

RESEARCH GIRL, INC.

Annual Report

2025

Making scientific research accessible to all

researchgirl.org | hello@researchgirl.org

Registered Charity: 99-3134941

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01

Letter from the Founder & CEO

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A Message from Our Founder & CEO

Dear Friends, Partners, and Community,

2025 has been a landmark year for Research Girl. What began as a mission to make scientific research accessible to underrepresented students worldwide has grown into a thriving global community reaching students in 161 countries and all 50 U.S. states.

We serve anyone who identifies as underrepresented, including LGBTQIA+, first-generation, low-income, BIPOC, disabled, and neurodivergent students, because we know that brilliance is everywhere, but opportunity is not. We aim to change that.

This report reflects a year of firsts: our first award, new programs, new partnerships, and thousands of new students welcomed into our community.

With gratitude and determination,
Mia Soviero
Founder & CEO, Research Girl, Inc.

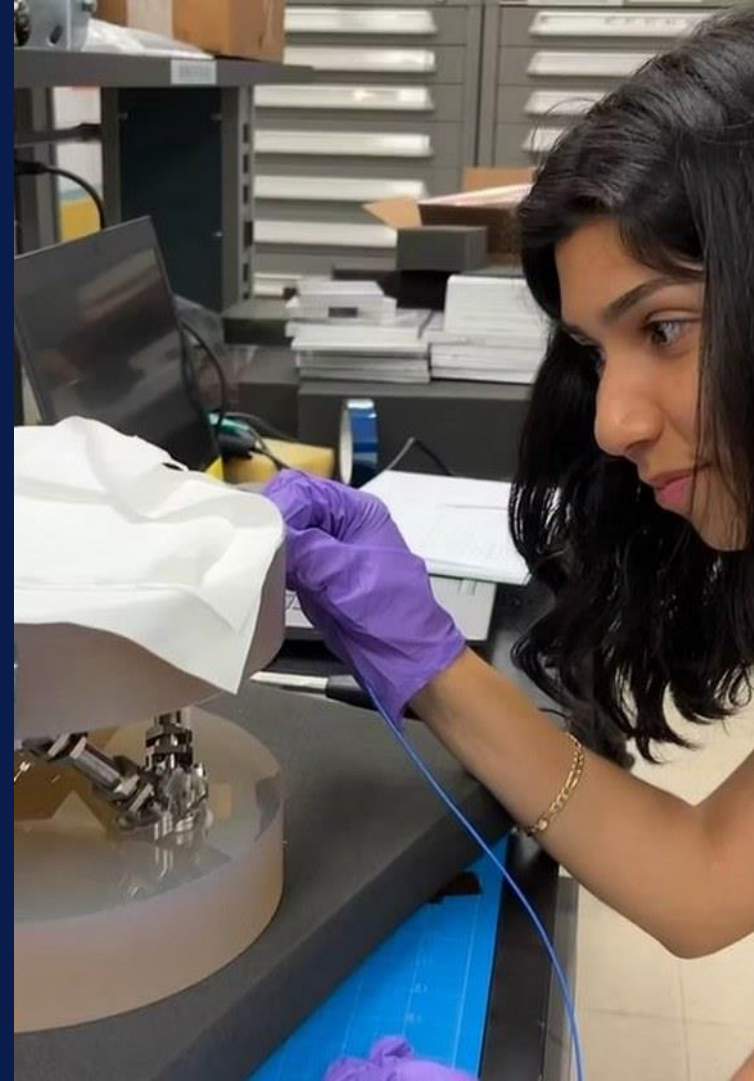
"Brilliance is everywhere, but opportunity is not. We aim to change that."



02

Mission & About Us

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Who We Are

OUR MISSION

Research Girl, Inc. is a nonprofit dedicated to providing resources and mentorship to underrepresented students worldwide, jumpstarting their careers in scientific research. We serve anyone who identifies as underrepresented, including LGBTQIA+, first-generation, low-income, BIPOC, disabled, and neurodivergent students.

Empowering Future Researchers

We provide the knowledge, connections, and support students need to succeed in the scientific community across every discipline and career stage.

Supporting Diversity in Science

We center underrepresented identities: LGBTQIA+, BIPOC, first-generation, low-income, disabled, and neurodivergent students are at the heart of everything we do.

Fostering Curiosity & Innovation

We foster a love for research and discovery through mentorship, workshops, lectures, the IRG program, and an ever-growing resource library.

Building Global Community

Our vision is a global community of young researchers passionate about making a positive impact through scientific exploration. 161 countries and counting.

