

HOW TO MAKE THE MOST OF YOUR APPLICATION

TOP 10 WAYS TO MAKE THE MOST OF YOUR REGENERON STS APPLICATION

1

Open your application and get started TODAY.

Write down which email you used to sign up. We recommend using a personal email address, NOT a school-based one, to prevent messages from getting caught in your school's filtering system. Use our sign-up form, not the single-sign on option offered through Google, for the best experience.

2

Mark your calendars!

The 2027 Regeneron STS application deadline is Thursday, November 5, 2026 at 8pm ET. Our Customer Support deadline is 24 hours prior – put both deadlines in your phone. Skim each task and plan when you'll tackle each one. By splitting the application into smaller parts, you'll give yourself plenty of time to get it all done!

3

Request your recommendations ASAP.

Give your supportive adults plenty of time to complete your recommendations. Remember that all three recommendation types require adults to answer questions in our system and are NOT traditional form letters. Let your recommenders know to expect a message from our system and make sure they can access and submit your recommendation well in advance of the deadline.

4

Explore Task 7 to determine what paperwork and approvals you need.

Some research, especially research involving humans, vertebrate animals or PHBAs, requires approval BEFORE you start your project. Read through the rules to plan ahead and use our Rules Wizard in Task 7 to see what paperwork is required for your project. Filled out correctly, our logic will tell you exactly what you need.

5

Complete Tasks 1, 2, 3 and 4 first.

These tasks contain basic demographic and personal information and are easy to check off your list. Set a timer for an hour and see how far you can get – once you've completed these tasks, 20% of your application is already done!

6

Don't overthink the essays!

Feeling stuck? Remember that done is better than perfect! When you're getting started on your essays, try word association or record yourself answering the questions out loud.

7

Pay attention to word counts.

You don't need to max out every word count, but take note of sections where you're encouraged to explain your process in detail. Give us all the information we need to accurately assess what you did and how you did it. Click and drag in the bottom right corner of any text box to expand it.

8

Give us context.

Regeneron STS is a holistic competition; it's not just about the research. We give you lots of space to share what matters to you both in and outside of STEM – take advantage of opportunities to tell us who you are and how the resources available to you, challenges you've faced and communities you're part of have influenced your path as a leader, scientist and person.

9

Tell us YOUR story!

Before you get too far into the application, take a moment to answer the following questions: *What are 5 things that are most important to you in life? What are 5 things you want Regeneron STS to know about your project? What are 5 ways you show leadership potential? What are the top 7 ways you spend your time each week?* Your answers to these questions can be your north star. Before you submit, read back through your responses to see if the real, authentic you is present in your application.

10

Spend time with the resources on our website.

Visit our website to explore FAQ pages for applicants and adults, advice webinars, inspiring media stories and more. Sign up to receive program updates and invitations to join this season's webinars live. Still in need of assistance? Email our team at sts@societyforscience.org

BONUS TIP: Context also means being honest about the support you've received. Make sure to disclose all potential conflicts of interest – it's fine to pay to attend a research program or have received guidance or connections from a relative, but it's important that those connections are credited and clear. Err on the side of sharing more information about who and what has helped you along the way, not less!

BONUS TIP: Remember, data collected from humans falls under our rules for human participant research, even if you did not work with humans directly. Make sure to CAREFULLY read through our Rules Book for information about what requirements will apply to your project.