



# Applied Self-Reg Knowledge

Welcome to the First Applied Self-Regulation Knowledge (ASK) Conference in beautiful Orillia, Ontario. We are thrilled that you have decided to join us for this two-day event at our 500 University Avenue Campus. The theme of our conference is *Enhancing the Well-Being of University Students* and we hope that you will acquire new information and insights from our wide array of accomplished speakers. We will have a networking event on the last day of the conference, where you will have an opportunity to meet scholars, practitioners, counselors, and mental health coordinators.

**WIFI** LU-Events **Password** 23BuT3\*FLY

**Media Hashtag** #ASKConference2023

**Conference Website QR Code**



## Thursday Morning Keynote: *A Generation Running on Empty: A Look at the Subcortex*

Dr. Stuart Shanker

9:15-10:30am in OA 1033 Lecture Hall



### Thursday Schedule at a Glance

- 8:00am Registration & Breakfast (Cafeteria)
- 9:15am Welcome & Opening Remarks  
Thursday Keynote Address  
Speaker: Dr. Stuart Shanker  
Location: OA 1033
- 10:30am Morning Refreshment Break  
Location: Learning Commons
- 10:45am Morning Sessions  
Locations: OA 1022, 2018, 2019
- 12:00pm Lunch (Cafeteria)
- 1:15pm Student Speaker Series  
Locations: OA 1022, 2018, 2019
- 2:30pm Afternoon Break
- 2:45pm Afternoon Sessions  
Locations: OA 1022, 2018, 2019
- 4:00pm End of Thursday Programme

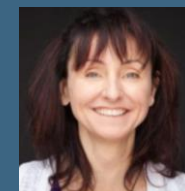
### Friday Schedule at a Glance

- 8:00am Breakfast (Cafeteria)
- 9:00am Friday Keynote Address  
Speaker: Dr. Susan Hopkins  
Location: OA 1033
- 10:30am Morning Refreshment Break
- 10:45am Morning Sessions  
Locations: OA 1022, 2018, 2019
- 12:00pm Lunch (Cafeteria)  
Speaker: Dr. Michael Höchsmann  
*Talkin' 'Bout my Generation: Enduring  
Myths, Material Realities, and Mash-ups*
- 1:15pm Afternoon Sessions I  
Locations: OA 1022, 2018, 2019
- 2:30pm Afternoon Break
- 2:45pm Afternoon Sessions II  
Locations: OA 1022, 2018, 2019
- 4:00pm Closing Remarks and Networking  
Remarks: Hon. Michael Tibollo