03

2025 At a Glance

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2025 At a Glance

Key numbers across all programs

1,037

Program
Participants

161+

Countries
Reached

50

U.S. States
Reached

25K+

Students Reached
(2025)

50K+

Students Reached
(Since 2024)

~87%

Identify as
Women

~19%

Identify as
LGBTQIA+

~40%

First-Generation
Students

~52%

Low-Income
Background

~68%

BIPOC
Participants

BIPOC % estimated from Summer 2025 race/ethnicity data. Participant count reflects all 2025 program cohorts.

04

Spring 2025 Mentorship Program

ABOUT THE PROGRAM

The Spring 2025 Mentorship Program paired 92 mentees with mentors spanning psychology, neuroscience, biochemistry, medicine, biomedical engineering, computer science, environmental science, and more.

Mentors came from institutions including Johns Hopkins University, Columbia University, UC Berkeley, McGill University, Tufts University, NYU, University of Michigan, University of Washington, and Vanderbilt University, with notable placements at Harvard Medical School, Stanford, NASA, and Massachusetts General Hospital.

Mentor fields and institutions sourced from Spring 2025 cohort records.

Spring 2025 Mentorship Program

Demographics and participation data

MENTORS (n=79)	
Identify as women	70%
Person of color / BIPOC	35%
LGBTQIA+	25%
First-generation	24%
Low-income	22%
Mental health struggles	57%
Neurodivergent	20%
Immigrant background	15%

MENTEES (n=92)	
Identify as women	82%
Person of color / BIPOC	56%
LGBTQIA+	30%
First-generation	41%
Low-income	41%
Mental health struggles	60%
Neurodivergent	28%
Immigrant background	22%

Spring 2025 used a combined multi-select identity survey. Figures reflect share of respondents selecting each option.

05

Summer 2025 Mentorship Program

ABOUT THE PROGRAM

The Summer 2025 Mentorship Program paired 96 mentees with 60 mentors from 20+ countries and institutions including the University of North Carolina Chapel Hill, Princeton University, UC Berkeley, Boston University, Yale University, and The Ohio State University.

Mentees received career mentorship across neuroscience, psychology, biomedical engineering, computer science, biochemistry, medicine, molecular biology, and more.

Mentor locations sourced from Summer 2025 cohort records.

Summer 2025 Mentorship Program

Demographics and participation data

MENTORS (n=60)	
Identify as women	86%
BIPOC	~47%
LGBTQIA+	33%
Neurodivergent	26%
Disabled	14%
First-generation	39%
Low-income	41%
International	22%

MENTEES (n=96)	
Identify as women	92%
BIPOC	~72%
LGBTQIA+	21%
Neurodivergent	16%
Disabled	10%
First-generation	42%
Low-income	57%
International	38%

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Summer 2025 Independent Research Group (IRG)

ABOUT THE PROGRAM

The Summer 2025 IRG supported students from the USA, UK, India, Nigeria, Vietnam, Canada, Romania, Albania, Saudi Arabia, and Yemen.

Each student designed their own research project, wrote a research paper, and presented their results. Fields spanned neuroscience, psychology, medicine, computer science, physics, environmental science, and biomedical engineering.

The IRG culminated in the Rising Researchers Symposium, a public virtual poster session.

Summer 2025 IRG Program

Demographics and participation data

IRG MENTORS (n=28)	
Identify as women	83%
BIPOC	~58%
LGBTQIA+	42%
Neurodivergent	21%
Disabled	12%
First-generation	29%
Low-income	50%
International	35%

IRG MENTEEES (n=21)	
Identify as women	91%
BIPOC	~68%
LGBTQIA+	20%
Neurodivergent	12%
Disabled	8%
First-generation	37%
Low-income	52%
International	62%

Research Project Showcase

Summer 2025 IRG: student-designed independent research projects

Kyla *USA*

Neuroscience & Psychology

The intersection of neuroscience, psychology, and public health in adolescent mental wellness

Jana *UK*

Physics

Theoretical modeling of wave propagation in biological neural networks

Saanvi *USA*

Environmental Studies

The Urban Heat Island Effect: environmental disparities in under-resourced communities

Eniana *Albania*

Medicine & Biology

Comparative analysis of infectious disease response outcomes across healthcare systems

Esmail *Yemen*

Surgery & Medicine

Access to surgical care in low-resource settings: barriers and community-level solutions

**Ilerioluwaki
Iye** *Nigeria*

Mechatronics / ML

Machine learning applications for early disease detection in resource-limited environments

Le *Vietnam*

Psychology

Cultural factors in help-seeking behavior for mental health among Vietnamese youth

Stefania *Romania*

Aerospace Engineering

Preliminary design considerations for small satellite orbital mechanics

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Fall 2025 Mentorship Program

ABOUT THE PROGRAM

The Fall 2025 Mentorship Program paired 62 mentees with 53 mentors from institutions including Columbia University, Yale University, Brown University, Duke University, Mayo Clinic, Rice University, University of Michigan, Harvard Medical School, University of Cambridge, and CERN.

