Frequently Asked Questions

WHAT IS THE THEME OF CNV-X 2021?
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 just two weeks.

We have intentionally chosen teachers, 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?
Session 1 (10 days): July 11 – July 22, 2022, from 9:00 am Pacific Time to 4:00 pm Pacific Time
Session 2 (10 days): July 25 - August 5, 2022 from 9:00 am Pacific Time to 4:00 pm Pacific Time

MAY I SWITCH SESSIONS?
Sessions fill quickly and we become unable to move people once there is already a waitlist for particular dates. Please choose carefully when choosing your sessions on the application, because you will most likely need to stick with the original session for which you were assigned.

WHAT IS THE FORMAT OF THE PROGRAM HOURS?
Participants will be at Stanford University in-person (Monday-Friday) from 9:00 am Pacific Time until 4:00 pm Pacific Time. Most days will involve:
- talks offered by teachers on the day’s featured topic(s)
- Q&A and discussion directly with the faculty and other participants
- 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 lunch break, near the middle of the day

IS THIS PROGRAM IN-PERSON?
Yes, as long as Stanford University and County regulations continue to allow for in-person programs, CNIX will be held in-person, in accordance with those regulations.

WHAT IF COVID REQUIRES THE PROGRAM TO GO ONLINE OR TO BE CANCELLED?
Full refunds will be issued if any sessions are cancelled by the University. If we are able to move the program online, registered participants will be given the option to attend the virtual session or receive a refund.

WHERE IS THE PROGRAM HELD?
Lectures and activities will take place on the campus of the Stanford University School of Medicine. Participants must stay with the CNIX group throughout the hours of the Program, including during lunchtime.
WHAT IS THE PROGRAM FEE?
The fee for this year’s two-week in-person program is $2,590. 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.

IS HOUSING PROVIDED?
Sorry, not at this time. Program Participants and parents/legal guardians are fully responsible for securing residency during the program and must arrange for their own transportation to and from our building. 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 CAN 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, sites like AirBnB.com or HomeToGo.com provide listings of short-term vacation rentals that can sometimes accommodate the 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 Stanford University cannot accept any liability for arrangements made for accommodations or transportation.

DO 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), know and she will connect you with other CNI-X families who have agreed to be contacted for these purposes. Stanford University cannot accept any liability for arrangements made for accommodations or transportation.

WHO ARE THE CNV-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.
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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). Only occasionally, might we will 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? DO I INTERACT WITH THEM?
The 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 these fields, but many will go into careers outside of medicine, healthcare, psychology, or science-technology-engineering-mathematics (STEM) – all are welcomed. Every summer, the faculty and staff have found the participants to be engaged, bright, and innovative. Thank you for joining our Program!

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 the Program (July 11, 2022), his/her registration is prohibited. The CN1-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.) 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 (such as on social media) between minors and adult students is permitted.

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. 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 2022). These 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
- **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
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- Neuroimaging in Psychiatry - Weidong Cai, PhD, Clinical Assistant Professor
- 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 and Daryn Reicherter, MD, Clinical Professor
- NeuroLaw and Forensic Psychiatry - Octavio Choi, MD, PhD, Clinical Associate Professor

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.

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 5-8 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.

WILL THERE BE HOMEWORK OR TESTS?
The Program does not have tests or grades. Participants should 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). We use a Stanford-approved learning management system (LMS) names Canvas. Interesting articles, videos, and activities to supplement live discussions will be shared by faculty and staff with participants throughout the week.

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 discussions and asking questions after talks. 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 also do at least a small amount of public speaking in front of an audience, when presenting the capstone research project that they developed with other project team members.
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SENSITIVE 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.

