Welcome to this month’s newsletter! Here are our latest RE-STAR updates...

**Youth Researcher Panel (Y-RP) updates**

**Be a Researcher Day**
On 9th September our researchers and senior Y-RP co-hosted an activity day for junior Y-RP members and RE-STAR participants.
Our young people had a chance to explore RE-STAR’s research methods … and we also learned a lot from them! Thanks to Autistica for supporting the event.

**WP1 – My Emotions and Me**

**My Emotions in School Index (MESI)**

140 parents/carers and 121 young people have so far completed our online study testing our new self-report measure – My Emotions in School Index (MESI).
Families can still take part! Click here for more info [https://www.kcl.ac.uk/research/my-emotions-and-me](https://www.kcl.ac.uk/research/my-emotions-and-me)

**WP2 – Experimental studies**

**My Brain, Emotions and Me (BE ME!) – a pilot study**
- Ethics application has been submitted ✓
- We hope to begin recruiting participants soon!

**WP3 – My Emotions and Me Over Time (MEMO)**

Recruitment for MEMO is open! Interested schools can register their interest [here](https://www.kcl.ac.uk/research/my-emotions-and-me).

Our research team has expanded! Welcome to Kirsty Griffiths (Postdoctoral Researcher), Nadia Bardolet and Samia Ali (placement students).

**WP4 & 5 – The School Context**

★ WP4 are busy preparing workshops they’re set to run in schools, next term. In these we’ll explore staff and student perspectives on the way school impacts emotions.

★ WP5 have started working with the Y-RP to co-produce an interview study, set to start next term with 20 young people attending mainstream secondary schools.

**PODCAST ALERT!**

You can listen to Georgia Pavlopoulou and Myrto Kakoulidou discuss findings from the WP1 interviews in the latest RE-STAR podcast, [here](https://www.kcl.ac.uk/research/my-emotions-and-me).

RE-STAR team sharing findings at the BPS Cognitive & Developmental Sections conference last week.

**Upcoming Meetings**

Management Meeting: 22nd Sept 9am | Steering Committee Meeting: 22nd Sept 1pm | Funders Meeting: 31st Oct (tbc)

Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

Want to find out more? Head to our website: [www.kcl.ac.uk/research/re-star](http://www.kcl.ac.uk/research/re-star)