Workshop Overview

This workshop is designed to provide a comprehensive overview and practical skills in the application of Ecological Momentary Assessment (EMA) within cognition research. EMA is a valuable research tool that captures real-time data on individuals' cognitive states and processes in their natural environments. This workshop will guide participants through the lifecycle of an EMA cognition research project, from conceptualization to data analysis and dissemination of findings. Our aim is to empower researchers with the knowledge and tools necessary to effectively implement EMA methodologies in their work, enhancing the ecological validity and impact of their research on cognition.

* **Day 0: Tuesday, March 26, 2024 (Topic: Welcome to Happy Valley!)**
  + Morning - Evening
    - Arriving in State College
    - Breakfast recommendations:
      * Sower’s Harvest, Websters, Irvings
    - Lunch recommendations:
      * Irvings, Yallah Taco
    - Dinner recommendations:
      * Federal Taphouse, SNAP Pizza
* **Day 1: Wednesday, March 27, 2024 (Topic: Foundations; Primer to EMA, Cognitive Assessment)**
  + Morning
    - 10am – 11am: What is human cognition? How is it measured?
    - 11am – 12pm: Why EMA anyway?
  + Afternoon
    - 12pm – 1pm: Lunch, catered in CHA
  + Evening
* **Day 2: Thursday, March 28, 2024 (Topic: Study Design, Planning)**
  + Morning
  + Afternoon
    - 12pm – 1pm: Lunch, catered in CHA
  + Evening
    - 5-7pm: Graduate student meet & greet
      * Network and connect with graduate students in HDFS, BBH
* **Day 3: Friday, March 29, 2024 (Topic: Data Analysis and Dissemination)**
  + Morning
    - 10am – Noon:
  + Afternoon
    - 12pm – 1pm: Lunch, catered in CHA
    - 1pm – 2pm:
  + Evening
    - 5-7pm: Faculty meet & greet
      * Network and connect with faculty in HDFS, BBH
* **Day 4: Saturday, March 30, 2024 (Topic: What’s on the Horizon?)**
  + Morning
    - 8-10am: Group breakfast at XXX
    - 10am – until flights depart: group discussion about new horizon’s in EMA, mHealth Research
  + Afternoon
    - Flights depart