

**Laboratory for Emotion and Stress Assessment (LESA)**  
**University of Illinois at Urbana-Champaign**  
**College of Applied Health Sciences**  
**Department of Kinesiology and Community Health**  
**Dr. Sandraluz Lara-Cinisomo**

**Volunteer Research Assistant Opportunities**

The mission of the Laboratory for Emotion and Stress Assessment (LESA) is to conduct research that advances our understanding of factors that contribute to diminished emotional wellbeing and increased stress and to assess the effectiveness of evidence-based practices to improve mental health outcomes among vulnerable populations, particularly racial and ethnic minorities, perinatal women, children and military affiliated individuals.

**Who:**

We are currently recruiting volunteers who:

Have an interest in emotional health and stress.

Are willing to complete 5-10 hours of volunteer research activities each week for one academic year.

Can give a minimum of 5 hours a week, Monday – Friday, 8:00 am to 7:00 pm.

Available to meet for monthly team meetings.

Willing to complete online research ethics training and certification.

**What:**

Volunteers will gain experience with data collection, data entry, data management, and data analysis. Research assistants will also have the opportunity to contribute to manuscripts, grant proposals, reports and survey development.

**Benefits:**

Volunteer research experience at LESA is designed to provide undergraduate and graduate students experience with raw and secondary data, subject/participant interviews with diverse samples, and research methodology. Volunteers will receive other benefits:

Letter of Recommendation certifying research hours and activities.

Develop professional skills (e.g., communication skills, research ethics, etc.)

Experience working as a member of a research team.

Application of social science theory and research methods.

**Supervision:**

Volunteers will report to and be supervised by Dr. Lara-Cinisomo, Director of LESA and/or the Research Coordinator. The laboratory is located at the University of Illinois at Urbana-Champaign in the Armory Building off Gregory and Armory in Champaign, IL.

**How to Apply:**

To apply, volunteers should complete the attached application, provide a copy of their resume and two references (with contact information) to Dr. Sandraluz Lara-Cinisomo, PhD, Director of LESA, at [laracini@illinois.edu](mailto:laracini@illinois.edu). Applicants who are CITI certified should provide a copy of the completion certificates with their application. All volunteers are required to complete an in-person interview with Dr. Lara-Cinisomo and the Research Coordinator.

**Please attach resume or CV/resume (If completed, provide a copy of recent CITI certificate)**

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**Volunteer Research Assistant Application**

Name: \_\_\_\_\_  
Last, First

Address: \_\_\_\_\_  
Street, City, State and Zip Code

Phone Number: \_\_\_\_\_ (cell/home) Email address: \_\_\_\_\_

CITI Certification: Yes / No                      If yes, date certificate expires: \_\_\_\_\_

Please describe your research interests (e.g., maternal mental health, veteran caregiver stress, etc.):  
\_\_\_\_\_  
\_\_\_\_\_

Briefly describe any prior research experience and other relevant experience:  
\_\_\_\_\_  
\_\_\_\_\_

Please list any specific research skills you wish to gain (e.g., data analysis, writing, data collection, etc.) and how they are related to professional goals:  
\_\_\_\_\_  
\_\_\_\_\_

Research objectives and expected outcomes will be determined with Dr. Lara-Cinisomo prior to the first day of the research experience. Review of these research objectives and outcomes will occur at the end of each semester. Subsequent research opportunities will be determined by successful completion of pre-determined research objectives and outcomes. Because research opportunities are designed to help students progress in their respective academic programs, subsequent research opportunities are also contingent on successful academic performance and progress toward the degree.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please indicate which days and times you are available to volunteer:  
Days and Times (e.g., Mondays, 12 pm – 4 pm): \_\_\_\_\_  
Indicate start date: \_\_\_\_\_