



Concordia PsychOut! Mentoring Program

Information for educators and parents/guardians

Senior undergraduate students at Concordia University's Department of Psychology join an active research laboratory during the last year of their studies, where they take part in cutting-edge research projects on diverse topics. Over the course of eight months, they become researchers – learning each step of the process from writing a proposal, conducting an experiment, and presenting their work in written and oral form.

This year, some of these students have decided to offer a unique opportunity to students aged 16-19 to go 'behind the scenes' and follow their work in order to learn how science is really done. In the process, the mentored students will participate in discussions and exchanges, and learn how to interpret and present findings, each with a university student (who is in turn mentored by two faculty researchers) as a personal guide. While these skills are necessary in science, they're also important for many jobs.

Who can benefit from this experience?

Higher education and scientific training is most easily accessible to young people who have family members who have received a university degree and can offer support and advice. Motivated, curious students of all kinds are welcome, but the students who will benefit the most from our program are those who do *not* already have ready access to this kind of mentorship. We extend a special invitation to youths from indigenous and remote communities, and members of any group that is underrepresented in science.

What is involved?

Applicants will select up to three mentors they would like to work with based on the mentor's research topic and their shared interests. We will accept as many people as we can pair with mentors. After an online group introduction and overview, the main part of the program will consist of bi-weekly videoconference meetings (30 mins) between mentors and mentees, during which time the mentor will describe each part of the project as they are working on it. Mentees will be invited to read and discuss scientific literature, receive coaching on specific skills (such as communicating their project to the community), and will have opportunities to learn about university life, applications, and career options related to higher education.

To expose students to a wider range of human research topics, students will also watch a recent 5-part documentary series on human sensation and perception (Jan-Feb 2022), around which discussions will be organized with guest scientists who are involved in research shown in the films. In Feb-March 2022, on-site visits will be organized at Concordia's PERFORM centre, where students will be able to see and handle scientific equipment in small groups. Later in the spring, students will be invited to read one of the scientists' publications and present it to the group.

Requirements - all mentees must:

- Be self-motivated and committed
- Have access to a computer with a microphone, and the internet
- Commit to being available by videoconference for 30 minutes every two weeks between January and April 2022
- Agree to attend occasional *PsychOut* group meetings
- Optional: Attend a scientific open house day at the PERFORM centre, Attend the undergraduate research day (April 2022) for their mentor's final presentation