

Graduate Scholarship for Excellence in Anxiety Research

Value: \$1,000

Description: The Graduate Scholarship for Excellence in Anxiety Research, funded by the Memory and Anxiety Research Foundation, Inc., is intended to support graduate-level research in the field of anxiety and related disorders. The scholarship is awarded to a student who demonstrates: (1) academic excellence, (2) strong research potential, (3) community involvement, and (4) financial need.

Eligibility Criteria

1. Current Enrollment

Applicants must be enrolled as a current graduate student at Memorial University of Newfoundland.

2. Field of Study

Preference will be given to students in the Department of Psychology at Memorial University of Newfoundland, intending to study human populations. Applicants *must* be engaged in thesis research focused on anxiety and related disorders (which encompasses a broad category of mental health conditions as defined by the DSM-5-TR including anxiety disorders, obsessive-compulsive and related disorders, and trauma- and stressor-related disorders). It is incumbent on the applicant to demonstrate their dedication to this research area in their submitted materials.

3. Academic Standing

Applicants should have a strong academic record at both the undergraduate and graduate levels (as appropriate to their current academic level).

4. Research Potential

The applicant's current research or proposed research should relate meaningfully to anxiety and related disorders. This includes work focused on the causes, assessment, treatment, prevalence, or lived experience of anxiety, obsessive-compulsive, and trauma- and stressor-related disorders. Examples of previous research that fit the scope of this award include "Overcoming the forbidden: identification and stigma towards obsessive-compulsive disorder unacceptable thoughts" (Coles et al., 2023) and "Comorbid OCD in individuals with eating disorders: A meta-analysis" (Drakes et al., 2021).

Selection Criteria (Equally Weighted)

1. Academic Excellence

As demonstrated by transcripts, GPA, and academic achievements.

2. Research Potential

The applicant's research potential is evidenced by a solid track record of academic productivity—which may include any of the following: peer-reviewed publications, conference presentations, and research assistantships—as well as the significance of their ongoing or proposed work in anxiety and related disorders.

3. Community Involvement

Engagement in activities, volunteer work, or initiatives that benefit peers, the university, or the community at large. Special attention will be paid to contributions advancing mental health awareness or support.

4. Financial Need

Applicants should outline the need for financial assistance and how receiving this scholarship would make a difference. Need comes in many forms, and it is incumbent on the applicant to explain their need within their materials (please limit to the Financial Need Form described below). All identifying information will be removed from the Financial Need Form by the committee chair before it is provided to student members of the selection committee.

Application Requirements

Applicants must submit the following documents:

1. Curriculum Vitae (CV)

Include relevant academic achievements (e.g., awards or scholarships), research experience, conference presentations, publications, volunteer work, and community involvement.

2. Unofficial Transcripts

Undergraduate and Graduate transcripts at all institutions attended over the past 10 years are requested for consideration.

3. Cover Letter (1–2 pages, double spaced, Times New Roman, 12-point font.)

Briefly summarize your application. We recommend your letter highlight your academic background, research interests, and their relevance to anxiety and related disorders, as well as provide context on your career goals and commitment to advancing knowledge or treatment of anxiety and related disorders.

4. Financial Need Form

Please complete the **Financial Need Form** (see Appendix below) to help us understand your current financial circumstances. The form includes a checklist of relevant financial factors, an estimate of your expected funding, and a brief written section describing how this scholarship would support your goals.

Please do not include your name or any identifying information in this form. All responses will be reviewed by the selection committee, with any identifying information removed by the committee chair before review by student members. You do not need to submit any financial documents.

Note: Sharing information about your financial situation in the Financial Need Form is optional, and you may choose how much detail to provide—or whether to include this section at all. However, please be aware that financial need accounts for **25% of the overall selection criteria**. If you do not submit a Financial Need Form, you will receive a score of 1/5 in this category, which may affect your overall ranking.

5. Equity, Diversity, and Inclusion (EDI) Considerations (Optional; 1 page maximum)

As part of our commitment to equity, diversity, and inclusion, applicants are invited to share any relevant personal experiences or systemic barriers they may have faced in their academic journey. This may include, but is not limited to, considerations related to ethnicity, Indigeneity, gender identity, sexual orientation, disability, socioeconomic status, or other aspects of identity or lived experience that have shaped access to opportunities.

