



Project Code: Hamza A

APD 1210 RESEARCH PRACTICUM COURSE

PROJECT DESCRIPTIONS 2026-27

FALL/WINTER

Name and Title: Sarah Kuburi, MA & Dr. Chloe A. Hamza

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

TITLE OF RESEARCH PROJECT: First-Year Student Mental Health and the Transition to University

NUMBER OF STUDENT PLACES AVAILABLE: 1

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

☐ IN PERSON ☐ REMOTE (ONLINE) ☒ HYBRID/FLEXIBLE

Please describe: The position will include a mix of in-person and online involvement. Lab meetings are held regularly online, but duties may include a mix of online work and on campus activities.

OBJECTIVES AND METHODOLOGY: The university years represent a significant period of transition for young adults. During this time, students often navigate new roles and responsibilities, such as living away from home for the first time and managing increased academic and financial pressures, which can be challenging and may contribute to stress, anxiety, and other negative emotional experiences. This study focuses on understanding the mental health experiences of first-year post-secondary students during this transition. The findings will help inform programming and supports aimed at improving student well-being and easing the transition into university.

DESCRIPTION OF STUDENT PARTICIPATION: The student will be involved in a range of research activities across the project, working approximately 8-10 hours per week from September to April (with the possibility of extension). Responsibilities will include synthesizing and tabling relevant literature, assisting with participant recruitment, and supporting data collection. The student may also contribute to transcription, data analysis, and manuscript preparation and writing. Overall, the student will gain experience across multiple stages of the research process, including literature review, data management, analysis, and academic writing, with close supervision and mentorship from the project lead and lab director.

DESCRIPTION OF PREFERRED SKILLS/BACKGROUND (OPTIONAL): We are looking for a student who is passionate about student mental health and interested in gaining hands-on research experience. Prior



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experience with literature reviews, data collection, qualitative or quantitative analysis, or academic writing would be an asset. Strong attention to detail, good communication skills, and the ability to work well in a team are important. We are also looking for someone who is motivated, reliable, and eager to learn and contribute across different stages of the research process.

DAY AND TIMES OF LAB MEETINGS: Lab meetings are held once or twice a month. The exact day and time will be determined based on student and lab availability, and will be scheduled in advance at the beginning of the academic year. Separate small project meetings will also be held regularly with the successful applicant, and larger project team.