you should include the following:

- Your name
- Why you are emailing (i.e., why you picked this faculty member specifically)
- Request a 15-20 minute meeting to discuss their current research and the potential to work together on research as part of an Honors College research internship program this spring. Give them large blocks of available time (i.e., Tuesdays after 2 pm, Mondays and Fridays from 9-11:30 etc) to facilitate finding a meeting time.
- Tell them a bit about yourself
  - Your major/minor areas of study
  - Year you entered the Honors College
  - Describe any research that you are involved in or have been previously involved with
  - Describe any service or leadership opportunities that you are involved in or have been previously involved with
- Give any contact information that you are willing to share (i.e., email address, cell phone number)

Try to meet with multiple faculty members to make a great decision for your spring placement.