DO I NEED TO BE EXPERIENCED WITH NEUROSCIENCE ALREADY TO APPLY TO CNI-X?

Participants in the two-week session should have at least some previous experience with Neuroscience or Psychology classes or readings. Applicants for the one-week session should have interest and enthusiasm for learning about these topics, but not necessarily any previous experience.

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.

WHERE IS THE PROGRAM HELD?

All program activities will take place at the main Stanford campus in Palo Alto, California. Specific classroom location information will be shared with those accepted into and registered for each session. Students are not allowed to leave campus during program hours, which are 9:00am-4:00pm each day.

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.

CAN YOU ACCEPT 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. You will also need to secure your own visa and airfare, being sure to abide by all COVID-19 travel regulations in place at that time.

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 (many of which may have been limited to allow for social distancing).

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
Frequently Asked Questions

bottles, and t-shirts will be provided. 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.

**WILL THERE BE HOMEWORK? TESTS?**

There are no tests. Program participants will be given suggested homework assignments throughout the session (e.g., readings, online videos). During the two-week session, 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 project.

**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. 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 in the two-week session will do at least a small amount of public speaking when presenting the capstone research project they developed 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 CNI-X staff and peers. However, our Adolescent Psychiatry clinic is on-call to assist participants that feel they need substantial support in processing thoughts or emotions that arise during a session. Please let a staff member know right away if you feel that you need to speak with someone on our clinical team during your session.

**WHO ARE THE CNI-X STAFF MEMBERS?**

The CNI-X staff consists of Stanford faculty including the Psychiatry department’s Director of Education, a program manager with a doctorate in Psychology, and college-level mentors who will facilitate discussions and small group activities with the participants. The mentors all have interests in mental health research, medicine, and/or education. All CNI-X staff have been selected based on their ability to
Frequently Asked Questions

work with young people and present topics in an age-appropriate, engaging way. There is a participant-staff ratio of 10:1 throughout the program.

**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.

**CAN PARENTS ATTEND THE PROGRAM TOO?**

While parents of participants in the two-week session are welcome to attend the project presentations and graduations on the last afternoon of their child’s session, it is easier for participants to connect with peers if parents are not present each day.

**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](http://AirBnB.com) or [HomeToGo.com](http://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](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.

**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.

**WHAT IF THE PROGRAM GOES ONLINE OR GETS CANCELLED DUE TO COVID?**

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.