



FREQUENTLY ASKED QUESTIONS ABOUT CNV-X 2020

updated June 22, 2020

WHAT IS CNV-X USA 2020?

CNV-X USA 2020 is the virtual version of our CNI-X high school program, in the summer of 2020. In other words, CNV-X USA is the same as "Clinical Neuroscience Immersion Experience (Virtual) Summer Program."

WHAT IS THE THEME OF CNV-X 2020?

The theme of this summer's program is "Innovation in Clinical Neuroscience." Each session will feature a selection of our faculty working on some aspect of cutting-edge brain research and/or clinical care. The field of neuroscience is vast and robust; we cannot cover the field comprehensively in one week. We have intentionally chosen faculty members, who represent a mixture of diverse approaches and interest areas, to give you some sense of the many entry points available in this field. The common denominator? Innovation in the service of mental health!

WHAT IS THE FORMAT OF THE PROGRAM HOURS?

Participants will log in to Stanford-approved Zoom each day of their session (Monday-Friday) from **10:00 am PST until 12:00 pm/noon PST** and again from **1:00 pm PST until 3:00 pm PST**. Each day will involve:

- a live talk offered by one or two Stanford faculty member(s) on the day's featured topic(s)
- a brief Q&A period for participants to have a discussion directly with the faculty and each other
- a session for participants to work with a small group of their peers (fellow participants) and an assigned staff-mentor on a capstone project. Please see more info below regarding capstone projects (see FAQ below "How will the capstone projects work?").

WHEN ARE THE PROGRAM HOURS?

Participants will log in to Zoom each day of their session (Monday-Friday) from 10:00am until 12:00 noon PST and again from 1:00pm until 3:00pm PST.

Session 1 (5 days): July 13-17, 2020

Session 2 (5 days): July 20-24, 2020

MAY I SWITCH SESSIONS?

Both sessions are currently full and have waitlists of interested participants, so session changes are not possible at this moment. If you have to withdraw from one session due to an unresolvable schedule conflict, let us know if you are available for the other session (in case an opening develops).

IS THE PROGRAM ALL ONLINE (VIDEO AND AUDIO)?

YES! All essential components of the Program (e.g., talks, discussions, capstone research projects) will be held virtually and will only require using Stanford-approved online communications and video-conferencing software. About a week before your session begins, you will receive a link to an online schedule and list of presenters. Any last-minute changes to the schedule will be reflected in the online schedule as soon as possible.



Participants must have a computer/laptop and webcam that will meet the specifications for Stanford Zoom. If you have not used Zoom before, please download the software onto your device and read this brief primer so that you are prepared to accept our Zoom link invitation for your meetings (which we will email about a week before the meeting). We expect that participants will join each Zoom meeting using both video and audio, so they will be able to be both seen and heard by everyone else.

HOW WILL THE CAPSTONE PROJECTS WORK?

Participants will work in small groups of 5-6 participants, facilitated by staff-mentors. Groups will choose a mental health problem of interest, and work to create a simple prototype of a creative solution based on both their prior knowledge and new information gained during the program. On the last day, capstone groups will present their projects during a brief (~10 minutes) presentation. Each participant who successfully attends the Program's session and contributes to a capstone project and its presentation will receive a CNV-X Certification of Completion from the Stanford Department of Psychiatry and Behavioral Sciences.

WHO ARE THE CNV-X FACULTY, STAFF, AND STAFF MENTORS?

The CNV-X educators consists of Stanford faculty and staff including the Psychiatry Department's Director of Education (Dr. Louie), a Program Manager with a doctorate in psychology (Dr. Turner-Essel), and staff-mentors (college students or college graduates, who will facilitate discussions and small group activities with the participants). The staff-mentors all have interests in mental health research, medicine, and/or education. All CNV-X educators have been selected based on their ability to work with young people and facilitate discussions in an age-appropriate, engaging way. There is a participant to faculty/staff/staff-mentor ratio of 10:1, or less, throughout the Program.

WHAT IF I WANT TO HEAR A TALK ON A SPECIFIC TOPIC OR BY A PARTICULAR FACULTY MEMBER?

Please keep in mind that the faculty and staff for each session are not exactly the same, due to schedule conflicts, and thus not all of these topics will be covered in each session. The list of topics and speakers is subject to change. About a week before your session begins, you will receive a link to an online schedule for your session. Any last-minute changes to the schedule will be reflected in the online schedule as soon as possible. Participants will receive schedules only for their assigned session.

WILL THERE BE HOMEWORK? TESTS?

Participants should also expect to do some reading and capstone project work outside of the Program's hours, either alone or with their small group (virtually, on a Stanford-approved platform). Interesting articles, videos, and activities to supplement live discussions will be shared by faculty and staff with participants throughout the week. The Program does not have tests or grades.

HOW MAY I PREPARE FOR THE PROGRAM?

The best thing to do is to read or review the free, downloadable [Brain Facts Book](#). Program participants should also come prepared to take notes during lectures, and to share their thoughts and ideas with peers and staff.



