

What are the two cohorts I can be a part of?

Research and Education Cohort: In this cohort, you are able to conduct your own literature reviews and create a presentation on a topic of your choosing. It requires a bigger time commitment than the community cohort and all members are mandated to attend all research workshops in preparation for their presentation. We will do our best to match you with a high school / Davis Public Library event on a lottery basis where you can share your findings with the community.

- Attend all 3 research workshops
- Meet once with research librarian
- Attend at least one guest speaker event
- Attend one social or fundraiser if you can!
- Present your own presentation at an event (lottery basis)
- Members of this cohort are welcome and encouraged to attend other events as well

Community Cohort: This cohort is better for members who want to attend guest speaker events, volunteer, fundraise and learn about the field of women's health without the pressure of creating your own presentation. You may still have the opportunity to help lead workshops with high schools / Davis Public Library, guided by the creator of the presentation (also lottery basis). Members of this cohort must acquire 25% (rounded up to the nearest whole point) of the total available points per quarter*. If you cannot fulfill your point requirement, you will be dismissed the following quarter. You are welcome and encouraged to attend as many as you wish after the point requirement has been satisfied!

- Guest speaker in person - 2 pts
- Guest speaker Zoom (camera ON) - 1 pt
- Asking question at guest speaker Zoom - 1 pt
- Research workshop - 3 pts
- Presenting/leading community workshop - 4 pts
- Post fundraiser flyer on social media - 1 pt
- Participate in resource drive/daytime community event - 4 pts
- Attend a social/fundraiser - 2 pts

* all subject to change

Can I switch cohort mid-quarter?

You must wait until the new member recruitment cycle starts at the beginning of each quarter to switch cohorts.

Can I become a member mid-quarter?

Yes! However, you are limited to joining the Community cohort.

What if I have scheduling conflicts and miss a mandatory meeting?

Please reach out to us at herscopeboard@gmail.com with proof of your scheduling conflict and we will get back to you.

Are general meetings mandatory?

Yes! We have one general meeting at the beginning of each quarter that goes over upcoming events.

What is the time commitment for the Research and Education cohort?

We will have 3 required workshops for about two hours each. You must also meet with a research librarian once for 45 minutes. Making your presentation depends on how fast you work independently, but we estimate 5-10 hours in total (doing research + creating the presentation + script). Once you have your presentation ready and approved by the board, we will match you up with a high school or the Davis Public Library

What are some of the events you hold?

- Guest speaker events (authors, physical therapists, OBGYNs, reproductive policy advocates, professors, and more!)
- Interactive workshops with local high schools / community members about particular women's health topics (PCOS, endometriosis, fibroids etc)
- Engage in our own workshops supported by professors and research librarians to learn how to conduct peer-reviewed literature reviews
- Collaborate with other on campus clubs
- Volunteer with local service-based organizations that support women and girls
- Fundraise to support women's health initiatives

What kind of research topics can I choose as part of the Research and Education Cohort?

You are welcome to choose any topic that relates to women's health that you want to share with the community as long as it is approved by a board member. Here are some ideas to inspire you!

- Menstrual Cycle 101
- Hormonal imbalances
- Fibroids
- Contraception & Fertility
- Mental health and hormonal connections
- Pregnancy & Maternal Health (prepartum, postpartum, preterm labor, gestational diabetes, preeclampsia)
- Puberty & Adolescent Health
- Menopause & Perimenopause

- Reproductive Justice & Access to Care
- STIs in Women
- Women in Clinical Research
- Health Disparities in Reproductive Medicine
- Emerging Tech in Women's Health
- Cervical & Breast Cancer Screening
- Global Women's Health

I have a suggestion for an event / an important idea. Can I share it with you?

Yes, we would love to hear your input! Please send us an email at herscopeboard@gmail.com

Where can I find the schedule for upcoming events?

Here is our linktree with a link to the master calendar: <https://linktr.ee/herscope>

We also update our Instagram frequently!

How is attendance managed?

We will be using a Google form to track attendance and points. This will require you to take a picture proving you attended the event and attach it at the end. Please use google form email confirmations to track your own points if you are curious about your standing.