

# UCSF Division of Prevention Science BESST Institute Presents

## From Concept to Impact: Harnessing Conceptual Frameworks to Guide Your Research

### Mission Bay Campus

Conceptual frameworks are integral to the research process, serving as structured guides that facilitate understanding of complex phenomena. This immersive, hands-on, three-day workshop offers a comprehensive and practical introduction to foundational theories and methodologies that shape impactful research.

The workshop is delivered in a small-group format that supports applied learning through a mix of engaging lectures, real-world case studies, engagement with each other's research questions, guided conceptual framework development, and one-on-one consultation with the instructor.

You are invited to bring your current research interest to the course that will serve as your unique case study—as you practice shared knowledge to develop, refine and apply your own conceptual framework.

After the workshop portion is completed, we will offer a series of office hours, which you may join to further apply principles learned to your own work.

### By the end of this conceptual framework workshop, you will:

- Have a comprehensive understanding of conceptual frameworks and their application,
- Develop your own robust conceptual framework,
- Formulate/refine an impactful research question with testable hypotheses, an appropriate design with relevant methods and measures, and
- Be able to critically evaluate, adapt, and apply your framework across multiple research activities.

This training is designed for graduate students, early-stage investigators, study staff, and professionals; Its foundational concepts and skills are applicable across various fields.

[For More Information: besst@ucsf.edu](mailto:besst@ucsf.edu)

**To Register:** [https://ucsf.co1.qualtrics.com/jfe/form/SV\\_881EEAkluOCn3ee](https://ucsf.co1.qualtrics.com/jfe/form/SV_881EEAkluOCn3ee)



**Sonya Arreola, PhD** is an Academic Specialist in the Division of Prevention Science. Her research practice aims to advance critical theory that fosters structural and social change that promotes health equity among historically marginalized groups. Currently, she serves as Principal or Co-Investigator on NIH- and CDC-funded studies and is the Research Director of the Ginko Collaborative who, together with community partners, implement theory building and implementation studies centered on social and structural determinants of health. Dr. Arreola also serves as a Faculty Mentor in the UCSF Visiting Professors Program, providing mentorship and seminars on community-based participatory action

