

# Being an Research Assistant in Dr. Flory's Lab

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## Beyond the Classroom Background

### ARISE Lab

I have worked as a research assistant (RA) with ARISE Lab since January 2022, working an average of 10 hours per week. In this role, I am responsible for helping with hands-on experimental assessments with study participants, facilitating participant recruitment, conducting literature reviews, and other lab activities as needed.

#### About the lab:

- ❖ Understanding ADHD in children, adolescents, young adults/ college students
- ❖ Looking into health-focused treatments, such as exercise for college students with or without ADHD
- ❖ Focusing on challenges such as social, academic, & mental health

Being engaged in research has broadened my understanding of psychology and given me a new outlook beyond the classroom. Being a part of the team has fueled my ambition to delve deeper into research and apply the experience gained for future endeavors.



Figure 1:  
RA members  
of ARISE lab

## Conclusion

Having the opportunity to work as an RA in ARISE Lab has refined my understanding of my goals and future aspirations. Working as an RA has also allowed me to gain new research skills that will aid me in my pursuit of becoming a Physician Assistant. I am excited to implement these experiences as I pursue this career path.

## Activity / Descriptions

Being an RA, I have had the opportunity to be trained in running participants, engage in a collaborative environment with peers and graduate students, and improve in professional development areas.

### Lab Responsibilities:

- ❖ **Running research participants** in the exercise study. Facilitating data collection process by monitoring vital signs & looking over health assessments
- ❖ **Hosting journal discussion** centered around the topics of ADHD
- ❖ Attending lab meetings, **discussing lab progress & results, & professional development skills** hosted by the grad students working in the lab
- ❖ Work in **recruitment efforts** through emailing & face-to-face interactions



Figure 2: Participant recruitment for U-Learn & ADHD Exercise Study

## Reflection



**U-LEARN:** Survey of investigating behavior, attention, and learning.

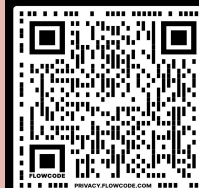
**ADHD Exercise Study:** Effects on exercise in improving executive function in college students with or without ADHD

Working on both projects has given me skills that allowed me to gain a deeper understanding of working in a research setting.

#### Skills:

- ❖ Communication
- ❖ Documentation
- ❖ Participant Interaction
- ❖ Vital Sign Monitoring
- ❖ Time Management

Scan Here to View  
Abstract !!!



# Beyond the Classroom Experience

## **ARISE LAB**

- I have worked as a research assistant (RA) with ARISE Lab since September 2022. With this role I have been responsible with hands on experimental assessments with participants with in the study cohort, facilitating recruitment for the studies, literature reviews and much more.

### **About the lab**

- Understanding ADHD, in children, adolescent and young adult / college student
- Looking into health focused treatments such as exercise for college students with or without ADHD
- Focusing on challenges such as social, academics, and mental health

Wanting to be involved in research & the field of psychology, allowed to gain a new perspective beyond biology & medicine. Being part of the lab & working with a great team motivated me to pursue future research opportunities and involve it in my future career aspirations in becoming a Physician Assistant (PA).

### OR

Wanting to learn more about what makes a research and the field of psychology, I have not only gained an understanding of both but an interest in continuing to explore future research projects. Alongside gaining valuable research experience I've developed a diverse skill set, that can be used in my pursuit to the path towards becoming a Physician Assistant (PA). I am excited to use this experience as I pursue towards the PA track, recognizing the potential research has in shaping my professional aspiration and the healthcare field in general.

# Activities / Descriptions

Being an RA, I've had the opportunity to be trained in running participant studies, being engaged in collaborative environment as well as comprehensive professional development, having the ability to use these skills in order to be used in future.

## **Lab Responsibilities**

- Running and scheduling research participants in the exercise study. Facilitating data the collection process by gathering physiological measurements, and questionnaires. Conducting thorough health assessment, monitoring vital signs, and any necessary measures.
- Hosting journal discussion centered around on the topics of ADHD
- Attending lab meetings, discussing lab progress and results, and professional development skills hosted by the grad students working in the lab
- Work in recruitment efforts through emailing and face to face interactions

# U-Learn / ADHD Exercise Study \*\*\*\*

U-Learn: Survey of investigating behavior, attention, and learning behavior

ADHD Exercise Study: Effects on exercise in improving executive function in college students with or without ADHD

Working on both research it has given me skills which allowed me to get a well understanding on the research setting

## **Skills:**

- ❖ Communication
- ❖ Documentation
- ❖ Participant Interaction
- ❖ Vital Sign Monitoring
- ❖ Time Management

# Conclusion

- How has what you learned changed your understanding of yourself, others, your studies, your future career aspirations, or your decisions for the future?
- What would you recommend future students focus on if they pursue a similar experience?
- What do you want to do next, what do you want to learn more about, and/or how has this influenced how you will interact with others?

Having the opportunity to work as a RA in ARISE lab has refined my understanding of my goals and future aspirations. Working as a RA has allowed me to gain a new skill set aside from shadowing for future pursuits as a PA. I am excited to implement these experiences as I pursue towards my future aspiration of becoming a PA.

# Abstract (QR Code)

During my sophomore year, I joined Dr. Kate Flory's lab as a research assistant (RA). Initially my understanding of the concept of research was limited, yet my deep interest in psychology moved me towards this opportunity to work in her lab. We are looking into understanding the outcomes of attention-deficit/hyperactivity disorder (ADHD) in adolescents and college students, focusing on the challenges linked to social, academic, and mental health. The lab offers a collaborative environment with weekly meetings on the progress of studies that are going on in the lab as well as journal readings that allow the RAs to gain a deeper understanding of and to discuss more about ADHD-related topics .

Currently, the lab is working on two studies: the ADHD Health and Exercise Study and the U-LEARN Study. The ADHD Health and Exercise Study looks into the potential benefit of physical exercise on the emotion regulation skills of college students with and without ADHD. As an RA, my involvement in this study provides a valuable learning opportunity, as I have gained hands-on experience with conducting participant sessions and learning about the data collection process. The U-LEARN Study is a multisite online survey that collects data on behavior, learning styles, and attention in order to understand mental health issues among college students. To recruit student participants in both studies, we organized a weekly tabling event to inform students about the objective of the studies and encourage their participation.

My experience working as an RA in Dr. Flory's lab has provided me with insight into the process of successfully conducting a research study and collecting and analyzing data. Being a part of this lab has allowed me to be a part of a collaborative environment where I am constantly learning from my mentor and my peers. In my presentation, I will take a deeper look into my experience as an RA in Dr. Flory's lab, the knowledge, and skills that I have gained, and how these experiences will help me in making future research and career decisions.

# Poster Layout

## QR Code of the abstract

## Beyond Classroom Experience

- When I started working in the lab
  - About the lab
- How being apart of this lab was beneficial

## Activities

- What my part in the lab

## Lab

- Talk about the different labs that are being ran
  - Results
- Future of the lab

## Conclusion

- Overview of everything

<https://blakegibbonsqld.weebly.com/discover-usc.html>

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