

Behavior & Alcohol Research Lab

Goal

For each person to gain knowledge and skill in conducting, writing, presenting, and publishing research on a variety of factors related to college alcohol use and motivational interviewing. At this time a particular focus of the BAR LAB is on screening and brief interventions and protective behavioral strategies for college student drinking.

Short-term Objectives

- To discuss both the content and process of research in college alcohol use
- To learn different methods of research used to study college alcohol use
- To contribute to the ongoing research of members within the BAR LAB
- To enhance technical writing skills.

Long-term Objectives

- To develop research conceptualization, management and organizational skills.
- To develop data analytic and writing skills appropriate for one's academic level.
- Provide a forum for students to present and publish research in college alcohol use
- To publish articles or chapters from the team as a whole or from working groups within the team
- To be awarded external funding to support ongoing BAR LAB research projects

BAR LAB EXPECTATIONS

- Be prepared for all meetings whether it is a team member presentation, journal club or project planning meeting.
- Actively participate in meetings by asking questions and providing feedback.
- Provide support to team members by critically reviewing papers and making suggestions.
- Provide support to Dr. Madson's research by responding to requests in a **timely manner**.
- Communicate with Dr. Madson and team members.
 - Check e-mail daily!
 - This includes responding timely to requests and e-mails, etc.
 - **If you don't respond I'll assume you don't care and will move on without you. This will be reflected in annual reviews.**
- Adhere to BAR LAB procedures and timelines.

Preparing for Project Updates

Project update are your opportunity to discuss your projects and to receive guidance and feedback from the team. It is expected that students take advantage of this time. To do so you should be prepared for these meetings and to discuss your project. "I have nothing this week" is not acceptable. Things to consider in preparing include:

- Questions related to understanding college drinking and related variables.
- Requesting feedback on your potential projects
- Measurement questions.
- Methodology & statistical questions.

- Suggestions for resources.
- Writing questions and feedback.
- General procedural issues.

Goal Setting

You are expected to develop a set of goals for your research projects each week during the semester. Your goals should be concrete and measurable. You will report on your goal accomplishments each week with supporting evidence. It is expected that you will reach your goals each week so keep them realistic! See guidelines below.

Research Presentation

Each student conducting an independent research project (dissertation, thesis, master's project, senior/Honor's College/McNair thesis) will present on their project. See below for presentation guidance. Presentations will be every other week throughout the semester.

Fall first year – variable presentation: The purpose of these presentations is to help students solidify research ideas/variables by (a) identifying how the variables relates to current team research and the student project, (b) establish the rationale for examining the variables based on the literature, and (c) identifying methods of measuring the variables (including psychometrics).

Spring first year – project proposal: The purpose of this presentation is to present an overall project proposal for the study. This will involve (a) reviewing of the relevant literature, (b) research question(s), (c) hypotheses and (d) methods.

Fall second year – results (master's students) and or dissertation ideas (doc students): The purpose of this presentation is to present the study results. This will involve (a) review of the purpose and hypotheses, (b) presentation of the results and their meaning, and (c) suggested points to make in discussion.

Spring second year – discussion (master's students) and or dissertation (doc students): The purpose of this presentation is to present the discussion of the project. This will involve (a) reviewing the purpose and results, (b) presenting discussion of results, (c) presenting limitations, and (d) presenting suggestions for future research.

Student thesis/dissertation proposal/defense presentations can substitute for these presentations.

BAR LAB Journal Club

Every other week we will have BAR LAB journal club. The purpose of the journal club is to review articles that are related to college alcohol use, protective behavioral strategies and current team projects. Journal club will be facilitated by a different doctoral student each week. The week prior to journal club an article will be assigned by the facilitator. Articles should be from within the past two years (2013-2015) and you should consult me in choosing your article. Team members should read the article and prepare to discuss the article based on the questions listed below. The journal club is intended to keep us all on top of the literature, build your knowledge and skill evaluating research, and enhance communication among the team. Therefore, you are expected to actively be involved in each journal club.

Questions

1. What is the purpose of the study?
2. Why is this study important?
3. What are the research questions and/or hypotheses and are they clearly stated?
4. What are the data collection procedures?
5. How are the operational definitions of the dependent variables appropriate?
6. How are the operational definitions of the independent variables appropriate?
7. What are the statistical analyses?
8. What was found?
9. How are the findings meaningful for BAR LAB research and clinical practice such as BASICS?
10. Are the conclusions justified by the results and methodology?
11. What are the limitations and strengths?
12. What are the suggestions for future research?

