**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!)**

* Afternoon to Evening
  + Arriving in State College
  + Recommendations (keep receipts):
    - Breakfast: Sower’s Harvest, Websters, Irvings
    - Lunch: Irvings, Yallah Taco
    - Dinner: 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?
    - Nelson Roque
  + 11am – 11:30pm: Why EMA anyway?
    - Martin Sliwinski?
  + 11:30am – 12:30pm: EMA Case Study Lightning Talks
    - Johhny Felt
    - Jon Hakun
    - Martin Sliwinski?
* Afternoon
  + 12:30pm – 1:30pm: Lunch, catered in CHA
  + 1:30 – 2:30pm: XXX
  + **2:30 – 3pm: Break**
  + 3 – 4pm: Primer to grant writing
    - Nelson Roque, Alexis Santos?
  + 4 – 5:30pm: Campus tour, Creamery visit
    - Walking tour of Penn State. Get to know Penn State’s historical campus and amazing resources (and ice cream!)
* Evening
  + 5-7pm: Workshop attendee dinner

**Day 2: Thursday, March 28, 2024 (Topic: Study Design, Planning)**

* Morning
  + 10am – 11am: From Idea to Protocol in Hands of Participants: Considerations of burden, equity
    - Nelson Roque
  + 11am – 1pm: Designing an EMA protocol in Metricwire
    - Hands-on workshop to create a study and experience the study from participant perspective
* Afternoon
  + 1pm – 2pm: Lunch, catered in CHA
  + 3 – 4pm: Primer to grant writing
    - Nelson Roque, Alexis Santos?
* 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: Intro to EMA Data Cleaning
* Afternoon
  + 12pm – 1pm: Lunch, catered in CHA
  + 1pm – 2pm: XXX
  + **2 – 230pm: Break**
  + 2:30 – 4pm: XXX
* 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
  + 8am-12pm: Group breakfast at XXX
    - group discussion about new horizon’s in EMA, mHealth Research
* Afternoon
  + Flights depart