Mentors brought expertise spanning neuroscience, psychology, medicine, biochemistry, computer science, biomedical engineering, public health, and more, with notable placements at Pfizer, Massachusetts General Hospital, CDC, and Caltech.

Mentor institutions and workplaces sourced from Fall 2025 cohort records.

Fall 2025 Mentorship Program

Demographics and participation data

MENTORS (n=53)	
Identify as women/nonbinary	89%
BIPOC	72%
LGBTQIA+	42%
Neurodivergent	26%
Disabled	15%
First-generation	40%
Low-income	32%

MENTEES (n=62)	
Identify as women/nonbinary	97%
BIPOC	87%
LGBTQIA+	24%
Neurodivergent	8%
Disabled	6%
First-generation	44%
Low-income	58%

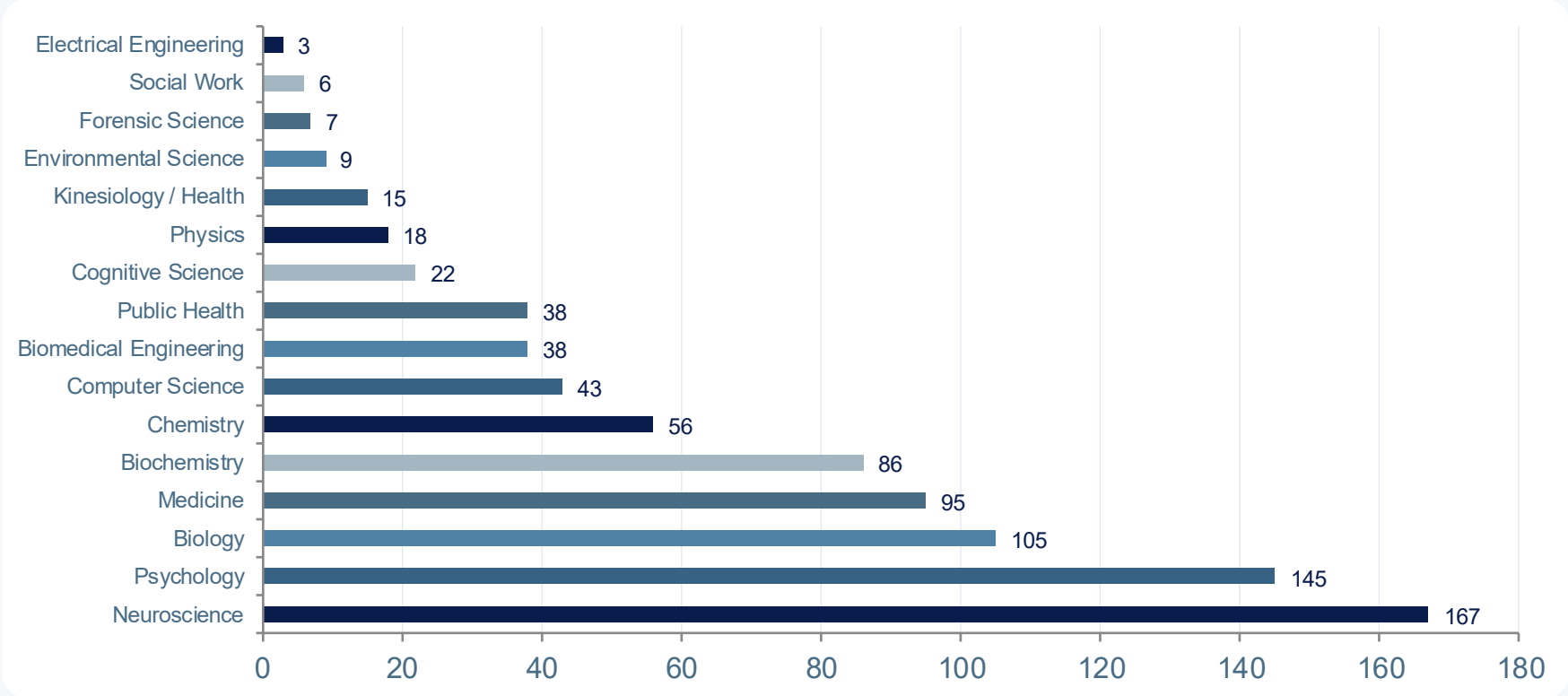
Fall 2025 used a structured application form with explicit identity questions. Figures reflect share of respondents selecting each option.