Providing this information is voluntary. It may help the committee better understand the applicant's context, resilience, and the significance of their academic and community contributions. All identifying information will be removed from the EDI Considerations Statement by the committee chair before it is provided to student members of the selection committee.

Submission Guidelines

Deadline: April 30, 2026

Method of Submission: All documents should be emailed as PDF attachments to memoryandanxietyresearch@gmail.com.

Subject Line or Reference: “Scholarship for Excellence in Anxiety Research – [Applicant’s Name]”

All documents must be submitted by the posted deadline. Incomplete or late applications will not be considered.

Award Administration

Notification of Results: The successful applicant will be notified via email. We aim to announce the recipient prior to August 31st of the current year.

Use of Funds: Scholarship funds are intended to support the recipient’s educational goals, broadly defined to include tuition, academic materials, and reasonable living expenses.

Future Committee Engagement: As a part of the award acceptance process, the recipient agrees to serve on the selection committee for this award for a minimum of one (1) year and up to a maximum of two (2) years. In this way, the recipient will help select future recipients. Please note that award recipients serving on the committee will not be eligible to apply for this award during their committee term.

Payment of Funds: Scholarship funds will be issued to the recipient by cheque. Further details regarding payment logistics, including timing and collection options, will be provided at the time of award notification.

Contact Information (QUESTIONS ONLY)

If you have any questions regarding eligibility or the application process, please contact:

Emily Fawcett, Ph.D., R.Psych. (she/her)

Associate Professor of Psychology
Memorial University of Newfoundland
efawcett@mun.ca

Note: Please DO NOT send sensitive information or applications to this contact [Scholarship submissions should be emailed to memoryandanxietyresearch@gmail.com as described above]. Please note that while Dr. Jonathan Fawcett and Dr. Emily Fawcett are members of the Board of Directors of the Memory and Anxiety Research Foundation, Inc., they are not involved in the scholarship selection process and will not participate in the review or scoring of application materials. Although application documents are submitted to a shared foundation email address accessible to all board members (Dr. Emily Fawcett, Dr. Jonathan Fawcett, and current Chair), steps will be taken to ensure that only designated selection committee members access applicant files. The Memory and Anxiety Research Foundation reserves the right to amend the terms of this scholarship at any time. Any changes will be communicated to current and prospective applicants in a timely manner.

Appendix

Financial Need Form

1. Financial Circumstances

Please check all that apply to your current situation. This checklist will be shared with the selection committee, so please do not include your name or identifying details.

a) Sources of Educational Funding

- I rely on student loans to fund my studies
- I primarily fund my education through personal income or savings
- I receive scholarships, bursaries, or grants
- I receive limited or no financial support
- Other (please describe):

b) Financial Obligations and Hardships

- I have significant personal debt related to education (e.g., student/personal loans)
- I am experiencing financial hardship due to unexpected circumstances (e.g., urgent/emergency expenses, loss of income)
- Other (please describe):

c) Employment & Income Responsibilities

- I work part-time to support my studies
- I have family dependents
- I have other dependents who rely on me financially
- Other (please describe):

d) Living Situation

- I pay rent or contribute significantly to household expenses
- I commute long distances to reduce housing costs
- I live with family to reduce expenses
- Other (please describe):

e) Other

Other relevant financial challenges (please specify briefly, optional):

2. Estimated Sources of Income/Funding for the Upcoming Academic Year

a) Please estimate how you expect to fund your studies. List sources and amounts. Please note that preference will be given to applicants who do not currently have Tri-Council funding.

Source of Funding	Estimated Amount
Scholarships or grants (e.g., Tri-Council)	\$
Bursaries or awards	\$
Teaching/research assistantships	\$
Employment income	\$
Family contributions	\$
Student loans	\$
Other- please specify:	\$
Total Expected Income	\$

b) Do you have any out-of-the-ordinary or program-specific educational expenses beyond tuition, rent, and typical living costs? (e.g., materials for clinical placements, liability insurance, special equipment, travel, or any other program-related costs)

If yes, please briefly describe and estimate these expenses:

3. Why This Scholarship Would Help

We invite you to share how receiving this scholarship could make a meaningful difference in your life. For example, it might help reduce financial stress, allow you to work fewer hours, support your participation in academic or clinical opportunities, or enable you to focus more fully on your studies and future goals. Please keep your statement factual, respectful, and focused on your current financial situation. Please do not include any financial documents or identifying information.