

Building Academic Resilience to Support Student Mental Health

2024 Science Education Open House
Tuesday, April 30, 2024 | 9:45am-10:45am
Earth Sciences Building, Room 1012

Prior to the COVID-19 pandemic, approximately 1 in 3 Canadian university students had a diagnosed mental or substance use disorder. With the onset of the pandemic, high school and university students experienced several unique stressors, including a rapid shift to remote learning, removal from campus life, and protracted isolation from their peers. Now, we are observing several demographic changes among students, including reduced metacognitive capabilities, reduced distress tolerance, and more complex and urgent mental health needs. Join Dr. Kim Hellemans as she discusses her research on emerging adult mental and substance use health, and how building academic resilience may be one tool to support and improve student well-being and academic success.

Dr. Kim Hellemans is an Assistant Professor in Neuroscience and Associate Dean of Science at Carleton University. She has received several prestigious teaching awards that recognize her passion and dedication to university teaching, including the Provost's Fellowship in Teaching Award and, most recently, the OCUFA Provincial Teaching Award. Her current research explores how resilience, early-life trauma and cannabis use relate to mental health and academic outcomes among university students. She is passionate about knowledge translation and knowledge mobilization and has created several freely available animations on the topic of neuroscience, addiction, and stigma. She is also the co-host of the award-winning podcast "Minding the Brain".



Dr. Kim Hellemans,
Carleton University

We would like to respectfully acknowledge that this event is being held at the UBC Point Grey Campus, located on the traditional, ancestral, and unceded territory of the xʷməθkʷəy̓əm (Musqueam).



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