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Scientific Fields Represented

Scientific Fields Represented

All 2025 programs combined: Spring + Summer Mentorship + Summer IRG + Fall Mentorship



Counts reflect participants across all 2025 programs. Fields derived from primary discipline and scientific interest survey responses. Multi-field entries counted toward each relevant category.

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Events Hosted in 2025

Events Hosted in 2025

57 attendees

IWD Lecture at Ozyegin University

Turkey

A lecture on gender disparities in STEM for International Women's Day, hosted at Ozyegin University.

187 attendees

R Studio Coding Workshop

Virtual

Hands-on coding workshop introducing participants to R Studio for data analysis and visualization.

17 attendees

Harvard Brain Initiative Journeys in Neuro Series

Harvard University

Seminar series in collaboration with the Harvard Brain Science Initiative.

51 attendees

NYC Meet-Up

New York City, NY

In-person networking event for Research Girl participants in New York City.

21 attendees

Philly Meet-Up

Philadelphia, PA

In-person gathering for participants in the Philadelphia area.

27 attendees

Rising Researchers Symposium

Virtual

Virtual poster session where students presented their independent research projects to the public.

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New Programs & Initiatives



Introduction

To determine the quality and variety of nutrition and how these foods support health in Lagos, where families already face food insecurity, economic fluctuations and income instability further distort food choices and nutritional quality. This study and economic shifts affect dietary nutritional outcomes among middle income households in Lagos.

THE IMPACT OF ECONOMIC FLUCTUATIONS ON THE NUTRITION AND FOOD CHOICES OF LAGOS' SHRINKING MIDDLE CLASS.

By Jennifer O.E Odusanya

Research Girl Inc X Youth Stem Initiative

Methodology

A cross-sectional analytical survey was conducted using a structured Google Forms questionnaire to collect quantitative data from Lagos middle income households, exploring how economic fluctuations affect nutrition and food choices. The survey measured economic conditions (independent variables), nutritional outcomes and behaviors (dependent variables), and demographic context (control variables) using Likert scales and multiple choice questions, and was distributed through convenience sampling across social media between September 25 and October 15, 2025.

Results & Analysis

- Majority of respondents were young and
- Rising food prices and unstable incomes changes in eating habits.
- Common coping strategies include:
 - Substituting proteins, fruits, and vegetables with cheaper staples.
 - Reducing portion sizes.
 - Switching to lower quality food brands.
- These changes have led to lower dietary
- Cost is the primary barrier to eating a balanced diet.
- Respondents viewed government subsidies as an effective solution.
- Economic pressures drive households to prioritize affordability over nutrition, posing long-term health risks.

Conclusion

Economic pressures in Lagos is pushing for protein-rich and nutritious foods with cheap reducing dietary diversity and nutrition quality. These strategies protect cost, not health. Respondents called for government price subsidies, better income opportunities, and digital tools for price tracking and meal planning. Food insecurity in urban middle-income issue, requiring policy and community-based solutions.

Which Local Government Area in Lagos?

How often do you consume the following food groups compared to...

New Programs & Initiatives in 2025

Rising Researchers Symposium

A virtual poster session open to the public where students presented research projects of their own design, shared results, and connected with the scientific community.

Independent Research Group (IRG)

Students from across the world completed independent research projects of their own design, wrote a research paper, and presented their results, building real scientific experience from start to finish.

Workshop Library

A growing library of follow-along educational content, featuring hands-on coding lessons in R Studio and career panels with scientists sharing research career paths and advice.

Angel Tree

A donor program that allows supporters to adopt a student's research project, providing resources and funding directly tied to individual student goals.

National Meet-Ups

In-person networking events in major U.S. cities including New York City and Philadelphia, bringing Research Girl participants together to connect and build community.

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First Award Received

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First Award Received

2025 marked Research Girl's first-ever award. We are incredibly proud of this recognition.



