

RISE TEAM FAQ



WHAT DOES 'RISE' STAND FOR?

The RISE team stands for **R**esearch, **I**nnovation, **S**upport, and **E**ducation! These are the 4 pillars that shape our work and what we aim to do with our team members.



WHAT ARE THE GOALS OF THE RISE TEAM?

The overall goals of the RISE team are to provide teens with the opportunity to: 1) help us with our research on teen mental health and 2) increase awareness of teen mental health in their school and community. RISE team members can participate in research by providing feedback on research (study designs, measures, ads, and more), and help create and share mental health information with students in their school and communities.



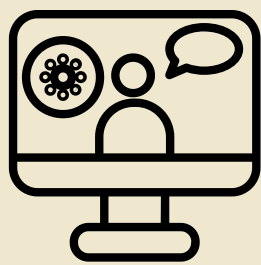
WHAT ARE MEMBERS RESPONSIBLE FOR?

Members will be responsible for attending meetings over Zoom, communicating with us on Slack, completing tasks related to research and sharing resources, and promoting a safe and respectful environment for other team members.



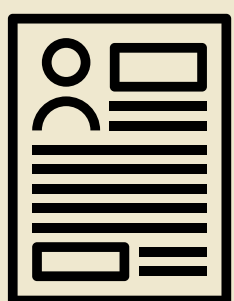
WHAT TOPICS WILL BE COVERED IN MEETINGS?

Meetings will focus on mental health and research in psychology (ex: depression, social media, sleep, stress), as well as professional development (ex: applying to college and writing a resume).



DO MEMBERS HAVE TO PAY TO BE A PART OF THE TEAM?

No! This experience is completely free of charge and any materials that are given to the members will be provided by the lab or composed during meetings to share.



CAN THIS EXPERIENCE BE PUT ON A RESUME?

Absolutely! This experience would serve as a great extracurricular to add to a resume or college application and shows experience in both the psychology and research fields.



WHAT IS THE TIME COMMITMENT LIKE?

In terms of meeting, we would like to meet 1 to 2 times a month over Zoom for 1 hour. We will provide members with tasks to complete in between meetings and support members in any school-based initiatives or activities.