Professional Presentations and Journal Articles

It is my expectation that the outcome of every project implemented on the team will be a proposal for a conference presentation and submission of a manuscript for publication. **PLEASE KEEP THIS IN MIND AS YOU CONSIDER PROJECTS.** Novice team members are encouraged to consult advanced team members to discuss potential projects.

Professional conferences: Since team members are involved in projects at various levels it is expected that each graduate team member attend 1 professional conference each year on the team. Undergraduates are strongly encouraged to attend to enhance their experience. Conferences may be at the regional, national or international level.

Journal articles: There are plenty of opportunities for students to seek authorship opportunities on the team. Team members may receive authorship credit for leading independent projects, providing extensive feedback on another project, and providing project support at a level appropriate for authorship. Authorship credit will be negotiated at the beginning of a project and under my direction and I will give final approval of authorship. Doctoral students are expected to submit 1 manuscript per year for publication – does not have to be first author. This can include independent projects, in collaboration with students and papers with me.

Writing requirements

Class papers: It is expected that students make use of class papers to advance their research projects when appropriate. For example, students should use class papers in Introduction to Counseling Psychology to forward their lit review, Testing to review a study measure, and Research Methods to develop research methodology.

Writing center: All students completing independent research projects are expected to attend the USM writing center (<http://www.usm.edu/writingcenter/>) at least 1 time throughout the literature review/introduction writing process. Students should plan to take an almost completed rough draft of the introduction (literature review) to the writing center. The writing center is a resource that can provide consultation on grammar, clarity, structure and help all students strengthen their writing skills. Failure to engage in this task appropriately will result in delayed reviews of your paper. Though students are required to use the writing center 1 time, regular use of the center throughout your writing process is strongly encouraged.

Team review: All research-related writing must be reviewed first by a BAR LAB member. Prior to submitting your work to me for review, you should plan to submit the second to last draft of your writing to at least 1 team member for review. Each team member should expect to critique all work submitted for review; both constructive and supportive feedback is appreciated. First drafts, and other less-developed documents are not required to be processed through the BAR LAB review. All students are expected to offer thoughtful and constructive feedback to the team members' writing. Failure to engage in this task appropriately will result in delayed reviews of your paper. BAR LAB members should help with grammar, clarity, copyediting, reference checking, etc. to support their colleague. BAR LAB members should plan to return the review the manuscript quickly but within 5 business days maximum. Thus, students need to plan submitting manuscripts for reviews in relation to team and program deadlines

GRADUATE STUDENTS

Advanced graduate students on the BAR LAB team have several responsibilities.

- You are expected to attend the BAR LAB team meetings regularly. Please do not schedule clients, externships, or other meetings during our meeting time.
- You are expected to reflect on leadership and on the way that you can be a better academic and research leader.
- You are expected to develop short-term and long-term research goals related to your project.
- You are expected to discuss your projects regularly in team meetings to gain feedback from the team.
- You are expected to provide feedback on team projects.
- You are expected to actively participate in student presentations having prepared to ask questions and discuss the research.

Grad students seeking academic careers

Grad students seeking an academic career will have many opportunities to develop the skills necessary to become a successful academic. More specifically, students will have the opportunity to take a leadership role on the team, write manuscripts, facilitate the submission process, and assist in creating grant applications for external funding.

UNDERGRADUATE STUDENTS

There are multiple ways to become involved in BAR LAB.

1. You can volunteer to work on the team for no academic credit.
2. You can register for PSY 491 credits.
3. If you chose to or have to do a thesis (see below) you should register for PSY 498(H). You can do this IN ADDITION to 491 credits.

Requirements for Undergraduates

- Be intellectually curious, work conscientiously, and able to work well with others
- Be able to reliably communicate via e-mail. Check e-mail daily!
- Be willing to support BAR LAB research and outreach activities.

Additional Requirements for Class Credit

- Work 45 hours of **high quality work** for each credit hour of PSY 491. There are 15 weeks in the semester plus final exam week, so that boils down to 45 hours a semester for

1 credit, 90 hours of work a semester for two hours of credit; 135 hours of work for three hours of credit. See the table below for activities and hours earned.