## Friday Morning Keynote: *Self-Regulation and Its Application to Young Adults*

Dr. Susan Hopkins

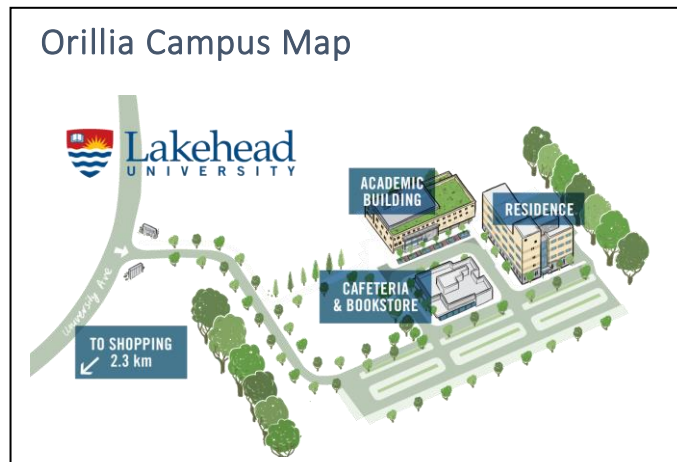
9:00-10:30am in OA 1033 Lecture Hall



Thursday Morning Sessions		Thursday 10:30am
OA 1022 Dr. Marie Edwards	OA 2018 Dr. Les Fleischer	OA 2019 Dr. Teri Rubinoff
<i>LIGHTS! CAMERAS! ACTION RESEARCH! - Self-Reg in the Spotlight for Preservice Teachers' Wellbeing</i>	<i>Overwhelmed Students/Overwhelmed Staff and Faculty: Personality Disorders in University Students</i>	<i>Mentorship: The Missing Piece of Your Well-being Toolkit</i>
Thursday Student Speaker Series		Thursday 1:15pm
OA 1022 Ms. Claudia Flores Moreno, Dr. Meridith Lovell-Johnston	OA 2018 Ms. Allison Gardiner	OA 2019 Mr. Adrian DiCarlantonio
<i>Using the Self-Reg Framework to Support the Mental Health and Wellbeing of an International Female Graduate Student</i>	<i>Functioning Dysfunctionally: The Highs and Lows of Neurodivergent Self-Regulation at the Post-Secondary Level</i>	<i>Overcoming Addiction: A Personal Journey</i>
Thursday Afternoon Sessions		Thursday 2:45pm
OA 1022 Dr. Brenda Smith-Chant	OA 2018 Dr. David Firang, Dr. Joseph Mensah	OA 2019 Ms. Connie Gale
<i>Academic procrastination and students: Why do they put off academic tasks?</i>	<i>Exploring the Effects of the COVID-19 Pandemic on International Students and Universities in Canada</i>	<i>Reflecting, Renewing and Restoring the Well Being of University Students in a Post Pandemic-World</i>



Friday Morning Sessions		Friday 10:30am
OA 1022 Dr. Anne Showalter, Mr. Eric Lehman	OA 2018 Ms. Alexandra Thompson	OA 2019 Dr. Gary Pluim
<i>Re:Imagining Accessibility: The Good, The Bad, and the Hope</i>	<i>Promoting a Community of Safety in Your Classroom</i>	<i>Teacher Candidate Wellbeing in the Lakehead Faculty of Education</i>
Friday Afternoon Sessions I		Friday 1:15pm
OA 1022 Dr. Angela Hovey, Mr. Evan George	OA 2018 Ms. Ilona Brodi Da Silva	OA 2019 Ms. Jennifer Della Mea
<i>Trigger Warnings May Not be Enough: Cultivating a Trauma-Informed Classroom</i>	<i>Managing Mental Health Through Nutrition, Exercise and Stress Reduction</i>	<i>From Darkness to Light: Caring for a Child with Mental Health Issues</i>
Friday Afternoon Sessions II		Friday 2:45pm
OA 1022 Dr. Sonia Mastrangelo, Dr. Anne Showalter	OA 2018 Dr. Gerry Costa	OA 2019 Mr. Bruno Bilotta, Ms. Ida Marie Carreiro
<i>Introducing The Applied Self-Regulation Knowledge (ASK) Network</i>	<i>The Lingering Effects of Trauma and COVID for Children and Adults and Ways to Promote Healing and Resilience</i>	<i>Moving Forward in Uncertain Times While Scaling Back to the Basics. The Importance of Youth Hubs and Social Interactions Amongst Students</i>



The conference organizers would like to express their appreciation to the presenters and volunteers who have helped make this event a success. Conference volunteers include Alexander Pietrantoni, Alice Lehman, Allison Gardiner, Dominic Bingham, Emmy Blais, Hailey Burnett Dewar, Heidi Berry, Jennette Giang, Jessica Stewart, Kamille Campanico, Katherine Boland Janke, Lucas Johnson, Siena Hopkins, Stephanie Galanis, and Tyla Mitchell.

We are also grateful to Lakehead Conference Services, Technology Services Centre, and Orillia Campus Security who provided logistical support for this event.

This event was partially funded through a *SSHRC Connection Grant* awarded to Dr. Sonia Mastrangelo (PI) and Dr. Meridith Lovell-Johnston (CI).