

INLIGHT STUDENT MENTAL HEALTH RESEARCH INITIATIVE 2025 ANNUAL RESEARCH SYMPOSIUM

FEBRUARY 27TH, 2025 | 10:00 AM - 2:30 PM

with a Wellness Session at 9:15 am

THE FACULTY CLUB

40 Willcocks St, Toronto, ON

9:00 AM – REGISTRATION AND LIGHT BREAKFAST	
9:15 – 9:45 am	Optional Wellness Section: Balanced living and learning Led by Lauren Brown, PhD
MORNING SESSION – 10 AM	
10 – 10:30 am	Welcoming Remarks
10:30 – 11:00 am	Student Empowerment: Increasing student engagement in mental health research Facilitated by the Inlight Student Advisory Committee Members
11:00 – 12:00 pm	Lightning Talks & Panels: Inlight Researchers and Fellows See attached table of talks*
12 - 12:15 pm	Introduction to Mapping Session
12:15 PM TO 1:00 PM – LUNCH & NETWORKING	
AFTERNOON SESSION – 1 PM	
1:00 – 2:20 pm	Mobilizing student mental health research: Mapping the landscape at U of T Facilitated by the Inlight Student Advisory Committee Members
2:20 – 2:30pm	Closing Remarks
2:30 PM - NETWORKING AND LIGHT REFRESHMENTS IN THE MAIN LOUNGE	

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CONFIRMED LIGHTNING TALKS

Prof. Daniel Grace	Strengthening Services to Support the Mental Health Needs of Diverse 2SLGBTQ+ Students Across the University of Toronto
Dr. Sarah Brennenstuhl	Same Day Counselling at UofT: Results of a Novel Evaluation of the 'One-At-A-Time' (OAAT) Model in a Post-Secondary Context
Prof. Notisha Massaquoi	Ubuntu: I Am Because We Are – The Black University Student Mental Wellness Project
Prof. Anthony Ruocco	Capturing the Diversity of Student Experience to Enhance the Validity of Measures of Mental Health Symptoms
Prof. Emily Seto	Residence-Based Mental Health Literacy Education for International Students
Prof. Megan Boler	Scoping Review on Information Anxiety Among Postsecondary Student Populations
Prof. France Gagnon & Altea Kthupi	A Systematic Review and Meta-Analysis of the Variation of Mental Health Outcomes Among Post-secondary Students During the COVID-19 Pandemic
Dr. Lauren Brown	How Undergraduate Students Understand, Learn about and Act in Support of their Wellbeing: A Narrative Inquiry
Asma Shamim	Self-compassion, Wisdom, and Satisfaction with Life in Undergraduate Students with and without ADHD
Danika Quesnel	Multidisciplinary prevention for student athlete mental wellbeing: Introducing a student-led mental health program
JesusMiracle Chiadika	Understanding the Mental Health Experiences of Racialized Undergraduate Students
Melissa de Jonge	Leveraging the benefits of physical recreation: An experientially-informed co-design project for promoting post-secondary student mental health and well-being

For more information about Inlight, please visit our website at smhr.utoronto.ca or contact the Inlight team at studentmh.research@utoronto.ca.



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INLIGHT Student Mental
Health Research