WILL I BE EXPECTED TO PARTICIPATE IN CLASSROOM DISCUSSIONS AND DO PUBLIC SPEAKING?

Yes, we would like all program participants to actively engage in learning by participating in online discussions. Participants will learn and talk about a wide range of topics, some fascinating, some exciting, and some quite serious. Applicants should be aware that sensitive topics in psychiatry may arise, including but not limited to suicide, psychosis, addiction, eating disorders, child abuse, sexual assault, violence, and mental disorders, and should not participate in the program if this will be problematic for them.

Additionally, polarizing social and political topics may arise, and it will be expected that participants will be capable of listening to and engaging in respectful discourse with individuals, with whom they may or may not agree. Program participants will do at least a small amount of public speaking when presenting the capstone project they develop with other project team members.

WHAT IF I GET REALLY UPSET ABOUT A TOPIC?

Typically, participants will be expected to express their thoughts and feelings about a presented topic with CNV-X faculty, staff, and peers. On occasion, participants may feel the need for more substantial support in processing thoughts or emotions that arise during a class and, if this is the case, they should let CNV-X faculty and staff know in a private chat message right away and provide a cell phone number to reach them. Faculty, staff, and staff-mentors function as educators in CNV-X and do not provide any treatment. Should treatment be required, the participant will have to seek a mental healthcare provider outside the Program.

WILL THE CLASSES BE RECORDED? MAY I RECORD THE CLASSES

Participants are not allowed to record or otherwise capture the online classes by any means. The Program may record the classes using the –approved Zoom software, but the recordings will not be available for participants to view later.

MAY I INVITE A FRIEND OR PARENT TO LOG-IN WITH ME?

No, sorry. We ask that only the registered participant log on to engage in online lecture, discussion, and small group activities. The presence of unregistered attendees will be disruptive and violate our participant code of conduct, which may result in removal from the session without refund. This excludes special situations, for instance, where participants may require the presence of a parent or other adult support person for physical and/or emotional assistance engaging in the core components of the program. Such special needs should be discussed in advance and privately with the Program’s Co-Directors or Program Manager.

IS THE IN-PERSON GATHERING GOING TO HAPPEN?

We are still hopeful that we may be able to offer a one-day, in-person “Meet & Greet” on the Stanford campus for faculty, staff, and participants who have completed the program. This gathering is tentatively scheduled for the week of July 27th, but we don’t recommend making travel plans just yet. As of today, the University has cancelled most summer activities on campus. We will continue to monitor the COVID-19 pandemic and adhere to county and state public health advisories in determining whether to move forward with plans for an in-person gathering. Unfortunately, we cannot guarantee that we will offer the “Meet & Greet.” If we receive approval and are able to set up the “Meet & Greet,” it will be a



free “bonus” offering to participants. Of course, attendance will be optional, up to the participant and their parent/legal guardian, and will not be required in order to receive the Certificate of Completion for CNV-X.

WILL YOU PROVIDE ANY SWAG?

Unfortunately, due to required online nature of CNV-X 2020, we will not provide t-shirts, textbooks, or other materials for our virtual programs. If you would like to purchase Stanford gear, you can check out offerings on the [Stanford Online Store](#).

WHY IS THERE AN ENROLLMENT LIMIT FOR THIS ONLINE PROGRAM?

While offering the Program virtually does make it more accessible in many ways (it involves less travel and a lower fee), we must remain mindful of our staff-to-participant ratio in order to ensure a high-quality learning and discussion experience for all participants. Our faculty and staff are not delivering canned lectures; they want active engagement with participants, and this is difficult if there are too many people logged in. Additionally, our campus adheres to strict Protection of Minors policies which dictate that we are only allowed to have a certain number of participants for each available staff member.

HOW WAS THE ONLINE PROGRAM FEE DETERMINED?

Although it is less expensive to offer the program virtually rather than on campus, our main expense is compensation of our faculty, staff, and staff-mentors for the hours that they will dedicate to this program, which are the same whether “in person” or online. Additionally, considerable faculty and staff time is required to plan the program and curriculum prior to the sessions. Program fees help to cover these and other costs and make the program possible.

IF I NEED TO BACK OUT BEFORE THE START OF MY CNV-X SESSION, MAY I RECEIVE A REFUND?

The refund deadline for CNV-X was June 1, 2020. All registration fees are non-refundable at this point.

I KNOW SOMEONE WHO WOULD BE INTERESTED! MAY THEY STILL REGISTER?

This would be wonderful, however, both sessions are currently full and have waitlists of interested participants, so we would offer our waitlisted applicants any available spots before accepting a new applicant. Interested students should check back here in December 2020 to apply for summer 2021.

WHEN WILL CNI-X BE OFFERED IN PERSON AGAIN? WILL YOU OFFER CNV-X AGAIN, TOO?

We hope that we will be able to offer CNI-X, the “in person” program, again in 2021. We may continue to offer CNV-X in future years, as well. So much remains to be seen...

I STILL HAVE QUESTIONS....

Email Program Manager, Dr. Laura Turner-Essel, at lte@stanford.edu