

Volunteer/Course-Credits Interns Needed in the Exercise and Health Lab

Primary Location: 680 N Lake Shore Drive, Suite 1400, Chicago, IL

Position Description:

The [Exercise and Health Lab](#) at Northwestern University Feinberg School of Medicine is seeking highly-motivated and detail-oriented undergraduate, post-baccalaureate or graduate students to assist with several ongoing research projects. As an intern, students will have the opportunity to engage with research study participants and learn about physical activity behavior change and cancer survivorship. The position is ideal for students who excel at interpersonal communication, have an interest in health outcomes, and would like the opportunity to interact with research study participants.

Interns will primarily contribute to the following studies, but will also contribute to other projects on an as-needed basis:

Multi-site Adaptive Trial of a Technology-Based, EHR-Integrated Physical Activity Intervention in Breast and Endometrial Cancer Survivors: MyActivity: The purpose of this study is to develop an effective and scalable physical activity intervention for breast and endometrial cancer survivors that will move from a one-size-fits-all approach to a dynamic, tailored approach for exercise promotion. All participants will be provided with a minimal 6-month activity promotion intervention (i.e. Fitbit integrated into the Electronic Medical Record). Participants will be evaluated throughout the 6-month study period. Those who are not meeting their physical activity goals, will be provided with additional intervention components. This study is a collaboration with the University of Wisconsin-Madison and is funded by the National Cancer Institute.

Optimization of a mHealth Physical Activity Promotion Intervention with Mindful Awareness for Adolescent and Young Adult (AYA) Cancer Survivors: The primary purpose of this study is to test four mobile health intervention components effects on physical activity in a 12-week intervention with a 12-week follow-up in AYA cancer survivors. The effects of the intervention components on objectively sleep and self-reported quality of life indicators will also be examined. This study is funded by the National Cancer Institute.

Job responsibilities:

Research assistants and interns are expected to contribute in many ways to our research projects. Typical responsibilities include the following:

- Attending group training sessions
- Conducting literature reviews
- Drafting intervention and recruitment documents
- Recruiting study participants on the phone and in-person
- Technology testing and troubleshooting
- Screening participants for study eligibility
- Data collection, entry and verification
- Attending project meetings
- Preparing progress reports for lab members and the PI
- Opportunity to assist with participant interviews, focus groups, webinars, or coaching depending on previous experience

- Highly motivated students may also have the opportunity to participate in data analysis and scientific abstract and manuscript preparation

Qualifications:

Education:

- These positions are open to all undergraduate and graduate students, and recent graduates, who are/were enrolled in an accredited educational program preferably studying: kinesiology, exercise science, nutrition, psychology, public health, biology, anthropology, medicine, communications, or a related field.
- Preference will be given to Junior, Senior or Post-baccalaureate students.
- Cumulative GPA greater than 3.0

Experience:

- Passion for health, fitness and wellness
- Strong public communication skills, both written and verbal
- Competency using Microsoft Word, Excel, PowerPoint and Outlook
- Strong organizational skills and attention to detail
- Willingness to work evenings and weekends when needed
- Prior research experience is not necessary, but will enhance the application

Additional Information:

Application Deadline: Priority will be given to those who submit applications prior to **August 26th, 2022.**

Anticipated Start Date: At the beginning of the Northwestern University quarter (9/20/22).

- You will be required to fill out paperwork, complete Human Subjects Training and register with the Northwestern IRB prior to your start date
- Preference will be given to candidates who can commit to a minimum of **THREE** quarters or **TWO** semesters.
- We are happy to work with students to satisfy specific requirements for course credit for your department or university.
- We can offer PSYCH 399 course credit to Northwestern University students. Please review the requirements [here](#) to determine if you qualify.

Schedule:

- **Volunteers:** 6-10 hours per week depending on interest and availability.
- **PSYCH 399:** A minimum of 8-10 hours per week, presentation and final paper will be required to fulfill course requirements
- Need to have availability during business hours (9A-5P Monday to Friday) and be willing to participate in early morning, evening and weekend data collection.

How to apply: Email Hannah Freeman (Hannah.freeman@northwestern.edu) and the Exercise and Health Lab (exerciseandhealthlab@northwestern.edu) with the following:

- Cover letter expressing interest in the position, qualifications and availability
- Resume/CV
- Unofficial academic transcripts including GPA
- Contact information for two references