

# The MAPS Committee Fall 2020 Workshop Series

## Getting Involved in Research and Clinical Work during the COVID-19 Pandemic



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### How has COVID-19 influenced opportunities for Research and Clinical work?

#### RESEARCH

- As a new volunteer, you might not access campus.
- Working from home (phone recruitment, data entry, video conferencing). Try contacting labs outside of Montreal!
- Some labs have stopped recruiting participants, some have moved online, some are operating as usual.
- Lots of new COVID-19 projects!
- COVID FAQ for research activities and processes at Concordia:

<https://www.concordia.ca/research/coronavirus-faq/human-research.html> AND

<https://www.concordia.ca/research/coronavirus-faq.html#labs>

#### CLINICAL WORK

- Different organizations will have different protocols. Some are continuing as usual, some are not...
- Adjust your expectations
- Especially during the pandemic, there is a need for telehealth and psychological support!
- MORE opportunities with crisis and support hotlines!
- Remember to take care of yourself!!

**Even though the number of opportunities and format of the positions might have changed, the application process is much the same.**

#### Research:

- Make a list of topics you're interested in (e.g., language, infant development, neuroscience).
- Look into research in the area (Concordia or elsewhere).
- Attend events dedicated to volunteer recruitment (e.g., CUPA lab fair).
- Reach out to potential lab supervisors and/or lab managers.
- Bring interest, passion, and new ideas to the table.
- Contribute as much as possible, while knowing your limits.

**Concordia University:** <https://www.concordia.ca/artsci/psychology/research/research-labs.html>

**McGill University:** <https://www.mcgill.ca/psychology/research-0>

**Université de Montréal:** <https://psy.umontreal.ca/english/research/centres-groups-chairs-and-laboratories/>

**UQAM:** <http://recherche.uqam.ca/unites-de-recherche-et-de-creation.html>

The MAPS Committee put together a list of all of these labs for you: <https://mapsconcordia.weebly.com/how-to-get-involved-in-research.html>

#### Clinical Work:

**Clinical Research:** In developing research experience, you may find great opportunities for clinical experience. For example, you might screen participants for eligibility over the phone, conduct semi-structured interviews, or interact with vulnerable populations in different ways.

**Active Listening and Crisis Hotlines:** Active listening is about providing a warm, non-judgemental, empathetic, and authentic ear to an individual in need. Crisis lines aim to provide support to individuals affected by a crisis, either personally, or through someone they know and care for.

**Community Involvement:** Think about any social injustice or inequality - there is probably a volunteering opportunity for that!

**Mentoring:** Meeting 1-on-1 with vulnerable members of the community to support their autonomy, well-being, or re-integration, and reduce stigmatization and distress.

**Teaching:** Working or volunteering with individuals to support their academic achievement. Ex. tutoring  
There are many many many many opportunities...

**Concordia Live Centre:** <http://www.concordia.ca/students/volunteering/opportunities.html>

**Montreal Volunteer Bureau:** <http://cabm.net/en>

**Grand Montreal Info:** <https://www.211qc.ca/en/topics>

The MAPS Committee put together a list of opportunities for you: <https://mapsconcordia.weebly.com/gaining-clinical-experience.html>