FREQUENTLY ASKED QUESTIONS ABOUT CNV-X 2024

GENERAL PROGRAM INFORMATION

WHAT IS CNV-X 2024?
CNV-X 2024 is the virtual version of our CNI-X high school program, in the summer of 2024. In other words, CNV-X is the same as "Clinical Neuroscience Immersion Experience (Virtual) Summer Program."

WHAT IS THE THEME OF CNV-X 2024?
The theme of this summer's program is "Making an Impact Through Clinical Neurosciene." 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? Making a positive difference in the world using the science of the brain!

WHEN ARE THE PROGRAM DAYS?
June 17-June 28, 2024. Participants will log in to Zoom each day of the 10-day session (Monday-Friday).

WHAT IS THE FORMAT OF THE PROGRAM HOURS?
Participants will log in to Stanford-approved Zoom each day of their session (Monday-Friday) from **10:00 am Pacific Time until 12:00 pm/noon Pacific Time** and again from **1:00 pm Pacific Time until 3:00 pm Pacific Time**. Most days will involve:
- a live talk 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
- a break, near the middle of the online period

IS THE PROGRAM ALL ONLINE (VIDEO AND AUDIO)?
YES! 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 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 <u>video and audio, so they will be able to be both seen and heard by everyone else.</u> This greatly enhances the experience of the program for staff and participants alike.

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 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.

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 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 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 minutes) 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 online discussions, ideally using both video and audio 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. Program participants will do at least a small amount of public speaking when presenting the capstone project they develop 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, 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 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.

HOW SHOULD I COMMUNICATE 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 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 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 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 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, we will 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?
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. Every summer, the faculty and staff have found the participants to be engaged, bright, and innovative. Thank you for joining our program!

The CNV-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 (June 17, 2024), his/her registration is prohibited. 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. **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.**

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 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. 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.

SAFETY ISSUES

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 a participant require medical/psychiatric care, they will need to seek care from their health plans and personal physicians.

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.

WILL YOU PROVIDE ANY SWAG?
Unfortunately, due to the online nature of CNV-X 2024, 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.

WHAT IS THE ONLINE PROGRAM FEE AND HOW WAS IT DETERMINED?
The program fee for CNV-X 2024 is $1,495. 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. *Please let us know at the time of application if you require financial assistance.*

IF I NEED TO BACK OUT BEFORE THE START OF MY CNV-X SESSION, MAY I RECEIVE A REFUND?
Yes, until the refund deadline of 5/15/2024. No refunds are possible after this date.

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!