WHAT IF I GET REALLY UPSET ABOUT A TOPIC?
People cannot always predict their emotional responses and we cannot rule out the possibility that a participant may become really upset about a topic discussed in CNIX and may need substantial support in processing thoughts or emotions that arise during a class. If a participant has an emotional response that requires medical/psychiatric attention, then medical/psychiatric care will have to be sought, along with the parent/legal guardian, through the participant’s healthcare provider. The CNIX faculty members are functioning as educators and not as clinicians, and, therefore, will not be providing healthcare. Nevertheless, our Adolescent Psychiatry clinic is available to assist participants in an emergency. Please let a staff member know right away if you feel that you need to speak with a clinician during your session.

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 some classes, but the recordings will not be available for participants to view later.

MAY PARENTS ATTEND THE PROGRAM TOO?
While parents 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 are not present each day.

WILL YOU PROVIDE ANY SWAG?
Yes, we plan to provide swag. This varies from year to year and is provided usually on the first day. If you would like to purchase additional Stanford gear, you can check out offerings on the Stanford Online Store.

WHAT DO I NEED TO BRING?
Program participants should come prepared to take notes. Laptops may be useful, but they are not required for participation in CNI-X. If you would like to bring a laptop or iPad you may do so at your own risk. Our program assumes no responsibility for lost or stolen property. Small notebooks, pens, water bottles, and t-shirts will be provided. Program participants may also wish to bring small snacks and water to consume throughout the day.
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IS LUNCH PROVIDED?
Yes. Lunch will be provided near your classes. No other meals are provided. Participants must stay with the CNIX group during lunch; they may not leave to get lunch elsewhere.

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.

WILL I RECEIVE A CERTIFICATE OF COMPLETION?
Each participant who successfully attends the Program’s session, accomplish required assignments, and contributes to a capstone project and its presentation will receive a CNI-X Certification of Completion from the Stanford Department of Psychiatry and Behavioral Sciences.

HOW DO I APPLY?
Applications can be completed online at the CNI-X website: https://med.stanford.edu/psychiatry/special-initiatives/CNIX.html
Applications for summer 2022 open in mid-December 2021 and close on March 1, 2022. Applicants will be notified by April 15th of their acceptance status.

DO I NEED TO PROVIDE AN ESSAY, RECOMMENDATION LETTERS, GRADES, OR TRANSCRIPTS WITH MY APPLICATION?
We do not require or accept recommendations letters, grades, or transcripts as part of our application process. We do require that you write an essay, described in the application, about your interest in CNIX. The applicant should write the essay him or herself, but we encourage everyone to have a parent, legal guardian, mentor or teacher look it over with regards to whether it is appropriately written for applying to an academic summer program. In this way, we are encouraging that the writing of the essay be a learning opportunity for you. Your essay is the single most important part of your application with regards to getting accepted to CNIX.

HOW HARD IS IT TO GET ACCEPTED TO CNIX?
Some people do not apply to a program because they assume they “won’t get in anyway.” We suggest that you do NOT assume this. We accept a wide diversity of participants. Most important is that you are enthusiastic and will apply yourself as best as possible if accepted to CNIX. Since this is most important, we do not ask for your GPA or letters of recommendation, but instead look to your essay to understand why you will want to join us and to work hard at CNIX. The main reason that someone does not get accepted is that we receive hundreds of applications and we are not able to accept everyone. If you happen to not get accepted, do not assume that you were “not good enough.” Some people will apply again the next summer (as long as they are still in high school) and may well get accepted then.
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WHAT IS THE NEXT STEP AFTER I SUBMIT MY APPLICATION AND IF I AM ACCEPTED?
You will receive a registration packet, which will include form for you to fill out. Your parent/legal guardian will also have to fill forms out, unless you are 18 years of age or older at the time of filling them out. The registration packet will have additional details and financial information about paying the Program fee.

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, 2022 so that we have a chance to offer your spot to an applicant on our waitlist. Refunds are not possible after the May 15th refund deadline.

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.

WHOM MAY I EMAIL WITH QUESTIONS?
Laura Turner-Essel, PhD
CNI-X Program Manager
Laura Turner-Essel <lte@stanford.edu>