- Keep a log of your time and activities for each week – see below.
- At the end of the semester, as the final exam (Due the last BAR LAB meeting), the student must submit a two-page, typed 12-point Times New Roman paper on “What I Personally Learned from the PSY 491 BAR LAB This Semester.” That paper will be graded pass/fail and will count as 3 hours of work during the final week of the course.

Activity	Hours Earned
Attendance at BAR LAB meetings	2 Hours each week
Completing & contributing (speaking up) at journal club	3 Hours each journal club
Facilitating journal club	5 hours (can do this once a semester)
MITI Coding Training	
Coding Sessions Using MITI	1 hour per hour of coding
Data entry	1 hour per hour of data entry
Support BAR LAB research	1 hour per hour of work
College Alcohol Awareness Week	1 hour per hour of work
Presenting to BAR LAB	2 hours
Prep work for presenting	1 hour per hour of work
Thesis work	2 hours per hour of work
Attending thesis/dissertation proposal meeting	2 hours/per meeting
Meeting with mentor/Dr. Madson	1 hour/per hour of work

Activities for Undergrads Seeking Class Credit

Manuscript Reviews: Assist BAR LAB members by reviewing their manuscripts providing feedback and support as well as checking grammar, clarity, copyediting, and reference checks.

Coding sessions: Learn how to use the Motivational Interviewing Treatment Integrity Code to behaviorally code counseling sessions. Training will be conducted the fall semester annually and it is expected that all BAR LAB members will be trained.

College Alcohol Awareness Week: Each October BAR LAB members host activities during National College Alcohol Awareness Week. As a member of BAR LAB you will be expected to support the organizing of activities and actively participate in BAR LAB CAAW activities.

Optional Activities for Undergrads Planning to Apply to Graduate School

Facilitating Journal Club: You will select a BAR LAB related research article in consultation with your mentor and Dr. Madson for BAR LAB members to read. Then at the BAR LAB meeting you will facilitate the discussion of the article and BAR LAB members' comments.

Professional Conference Poster Presentation: In consultation with your BAR LAB mentor and Dr. Madson you may decide to be involved in presenting BAR LAB research at a regional or national professional conference. This will involve collaborating with BAR LAB members on topic selection and assisting with developing the poster.

Honors/McNair/Senior Thesis: You can decide to complete an independent research project using BAR LAB data under the guidance of Dr. Madson and your doctoral student mentor. This will involve:

1. Discussing potential topic ideas/variables with Dr. Madson and your doctoral mentor. It is in your best interest to think of topics where you have some interest but also match those of your doctoral student mentor.
2. Selecting a topic related to BAR LAB research focus and where BAR LAB has archival data. You should consult Dr. Madson about archival data. This will also involve reviewing the literature on this topic.
3. Complete the independent research project form in consultation with Dr. Madson and your doctoral mentor.
4. Write a manuscript that includes the introduction, methods, results, discussion and references. You will complete this under the guidance of Dr. Madson and your doctoral mentor throughout the process.
5. Present to BAR LAB each semester with your final presentation to follow the format of a master's thesis defense. Ask Dr. Madson and your doctoral mentor for more information. You may also consider attending a thesis/dissertation proposal/defense.

Time Requirements for Grading

Course	Units	Semester
PSYC 491	2	90 hours
PSYC 491	3	135 hours

Team Meetings: We will meet at 9 AM on Monday during the Fall 15 Semester. Students must attend these meetings weekly (only exception is if there is a class conflict). All meetings will be held in OMH 229.

Requirements for students completing Undergraduate Thesis/McNair/Honor's Theses

- In addition to Dr. Madson serving as the project advisor, you will be assigned a BAR LAB doctoral-level student mentor to assist you with your project. You will be expected to keep both your project advisor and student mentor updated on the progress of your project.
 - You will be expected to submit weekly goals via email to Dr. Madson and your student mentor on your project-related activities (due by 7pm on Sunday).
 - You will be expected to meet with your student mentor independently at least once per month to provide updates, ask questions, and etc.
- Follow all writing requirements listed above – APA style, BAR LAB member review, writing center.
- You will need to present/defend your thesis at a BAR LAB meeting during the semester your thesis is due. This is a formal defense that will mimic a graduate thesis defense.
- You will have the thesis read and “approved” by an outside BAR LAB doctoral student who has not been involved with your thesis. That doctoral student should send the final document with their approval to me.

