Volunteer/Course-Credits Interns and Research Assistants 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 or research assistant, 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 and research assistant will primarily contribute to the following studies, but will contribute to other projects on an as-needed basis:

**Fit2Thrive Physical Activity Promotion Trial for Breast Cancer Survivors:** The primary purpose of this study is to develop and test the feasibility and acceptability of a set of five social-cognitive theory-guided mHealth physical activity intervention components in breast cancer survivors. The effects of the intervention components on objectively-measured physical activity and self-reported quality of life indicators will also be examined. This study has two phases. In the first phase we will design the intervention components using a patient-centered approach. Input will be gathered from stakeholders including survivors, community partners and experts on the design and implementation of the 5 intervention components. The second phase of the study will involve testing the 5 intervention components in a 12-week intervention. This study is funded by the National Cancer Institute.

**StepUp! Sedentary Behavior Reduction Intervention for Older Breast Cancer Survivors:** The primary purpose of this study is to develop and test the feasibility and acceptability of a sedentary behavior reduction intervention using Fitbits in comparison to a healthy survivorship waitlist control group in older breast cancer survivors. The effects of the intervention components on objectively-measured sedentary behavior and physical activity and self-reported quality of life indicators will also be examined.

**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
- 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: April 17, 2018

Anticipated Start Date: Flexible, but require a minimum of an 8 week commitment May 2018-September 2018
- 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 university
- We can offer PSYCH 399 course credit to Northwestern University students. Please review the requirements here to determine if you qualify: [http://www.psychology.northwestern.edu/undergraduate/research/research-for-course-credit.html#independentstudy](http://www.psychology.northwestern.edu/undergraduate/research/research-for-course-credit.html#independentstudy)

Schedule:
- **Volunteers**: 10-30 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 and be willing to participate in early morning, evening and weekend data collection, if necessary.

How to apply: Email Dr. Siobhan Phillips (smphillips@northwestern.edu) and Anne Nielsen (annenielsen2018@u.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