



## Frequently Asked Questions CNIX 2024 (In-person)

### FREQUENTLY ASKED QUESTIONS ABOUT CNI-X 2024

#### GENERAL PROGRAM INFORMATION

##### **WHAT IS THE THEME OF CNIX 2024?**

The theme of this summer's program is "Making an Impact Through Clinical Neuroscience." Each session will feature a selection of our faculty working on some aspect of cutting-edge brain and behavior research and/or clinical care. We have intentionally chosen teachers, who represent a mixture of diverse disciplines, approaches, and research areas, to give you some sense of the many professional entry points available in clinical neuroscience. The common denominator? Making a positive difference in the world using the science of the brain!

We use the term "clinical neuroscience" to refer to the fields of neuroscience, psychiatry, psychology, and behavioral sciences. Thus, clinical neuroscience is vast and robust; we cannot cover it comprehensively, or even survey it, in just two weeks. The curriculum is like a sampler menu of innovative work from these fields.

##### **WHAT ARE THE PROGRAM DATES?**

Participants must select and register for only one session.

*Session 1: Monday July 8, 2024 - Friday July 19, 2023.*

*Session 2: Monday July 22, 2024 – Friday August 2, 2024.*

The program will run Mondays-Fridays (no weekends).

##### **WHAT ARE THE PROGRAM HOURS?**

You should plan to be in session from 9:00 am-4:00 pm Pacific Time, daily.

#### APPLYING TO CNI-X

##### **WHAT IS THE APPLICATION DEADLINE?**

March 1, 2024. After this date, applications will be reviewed and all applicants will be notified of their status in early April 2024.

##### **DO I NEED TO PROVIDE RECOMMENDATION LETTERS, GRADES, OR TRANSCRIPTS WITH MY APPLICATION?**

No, we do not require or accept these items as part of our application process. More important to us is your short essay about why you want to participate in CNI-X and what you want to get out of it. *If you*

*will be using artificial intelligence (AI), like a chatbot, to help you write your essay, please describe how you used it, e.g., what prompts did you use?*

#### **WHAT PERCENTAGE OF APPLICANTS ARE ACCEPTED?**

Last summer, our Program accepted approximately 12% of all applicants. We are looking for participants who will be highly motivated to participate, for instance, by asking questions in class, getting along well as members of their project teams, thinking and reading -- after class -- about something they learned in class, and deciding what they will remember and take away from our Program. Many applicants are not accepted because we have a limited capacity to take participants, unfortunately. These applicants who would be outstanding for our Program, but are not accepted, may reapply the next summer (if they still meet the age eligibility) and may well get accepted.

#### **IS THERE AN ENROLLMENT LIMIT?**

Yes, we must limit the number of attendees in order to stay within a proper staff-to-participant ratio, and due to the room capacities of our scheduled classrooms.

#### **COMING TO CAMPUS**

#### **WHERE WILL THE PROGRAM TAKE PLACE?**

Lectures and activities will take place on the campus of Stanford University. Each day will start and end at a designated campus building (the address will be provided during program registration) so that participants can easily coordinate pick-up/drop-off or parking. Throughout the day, participants will walk (or ride the Marguerite, Stanford's free shuttle) with staff to various classrooms and meeting spaces around the campus, so please be prepared to move around throughout the day.

#### **WHERE CAN I PARK? IS THERE A COST ASSOCIATED WITH PARKING?**

Participants who wish to drive themselves to campus should plan to find and pay for main campus Visitor Parking through the Parkmobile app. For parking lot maps, daily rates, and other helpful information please visit Stanford Transportation at <https://transportation.stanford.edu/how-purchase-visitor-parking>. Parking fees and rules are not determined by our department and are subject to change.

