

- Being Part of a team that is working together to contribute to the wellbeing of others.  
Hardworking. Open minded
- I want to bring hard work and compassion to the lab. I want all members to feel comfortable and welcome to contribute, as well as feel as though they're being productive and valued. I want to help alleviate human suffering through my research.
- I would like to be part of a community. I want to foster cooperation and empathy. I'd like to express myself openly and share my talents freely. I'd like to learn something new every day. I want to hold nothing back.
- Determination, honesty in the views that I bring to the table, respect for those of higher seniority than me. A strong focus on how our work applies to anxiety in the world.
- I want to learn, grow, and share. I care about relationships here. I see that I am part of something bigger than myself. I want to give of my time freely. I want to lift others up. I want to leave the lab and the people who make it better than when I found it. I want to make a difference. I care about doing good work and sharing it with others.
- It's important for me in this lab to learn more about a professional work-place setting and how to get along with or work with people in a professional way. I appreciate being one step ahead of the game and anticipating that a task needed to be done without someone having to ask first! Also, just making friends and "connections" and having a worthwhile experience. I'd like to feel like I'm walking away with something useful and important at the end of my time here.
- I'd like to be compassionate and helpful with others in the lab. I'd like to be productive with research, even when things get difficult and I feel like giving up. I'd like to be in the lab more, and contributing as much as I can.
- An attentive, conscientious, and supportive mentor. Honest and compassionate when speaking. Productive and not frantic. To learn and be less judgmental. Grateful.
- Hard work, friendship, compassion for others and for myself. Joy in the good times and support during the rough stretches that we sometimes face.
- I want to be a big part of the success of our lab. I hope to support the other members, as well as contribute to the research being done. I realize that what we do in this lab requires the efforts of many. I want to do my best to work hard and stay motivated, even when the end product, or big picture, isn't able to be imagined at that very moment.
- Teamwork. I want people to feel like they can trust me and assist them and support them. I want to feel like others are willing to do the same.
- Productivity. Open exchange of ideas. Non-judgmental exchanges. Synergy. Growth and training
- Support. Cohesion. Ability to listen, exchange ideas without judgment. Positive and consistent interactions among team. Environment that encourages learning.
- An environment of sharing and helping amongst everyone. A sense of trust and dependability within the group. The idea that we always "make" time for each other to help the group and each individual in the group reach their goals. A feeling of comfort and approachability amongst each member of the lab from the top down. Working hard and playing hard.