

Resilience in the Post-Secondary Context: An Exploration of Students' Experiences

We are looking for research participants who are:

- Ages 17-35 years old
- Current undergraduate or graduate students at UofT, and
- Live in Toronto (or greater Toronto area)

We are interested in hearing about your experiences of resilience in the post-secondary context. Your participation can help develop a comprehensive, systemic understanding of the supports and resources needed to advance student resilience and well-being.

Participation involves completing the same online survey twice in Winter 2026, and potential participation in a 60-90-minute online focus group discussion.

You will earn \$20 for completing both online surveys (\$10 each) and an additional \$20 for participation in the focus group!

If you are interested in participating in this study, please email us at oise.studentwellness@utoronto.ca

This study is a SSHRC-funded national collaboration between U of T, UCalgary, USaskatchewan, and DalhousieU. We are based out of the Ontario Institute for Studies in Education.

This study has been approved by the University of Toronto Ethics Board (Protocol #00049495).

Principal investigator: Dr. Chloe Hamza (chloe.hamza@utoronto.ca).