



**Clinical Neuroscience & Research Experience International (Virtual)
Summer Program
(CNV-X 2023 International)**

FREQUENTLY ASKED QUESTIONS

Updated 1/17/2023

WHAT IS CNV-X 2023?

CNV-X 2023 is the virtual version of our CNI-X high school program, in the summer of 2023. In other words, CNV-X is the same as "Clinical Neuroscience & Research Experience International (Virtual) Summer Program."

WHAT IS THE THEME OF CNV-X 2023?

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 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.

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 INTERNATIONAL SESSION DATES?

August 7, 2023 through August 18, 2023. The program will run Mondays-Fridays (no weekends).

WHAT ARE THE PROGRAM HOURS?

You should plan to be online from 8:00 AM to 12:00 PM local time in China (5:00 PM to 9:00 PM USA time zone Pacific Time), daily.

APPLYING TO CNV-X

HOW DO I APPLY?

Please contact our partner organization, IC Projects, to begin the application process. Contact Jason Yu at yujiangjie@icprojects.org

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.

WHAT IS THE FORMAT OF THE PROGRAM HOURS?

Participants will log in to Stanford-approved Zoom each day of their session (Monday-Friday) from **8:00 AM to 12:00 PM local time in China (5:00 PM to 9:00 PM USA time zone Pacific Time)**. Most days will involve:

- live, virtual talk(s) offered by teachers on the day's featured topic(s)
- a Q&A and discussion directly with the faculty and other participants
- a session for participants to work with a small group of their peers (fellow participants) and an assigned staff-mentor on a capstone research project. Please see more info below regarding capstone research projects.
- a session for participants to learn about social-emotional wellness issues relevant to themselves and/or their peers (only some days)
- a break, near the middle of the online period

IS THE PROGRAM ALL ONLINE (VIDEO AND AUDIO)?

YES! This is a virtual program. All essential components of the Program (e.g., talks, discussions, capstone 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 tentative schedule and list of presenters. Any last-minute changes to the schedule will be reflected on your session's Canvas (our online learning management system) page 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 watch [these tutorial videos](#) so that you are prepared to accept our Zoom link invitation for your meetings (which we will email about a week before the meeting). Stanford is not responsible in the event that a participant's hardware or equipment fails. We highly encourage participants to join each Zoom meeting using both video and audio, so they will be able to be both seen and heard by everyone else. This greatly enhances the experience of the program for staff and participants alike.

WILL YOU PROVIDE ANY SWAG?

Unfortunately, due to the online nature of CNV-X 2023, we will not provide t-shirts, textbooks, or other materials for our virtual programs. If you would like to purchase Stanford gear, you may check out offerings on the [Stanford Online Store](#).

THE CNV-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 CNV-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 2023).

- 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 conflicts, 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 Canvas page as soon as possible. Participants will receive schedules only for their assigned session.

WILL WE USE A LEARNING MANAGEMENT SYSTEM (LMS)?

Yes. We will use through Stanford the learning management system called “Canvas.” Participants must have a computer/laptop and Internet connectivity that will meet the specifications allowing them to access Canvas. Stanford is not responsible in the event that a participant’s hardware or equipment fails and the participant is unable to access Canvas.

HOW WILL THE CAPSTONE PROJECTS AND AWARDS 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. We use principles and tools from “Social Entrepreneurship in Psychiatry” and “Design Thinking in Psychiatry for



developing your project

On the last day, capstone research groups will present their projects during a brief (~15 minutes) presentation to a panel of judges. Based on the consensus of the judges, awards are given to projects in various categories (e.g., most innovative, most creative, etc.) along with a grand prize award to one project. All award decisions are final. Presentations can be anything from a slide presentation describing a new intervention, to a demonstration of a new app designed by the group, or even a song written and performed by group members. This is your time to be creative and shine!

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, ideally using video, audio, and chat features, during the Zoom meetings. Program participants should also come prepared to take notes during classes, and to share their thoughts and ideas with peers and staff.

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. 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.

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 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 (see "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 I RECEIVE A CERTIFICATE AND/OR LETTER OF COMPLETION AT THE END OF THE PROGRAM?

Each participant who (1) successfully attends the Program's session, (2) participates in the exercise "What I Will Remember!," (3) contributes to a capstone project and its presentation, and (4) completes the evaluation of the Program form will receive a CNV-X Certification of Completion from the Stanford Department of Psychiatry and Behavioral Sciences. This will be emailed after the Program has ended.



A Letter of Completion will be provided if the participant requests one by the last day of the Program by filling out a questionnaire. This letter will describe the Program and include a paragraph about the participant's work and capstone research project. It will necessarily be brief due to the short duration of the Program and of our experience with the participant. Input from the staff-mentor who will work most closely with the participant will be included. The Letter will be from the Program and signed by the Co-Directors, Assistant Director, and Manager: Dr. Louie, Dr. Roberts, Dr. Daniels, and Dr. Turner-Essel.

SAFETY POLICIES

ARE SENSITIVE OR DISTRESSING TOPICS DISCUSSED?

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.

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.

THE PEOPLE OF CNV-X

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

The CNV-X educators consists of Stanford faculty and staff including the Co-Director who is a psychiatrist (Dr. Louie), an Assistant Director who is a psychiatrist specializing in child and adolescent mental health (Dr. Daniels), 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 12:1, or less, throughout the Program. Most speakers are psychiatrists, clinical psychologists, social workers, neuroscientists, or behavioral scientists. The vast majority of CNV-X speakers are Stanford faculty members (including full professors). Occasionally, might we have a graduate or post-graduate trainee teach a class. Dr. Louie is the Psychiatry Department's Director of Education and is a Co-Director of CNV-X as is Dr. Laura



Roberts, who is the Chair of the Stanford Department of Psychiatry and Behavioral Sciences.

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

CNV-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 CNV-X program is only intended for participants 14-18 years of age (these are ages based on how they are calculated in the United States). **All participants shall be at least 14 years of age (born before August 7, 2009) AND less than 19 years of age (born after August 18, 2004), during the program.** Others are prohibited from registering for the Program and should **not** complete the following forms. Participants who do not meet the age requirements and register for CNV-X will have their registration cancelled and will be unable to participate in the Program.

The CNV-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 virtual Program (e.g., be in class discussions, work on research projects). Communication between participants relating to the Program should only be through our learning management system, and not through other platforms or servers. **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 no interactions outside the Program (including on social media) between minors and adult students is permitted.**

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.

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.

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 CNV-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.

I STILL HAVE QUESTIONS...Email Program Manager, Dr. Laura Turner-Essel, at lte@stanford.edu

Thank you for your interest in the CNV-X program!