#### **IS PUBLIC TRANSPORTATION AVAILABLE?**

Yes, the Caltrain commuter railway service offers a stop at the Palo Alto Transit Center which connects riders to the Marguerite (Stanford's free shuttle) and can bring participants onto campus. Caltrain maps and Marguerite shuttle schedules, along with other bus and train options, can be found on the Stanford Transportation website:

<https://transportation.stanford.edu/transit/train>

<https://transportation.stanford.edu/marguerite>

#### **IS HOUSING PROVIDED?**

Sorry, not at this time. Program participants and parents/legal guardians are fully responsible for securing safe residency, with a responsible adult chaperone, during the program and must arrange their own transportation to and from our campus. Stanford University cannot accept any liability for arrangements made for accommodations or transportation.

**DO YOU ACCEPT STUDENTS WHO LIVE TOO FAR AWAY TO COMMUTE TO STANFORD, INCLUDING INTERNATIONAL STUDENTS?**

Yes. However, we do not provide housing or transportation, so all participants, including international students, will be required to secure these arrangements for themselves. International students will also need to secure their own visas and airfares, being sure to abide by all COVID-19 travel regulations in place at that time.

**WHERE MAY FAMILIES FROM OUTSIDE OF THE AREA FIND ACCOMMODATIONS?**

In the past, most families from outside of the Bay Area have arranged for participants to stay with family friends who live near Stanford. Alternatively, while we cannot endorse or guarantee these sites, some families have told us they have used AirBnB.com and HomeToGo.com to find short-term vacation rental for their entire family. Hotels in the Palo Alto area tend to be expensive, but the university provides some discounts to families attending programs or events on campus (you must inquire about the discount while making your reservation). Hotels that offer a discount are listed here:

<http://visit.stanford.edu/plan/lodging.html>

**CAN FAMILIES CARPOOL OR COORDINATE SHORT-TERM HOUSING RENTALS WITH ONE ANOTHER?**

Yes, this is a great way to work with other families to save time and money. If you would be interested in getting in touch with other families of participants needing rides or seeking to share accommodations in the area, let our Program Manager, Laura ([lte@stanford.edu](mailto:lte@stanford.edu)), know and she will connect you with other CNI-X families who have agreed to be contacted for these purposes. Beyond connecting families in this manner, we cannot take further responsibility for such arrangements.

**WHAT DO I NEED TO BRING?**

Program participants should come prepared to take notes during lectures, either by hand or on laptop. Laptops will be allowed for note-taking only and use of cell phones is not allowed during lectures or program activities. If you would like to bring a laptop or iPad for time spent working on small group projects, this is acceptable, but you do so at your own risk. Our program assumes no responsibility for lost or stolen property. Small notebooks, pens, water bottles, and t-shirts are included in your program registration fees and will be provided to you. Program participants may also wish to bring small snacks and water to consume throughout the day.

**IS LUNCH PROVIDED?**

Yes. Lunch will be provided near your classes. No other meals are provided.

**I HAVE FOOD RESTRICTIONS. WILL THERE BE FOOD THAT MEETS MY DIETARY NEEDS?**

Yes, we will collect this information as part of the registration process for accepted applicants.

**THE CNI-X CURRICULUM**

**WHAT TOPICS WILL BE FEATURED?**

We really want to teach you how to think like a clinical neuroscientist, so the specific topics are not as important as learning how to approach: (1) neuroscience and behavioral science questions, (2) clinical problems in psychiatry and clinical psychology, (3) wellbeing and mental health for everyone, and (4) working on a research project in a team (see below “HOW WILL THE CAPSTONE PROJECTS WORK?”).

Please do not be too focused on hearing about a specific topic; we may not feature that topic in your session. With the limited time we have in CNI-X, we can only hope to give you a sampling of a handful of

diverse topics across clinical neuroscience. Below are some examples of topics covered in past summer sessions (these are subject to change in 2024).

