



Project Code: Hamza

APD 1210 RESEARCH PRACTICUM COURSE

PROJECT DESCRIPTIONS 2024-25

FALL/WINTER

Name and Title: The CARE LAB (Coping, Affect & Resiliency in Education Lab); Lab Director: Dr. Chloe Hamza, Associate Professor & Tier 2 Canada Research Chair

Lab Website: <https://thecarelab.ca/>

TITLE OF RESEARCH PROJECT: *Stress and Coping during the Transition to University*

NUMBER OF STUDENT PLACES AVAILABLE: 2

PRIMARY MODE OF RESEARCH PLACEMENT PARTICIPATION (circle one option and describe):

I IN PERSON

REMOTE (ONLINE)

HYBRID/FLEXIBLE

Students will be involved in recruiting participants on-campus, so in-person is primarily required. Some duties also will be online (e.g., conducting literature reviews, attending lab training, meetings with team, participant correspondence).

OBJECTIVES AND METHODOLOGY: Although some students cope well during the transition to university, other students have a more challenging time. As many as 1 in 5 students experiences a mental health concern during the university years, and many students report heightened stress and anxiety. The successful applicant will be involved in supporting a SSHRC funded project focused on stress and coping among post-secondary students during the transition to university. Participants (N = 1000) will be recruited across U of T, and each participant will fill out a survey three times during the first year of university (fall, winter, and spring). Understanding the factors that promote or hinder student mental health and well-being during the university years, can inform prevention and intervention programming at the post-secondary level.

DESCRIPTION OF STUDENT PARTICIPATION: The successful applicant will be involved in a wide range of activities in the CARE Lab (Coping, Affect and Resilience in Education). Duties may include conducting large-scale literature reviews, assisting with the development and implementation of research ethics protocols, participant recruitment, data collection and management (e.g., organizing and preparing files for analyses), data analysis, and dissemination of research findings (e.g., supporting the development of presentations, peer-reviewed publications). The successful applicant will also participate in regular lab



meetings as part of a large interdisciplinary team. It is expected the applicant will spend 8-10 hours per week in the lab.

DESCRIPTION OF PREFERRED SKILLS/BACKGROUND (OPTIONAL):

- Experience conducting literature reviews in psychology databases
- Previous research assistant experience in a research laboratory
- Experience working with people in applied work settings (e.g., schools, clinics, camps, etc.)
- Strong writing and editing skills
- Excellent communication skills
- Strengths in working as part of a multidisciplinary and collaborative research team
- Enthusiasm for being involved in large-scale longitudinal research that involves data collection

DAY AND TIMES OF LAB MEETINGS:

Lab meetings are scheduled for 1.5 hours every other week (schedule determined in Fall, 2024). These meetings will be completed on Zoom.