

ABOUT VC



Victoria College, a historic institution at the University of Toronto, is renowned for its vibrant academic community and rich liberal arts tradition. Established in 1836, it combines a strong focus on interdisciplinary education with a commitment to fostering critical thinking and creativity. With its iconic architecture and dynamic student life, Victoria College stands as a hub for intellectual growth and cultural engagement in the heart of Toronto.

Student Wellness



CHALLENGES

- **Mental Health Struggles:** Rising rates of anxiety, depression, and stress among students due to academic pressures and personal challenges.
- **Financial Stress:** Balancing tuition costs, living expenses, and often inadequate financial aid or employment opportunities.
- **Time Management:** Difficulty juggling academics, work, extracurriculars, and personal life, leading to burnout.
- **Social Isolation:** Challenges in building meaningful connections, particularly for introverts or students in online/hybrid learning environments.
- **Sleep Deprivation:** Insufficient sleep caused by workload, irregular schedules, or unhealthy habits.
- **Nutritional Challenges:** Limited access to affordable and nutritious food, often resulting in unhealthy eating habits.
- **Substance Use:** Increased exposure to or reliance on alcohol, drugs, or other substances as a coping mechanism.
- **Physical Inactivity:** Struggles to maintain a consistent exercise routine amidst academic and social commitments.
- **Access to Wellness Resources:** Insufficient or inaccessible campus mental health and wellness services.
- **Technology Overload:** Overuse of screens and social media, contributing to distraction, fatigue, and diminished real-world interactions.

Managing Anxiety/Attention

Student Wellness



SOLUTION

1. KeyNote address to the Campus student, faculty and staff at 12th Annual Minding Our Minds Conference focusing on challenges of Screen Time on mental wellness.

Key Attributes:

- a. An online confidential Self Stress Assessment was provided to each student, faculty and staff in attendance.
- b. Students given access to Neuro580 app for customized neurohacks
- c. Students were encouraged to recruit their 2 peer confidants and share Stress Assessment + Online Course + access to App
- d. For 7 weeks after conference, all attendance received weekly CDC Talks Videos (7-10 min) for reinforcement using case study format to apply neurohacks in diverse experiences.

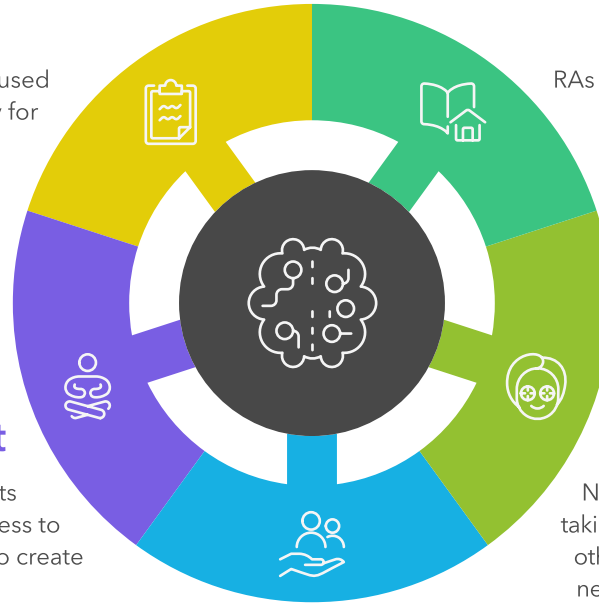
Neurohacks Implementation

Daily Utility

Access to neurohacks used throughout school day for any high stress event

Peer Engagement

Student peer confidants provided with free access to course + neurohacks to create communal support

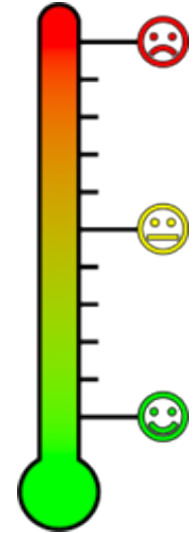


Staff Use

RAs and Campus Counselors using neurohacks for their own wellness

Stress Reduction

Neurohacks used for Sleep, taking tests/exams, athletic or other performance, manage negative screen-time stimuli



FEEDBACK

1. "wow. These are so easy to use before and during any anxiety experience"
2. "I'm always stressed even after studying. I can definitely use neurohacks now!"
3. "As a counselor, I can certainly teach these and use myself."
4. "I already know the 2 people I will include - we can neurohacks each other!"

"As Alumni and sponsors, we find these neurohacking tools priceless life-long skills for students," **Steve and Molly Lister**