- Sleep and the Brain
- Artificial Intelligence and Neuroscience
- Neurosurgery and Ethics
- Circadian Rhythms
- Interventional Psychiatry and Brain Circuits
- Autism Spectrum Disorder
- Neurodiversity
- Neuroimaging in Psychiatry
- Psychotic Disorders
- Community Psychiatry with Youth
- Neurodegenerative Disorders and Dementia
- NeuroLaw and Forensic Psychiatry

#### **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 demands, and thus not all of these topics will be covered in each session. The list of topics and speakers is subject to change.

#### **WHEN WILL I RECEIVE A DAILY ITINERARY FOR MY SESSION?**

About a week before your session begins, you will receive a link to an online schedule for your session. Please note that daily presentations are subject to change. 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.

#### **HOW WILL THE CAPSTONE PROJECTS WORK?**

Participants will work in small groups of about 8-10 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 minute) presentation.

#### **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 classroom discussions. Program participants should also come prepared to take notes during classes, and to share their thoughts and ideas with peers and staff. Program participants will do at least a small amount of public speaking when presenting the capstone research projects they developed with other project team members.

#### **WARNING ABOUT POTENTIALLY TRIGGERING TOPICS**

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, child abuse, sexual assault, violence, and mental disorders, and should not apply 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.

### **WILL THERE BE HOMEWORK? TESTS?**

Program participants will be given suggested homework assignments throughout the session (e.g., readings, online videos). During the program, participants will work in teams on a capstone project, which they will briefly present on the last day at graduation. These program participants may have homework related to their projects. The Program does not have tests or grades.

### **COMMUNICATING WITH OTHER PARTICIPANTS ABOUT HOMEWORK/PROJECTS?**

Participants should expect to do some reading and capstone research project work (see above) outside of the Program's hours, either alone or with their small group (virtually, on a Stanford-approved platform). Participants should communicate with each other only through the Stanford-approved platforms and are asked not to use other platforms (e.g., social media) for any program-related communication. As noted below in "WHO ARE THE PARTICIPANTS AND HOW OLD ARE THEY? DO I INTERACT WITH THEM?" participants who are 18 years of age (adults) should be aware that interactions with participants who are under 18 years of age (minors) should be strictly limited to the Program and no outside interaction (including on social media) between minors and adult students is permitted.

### **WILL THE CLASSES BE RECORDED? MAY I RECORD THE CLASSES?**

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

### **WILL I RECEIVE A CERTIFICATE OF COMPLETION AT THE END OF THE PROGRAM?**

Each participant who (1) successfully attends the Program's session, (2) contributes to a capstone project and its presentation, (3) engages in the "What I Will Remember" exercises, and (4) completes a brief evaluation of the Program will receive a CNI-X Certification of Completion from the Stanford Department of Psychiatry and Behavioral Sciences.

## **THE PEOPLE OF CNI-X**

### **WHO ARE THE CNI-X FACULTY, STAFF, AND STAFF MENTORS?**

The CNI-X educators consists of Stanford faculty and staff including the Psychiatry Department's Director of Education (Dr. Louie), an Assistant Director who is a practicing child/adolescent psychiatrist (Dr. Daniels), a Program Manager with a doctorate in psychology (Dr. Turner- Essel), and staff-mentors (college-level students, 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 CNI-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. Most speakers are psychiatrists, clinical psychologists, social workers, neuroscientists, or behavioral scientists. The vast majority of CNI-X speakers are Stanford faculty members (including full professors). Occasionally, we might have a graduate or post-graduate trainee teach a class. Dr. Louie is a Co-Director of CNI-X as is Dr. Laura Roberts, who is the Chairman of the Stanford Department of Psychiatry and Behavioral Sciences.

### **WHO ARE THE PARTICIPANTS AND HOW OLD ARE THEY? HOW DO I INTERACT WITH THEM?**

CNI-X participants are interested in psychiatry, psychology, neuroscience, and/or behavioral sciences and usually discovered our Program through their own Internet search or referral from a school counselor, organization, friend, or family member. Some plan to pursue a career in psychiatry, medicine, healthcare, psychology, or science-technology-engineering-mathematics (STEM), but many plan to go into unrelated fields, like education, the arts, law, humanities, etc. – all are welcomed! Every summer, the faculty and staff have found the participants to be engaged, bright, and innovative.