- You will be required to have your final document to Dr. Madson 4 weeks (1 month) prior to your thesis deadline. This will require you to be aware of department or Honor's College deadlines.

Semester Activities

1. PBS Variables
 - a. Ask for list
 - b. Conference proposals - SEPA?
 - c. Side projects for year?
2. Screening & Brief Intervention for College Students
 - a. Need client tracker
3. MITI Coding
 - a. Margo Lead – Kray & Sydney
 - b. Coders/Trainees – Mallorie, Robert, Lauren
 - c. Code BASICS sessions?
4. Student projects
 - a. Villarosa Dissertation
 - b. Cottonham Dissertation
 - c. Carroll Dissertation
 - d. Scully Master's Thesis
 - e. King Master's Project
 - f. Whitley Master's Project
 - g. Gardner Honor's Thesis
 - h. Others?
5. Undergraduate activities
 - a. MITI training/coding
 - b. Develop journal list – Madson & King will give instructions
 - c. Independent projects

IMPORTANT RESEARCH DEADLINES

The following deadlines have been established to assist students in planning their independent research projects. These deadlines are not flexible. As such students should take them into account when developing their research goals and timeline relating to project development, proposal/defense meeting, and completion of projects for credit. In addition to these deadlines – it is the student’s responsibility to adhere to the Graduate school deadlines related to the granting of degrees.

Goal	Activity	Deadline
Begin working on an independent project	Thesis Prospectus (see Research Proposals form)	February 1 of year 1
	Dissertation Prospectus (see Research Proposals form)	March 1/ May 1/ October 1 the semester <u>prior</u> to your target start date
Completed draft of Master’s project	Completed proposal <u>draft</u> to Research Team & Madson	April 15
Propose/Defend Thesis/ Dissertation	Completed proposal <u>draft</u> to Research Team & Madson	Feb 1/ May 1/ Sept15 the semester you plan to schedule a meeting (<i>note: July 1st deadline for those applying for internship</i>)

***Note: Students should be mindful of program & graduate school deadlines related to proposing/defending the thesis/dissertation and approval to apply for internship.**

Fall 2015 Calendar

Date	Topic	Leader
8-24-15	Overview & Planning – CAAW	Madson/Kray
8-31-15	SEPA/MITI	
9-14-15	Journal Club	Margo
9-21-15	Journal Club (Margo Lead)	Danielle
9-28-15	Journal Club	Mallorie
10-5-15	Student Presentation	Danielle
10-12-15	Journal Club	Kray
10-19-15	Student presentation	Mallorie
10-26-15	Student Presentation	Kray
11-2-15	Student Presentation	Lauren
11-9-15	Student Presentation	Sydney
11-16-15	Student Presentation	Robert
11-23-15	Student Presentation	Margo
11-30-15	Wrap up and planning	All

Guidelines for Weekly Goals

- Choose 1-3 goals for the week.
- Goals should be concrete and measurable to determine if the goal has been met.
- Goals can vary from reading 2 articles on XX to writing 200 words on XXX
- Keep goals reasonable while facilitating progress. In other words try not to overshoot and undershoot.
- Provide evidence of your accomplishments.

Example

Past week's goals:

1. Develop list of questions to ask Dr. XX.
2. Write 500 words of Results section.
3. Write Methods section of APA poster

Accomplishments:

1. Met with Dr. X and am all set to make a few corrections and proceed with Results section.
2. Wrote 501 words of Results section (see attached).
3. Wrote Methods section of APA poster (see attached).

This week's goals:

1. Correct data set (impute using regression instead of mode for PBSS and YAAPST) and obtain a cleaned data set.
2. Rerun analyses with cleaned data.
3. Write Results section of APA poster.

Independent Research
Proposal Form

Name:

Dissertation

Master's Thesis/Project

Undergrad Thesis

Proposed Topic:

1. What does the current state of the literature suggest about this topic (why is this study important – be descriptive)?
2. List some potential research questions related to this topic area.
3. List some potential hypotheses related to these questions.
4. Identify the potential independent and dependent variables.
5. What potential measures will be use (include reliability and validity information).
6. Outline the potential participants for this project (who, any restrictions on sample or limits – is there a targeted group you are looking for, how will they be recruited).
7. Discuss data collection procedures – how will you collect the data (e.g., on-line or in-person survey, observation, use SONA).
8. List the top 3 references that are of most importance to this project.
9. List potential outcomes for this project (e.g., conference poster, journal article).