



FREQUENTLY ASKED QUESTIONS ABOUT CNV-X INTERNATIONAL 2020

updated June 8, 2020

WHAT IS CNV-X INTERNATIONAL 2020?

CNV-X International 2020 is the virtual version of our CNR-X high school program, in the summer of 2020. In other words, CNV-X International is the same as "Clinical Neuroscience & Research Experience International (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!

WHEN ARE THE PROGRAM DAYS?

The program will be held for 10 days (Monday-Friday) from **August 3, 2020 through August 14, 2020**.

WHAT IS THE FORMAT OF THE PROGRAM HOURS?

Participants will log in to Stanford-approved Zoom each day of the program (Monday-Friday) from **8:00 AM to 12:00 PM local time in China (5:00 PM to 9:00 PM USA time zone PST)**. Each day will involve:

- a live talk offered by Stanford faculty or staff member(s) on the day's featured topic(s)
- a Q&A and 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 research project. Please see more info below regarding capstone research projects (see FAQ below "How will the capstone research projects work?").
- a break, near the middle of the online period

WILL THERE BE HOMEWORK? TESTS?

Participants should also expect to do some reading and capstone research project work (see below) 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. Program participants should also come prepared to take notes during lectures, and to share their thoughts and ideas with peers and staff. The Program does not have tests or grades.

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.

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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.

CERTIFICATE OF COMPLETION AND LETTER OF COMPLETION

Each participant who successfully attends the Program's session and contributes to a capstone research project and its presentation will receive a CNV-X Certification of Completion from the Stanford Department of Psychiatry and Behavioral Sciences. 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 and Manager: Dr Louie, Dr. Roberts, and Dr. Turner-Essel.

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.

TOPICS THAT WILL BE FEATURED?

Below are some of the topics that we have planned CNV-X. The list of topics and speakers below is subject to change and more topics and speakers will likely be added. Most are psychiatrists, clinical psychologists, social workers, neuroscientists, or behavioral scientists. Speakers are faculty or staff of the Stanford Department of Psychiatry and Behavior Sciences, unless otherwise noted.

- Sleep and the Brain
 - Rafael Pelayo, MD, Clinical Professor, Stanford Center for Sleep Sciences and Medicine
- Neuroplasticity and the Brain
 - David Eagleman, PhD, Adjunct Professor
- Artificial Intelligence and Neuroscience
 - Kaustubh Supekar, PhD, Clinical Assistant Professor
- Mental Illnesses (a.k.a. psychopathology)
 - Hannah Raila, PhD, Postdoctoral Research Fellow
- Neurosurgery and Ethics
 - Odette Harris, MD, MPH, Professor of Neurosurgery
- Circadian Rhythms
 - Jamie Zeitzer, PhD, Associate Professor
- Interventional Psychiatry and Brain Circuits
 - Kristin Raj, MD, Clinical Assistant Professor
- Neuroimaging in Psychiatry
 - Weidong Cai, PhD, Clinical Assistant Professor

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- Psychotic Disorders
 - Jacob Ballon, MD, Clinical Associate Professor
- Community Psychiatry with Youth
 - Vicki Harrison, MSW, Manager of Center for Youth Mental Health and Wellbeing
- The Psychology of 'Stoked!'
 - Shashank Joshi, MD, Professor of Psychiatry, Pediatrics, and Education
 - Daryn Reicherter, MD, Clinical Professor
- Sport and Performance Psychology
 - Kelli Moran-Miller, PhD, Clinical Associate Professor
- Social Entrepreneurship in Psychiatry
 - Nina Vasan, MD, MBA, Clinical Assistant Professor
- Design Thinking in Psychiatry
 - Erica Simon, PhD, Clinical Psychologist, National Center for PTSD, VA Palo Alto Health Care System

HOW WILL THE CAPSTONE RESEARCH PROJECTS AND AWARDS WORK?

Participants will have a chance to showcase their own innovation in clinical neuroscience through the development of capstone research projects in small groups of 5-6 participants, facilitated by our awesome staff-mentors, who are generally people in college or college graduates. 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. Talks on “Social Entrepreneurship in Psychiatry” and “Design Thinking in Psychiatry” provide principles and tools 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!

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.

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, using both video and audio during the Zoom meetings. 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

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may not agree. Program participants will do at least a small amount of public speaking when presenting the capstone research 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 and IC Projects staff know in a private chat message right away. 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/LEGAL GUARDIAN 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 Program 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 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 pre-recorded 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.

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

We hope that we will be able to offer CNR-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