2025 STEM Achievement Award


Connecticut Science Center | Awarded October 2024

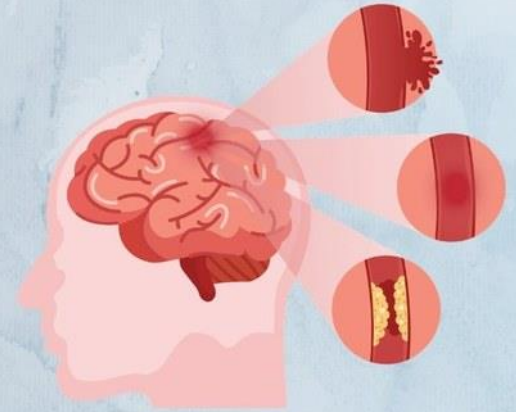
Awarded to the nonprofit that has made the biggest impact in science. Research Girl was recognized for expanding access to scientific research for underrepresented students across 161 countries.

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Partners & Collaborators

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HARVARD  *Brain Science Initiative*



JOURNEYS IN NEURO

The series is open to all in the Harvard community but is particularly geared towards high school or undergraduate researchers, post-bac scholars and early stage research assistants.

Wednesday, July 16th, 2025

12PM - 2PM

260 Longwood Ave, Boston

Pizza will be Served!

Other talks will follow Wed. July 23rd in Cambridge, and Wed. August 13th in Long

Partners & Collaborators

We are grateful to our partners and collaborators who extend our reach and deepen our impact.



Project Level the Field



Harvard Brain Science Initiative



Youth STEM Initiative



Academic Memories



NeuroConn UConn



Connecticut Science Center

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Voices from Our Community

Voices from Our Community

“

Growing up, I never saw anyone of my ethnicity pursue the field I dreamed of, so it meant everything to be paired with someone from the same country and even the same home region. Her guidance helped me get into a research program at NASA, and now I'm writing my own research proposal!

Mentee | Summer 2025 Mentorship

“

My mentor has taught me how to study for STEM courses, conduct a meta-analysis, write a cover letter and CV, and helped me start my own science club at my institution.

Mentee | Spring 2025 Mentorship

“

Research Girl mentorship was like feeling very lost and having a guiding hand pull you along to your destination. The program helped me solidify my career goals.

Mentee | Summer 2025 IRG

“

I like that I was matched to my mentee not only according to our research interests, but also our demographics and cultural backgrounds.

Mentor | Summer 2025 Mentorship

15

Website & Social Media

Website & Social Media in 2025

WEBSITE REACH

25,000+

Students Reached
(2025)

161+

Countries
Reached

50

U.S. States
Reached

SOCIAL MEDIA GROWTH (2024 to 2025)

Platform	2024 Followers	2025 Followers	Growth
Instagram	2,000	8,900	+345%
LinkedIn	2,124	4,947	+133%
TikTok	427	1,605	+276%

Follow us: [@researchgirl.org \(Instagram\)](#) | [Research Girl, Inc. \(LinkedIn\)](#) | [@researchgirl \(TikTok\)](#)

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Future Goals & Directions

Future Goals & Directions

Looking ahead to 2026 and beyond

1. Rising Researchers Conference

Host the first in-person Rising Researchers Conference, a dedicated space for underrepresented students to network, present research, and connect with scientists.

2. Fiscal Sponsorships & Corporate Partnerships

Work with fiscal sponsors and pursue corporate sponsorships to diversify and grow our funding base for greater sustainability.

3. Rising Researchers Journal

Launch the inaugural edition of the Rising Researchers Journal, a publication platform for student research from underrepresented communities.

4. Expand Program Reach

Grow our total participant count with expanded access in underserved regions, building on our reach across 161+ countries and all 50 U.S. states.

5. Multi-Semester Mentorships

Introduce multi-semester mentorship tracks for participants seeking longer-term guidance and deeper mentor relationships.

6. Alumni Network

Build an active alumni network connecting past participants with current students for mentorship, career guidance, and community.

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Team & Acknowledgements

Our Team & Acknowledgements

Internal Team

Mia Soviero	Founder & CEO
Andrea Chavira	Program Director
Anthony Kantaras	Grants & Corporate Outreach
Srivatsan Swaminathan	Scientific Resources Officer

Board of Directors

Mia Soviero	Chair & CEO
Dr. Jim Kottas	Technology
Dr. Rebecca Bosco	Marketing
Olivia Cuggy	Legal

With Gratitude

To every mentor who gave their time and expertise. Thank you.

To every mentee who showed up with curiosity and courage. This is for you.

To our partners, donors, and collaborators who extend our reach across 161 countries and all 50 U.S. states. We could not do this without you.

To our board. Thank you for your guidance and belief in this mission.

To the 25,000+ students we reached this year: brilliance is everywhere. We see yours.

Thank You

for being part of our community

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