The CNI-X program is only intended for participants 14-18 years of age. If the applicant is younger than 14 years of age or older than 18 years of age, by the beginning of our summer programs (July 8, 2024), his/her registration is prohibited. The CNI-X program is only intended for participants who are in high school or have just graduated from high school. Some are 18 years of age and most are younger and are minors. Participants of these ages will interact and learn together in our Program (e.g., be in class discussions, work on research projects, etc.) **During the Program, participants who are 18 years of age (adults) should be aware that interactions with participants who are under 18 years of age (minors) should be strictly limited to the Program and should be in the presence of other participants, staff, and/or faculty (i.e., no one-on-one private interactions). No interactions outside the Program (including on social media) between minors and adult students is permitted.**

### **MAY PARENTS/LEGAL GUARDIANS ATTEND THE PROGRAM TOO?**

While parents/legal guardians, family, and friends of participants are welcome to attend the project presentations and graduations on the last afternoon of their participant's session, it is easier for participants to connect with peers if parents/legal guardians are not present each day. We ask that parents/legal guardians do not sit in on lectures and daily activities. 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.

### **WILL THE CLASSES BE RECORDED? MAY I RECORD THE CLASSES?**

Participants are not allowed to record or otherwise capture the classes by any means. The Program may record the classes, but the recordings will not be available for participants.

### **SAFETY ISSUES**

#### **WILL THERE BE COVID-19 PROTOCOLS IN PLACE?**

Stanford University is not responsible for providing medical care for any participants that test positive for COVID-19 during the program. Participants in all campus summer programs, including CNI-X, must abide by the University's COVID-19 protocols which are frequently reviewed and updated here: <https://healthalerts.stanford.edu/covid-19/>

#### **WHAT IF I GET REALLY UPSET ABOUT A TOPIC?**

Typically, participants will be expected to express their thoughts and feeling about a presented topic with CNI-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 CNI-X faculty and staff know right away. Faculty, staff, and staff-mentors function as educators in

CNI-X and do not provide any treatment. Should a participant require medical/psychiatric care, they will need to seek care from their health plans and personal physicians.

**MAY I LEAVE CAMPUS DURING THE PROGRAM?**

No off-campus excursions are planned or allowed. For example, participants may not leave the campus to purchase food elsewhere. Participants must stay within sight of CNI-X staff during daily program hours including lunch hour. Staff are not responsible for participants' whereabouts before 9am or after 4pm.

**ADDITIONAL QUESTIONS**

**HOW MAY I PREPARE FOR THE PROGRAM?**

The best thing to do is to read or review the free, downloadable [Brain Facts Book](#), if you haven't already. This is a great introductory text to some of the topics in CNI-X and will help us all start discussions with a common set of terms and understandings. We know that participants will come with a wide range of prior knowledge and experience with neuroscience/medicine/psychiatry/psychology. That's ok! Completing this reading prior to your session will help us all stay on the same page.

**WHAT IS THE PROGRAM FEE?**

The fee for this year's two-week, in-person program is \$2,795. Program scholarships are available for those applicants who qualify as low-income and/or are affiliated with one of our partner organizations. More details can be found on the program application. Please let us know at the time of application if you require financial assistance.

**IF I NEED TO BACK OUT BEFORE THE START OF CNI-X, MAY I RECEIVE A REFUND?**

Yes, if you let us know before May 15, 2024 so that we have a chance to offer your spot to an applicant on our waitlist. Refunds are not possible after the May 15<sup>th</sup> refund deadline.

**WHAT IF I STILL HAVE QUESTIONS?**

Please contact our Program Manager, Dr. Laura Turner-Essel, at [lte@stanford.edu](mailto:lte@stanford.edu)

**Thank you for your interest in the CNI-X program!**