# USU ACT Research Group Opportunities for Undergrad Research Assistants

Undergraduate RAs will have a variety of tasks assigned. Our aim is to meet your training goals while ensuring that we have the reliable support we need for lab functions to run smoothly. All RAs will be assigned some **general research** tasks. At the end of the semester, you will meet with your grad student supervisors for an evaluation. If at that time you are interested in more depth research training and have done a good job completing **general research** tasks, we will pair you with a grad student mentor and develop a plan to meet your training needs. You will most likely still be asked to complete some **general research** tasks, but will also support you with **intermediate/advanced** tasks and will try to match those to your needs as much as possible depending on availability.

If you are wondering how you might be able to do something on this list, don’t hesitate to ask for input from your supervisor! There are also **broad** training opportunities that are open to all RAs rather than assigned.

What defines good performance depends on the specific task, but in general involves being **punctual, reliable, professional, and proactive**.

# Opportunities

## General Research Tasks

*All RAs will begin with training and working on general lab tasks, and in most cases RAs will work on some general lab tasks for as long as they are a part of the lab*. *These tasks are critically important to our research and are very helpful for becoming more familiar with research and studies*.

* Helping with data collection and contacting participants for studies
* Basic research ethics training
* Recruiting for studies (posting flyers, class announcements, looking for relevant websites, posting online ads, etc.)
* Learning about ACT/research by reading articles
* Learning about specific studies happening in the lab
* Testing and reviewing survey and self-help content
* Updating lab website, organizing lab Box folders and resources, etc.

## Basic Grad School Skills (for students considering graduate studies)

*These are examples of the kinds of opportunities that an undergraduate RA would typically be able to access after one semester with a good evaluation. At this point, you’d be paired with a grad student mentor to help figure out what specific opportunities fit best with your needs and interests*. *These types of experiences are very likely to be helpful when considering and applying for graduate school.*

* Writing a curriculum vitae
* Discussing graduate school applications with a mentor
* Learning to talk about research effectively, by discussing research studies and processes in more depth with a mentor
* Presenting at a local conference (like USU Student Research Symposium)
* Learning basic data analysis skills
* Learning basic literature review skills
* Learning advanced data collection skills

## Advanced Grad School Skills (for students planning to apply for graduate school)

*These are examples of the kinds of opportunities that an undergraduate RA would typically be able to access after a year in the lab and excellent performance*. *Specific opportunities would depend on what’s available in the lab and the student’s needs, skills, and interests. These types of experiences are very helpful at making you a strong applicant for graduate programs*.

* Reviewing videotaped therapy sessions for content
* Being an author on a peer-reviewed journal article
* Presenting a poster at a regional/national conference
* Presenting a paper at a regional/national conference
* Learning advanced data analysis skills
* Learning advanced literature review skills
* Applying for an URCO or another grant
* Conducting an honors thesis study
* Writing an IRB application

## Broad training

*These training opportunities are voluntary and available to all undergraduate research assistants.*

* Attending lab meetings to learn about research design, how to read research articles
* Attending training meetings for undergraduate RAs that cover topics like applying to grad school, ACT, research ethics