

LUMINATE MENTAL HEALTH CONFERENCE SERIES

2023

About

The annual **Luminate Research Conference** is for undergraduate students to **present** their research on mental health & wellness, **engage** in meaningful discussions with experts, and **connect** with peers.

Events

Thursday, March 16th

10:30 AM - 11:30 AM

Workshop: Mind-Body Health

Presented By: Luminate

- How does sleep, exercise, diet and overall physical health impact our mental health?
- Learn to improve and stay healthy!

12:30 PM - 2:00 PM

Student Data Blitz

Guest Judge: Prof. Maxwell Barranti

- Students present **data blitz format** (5 slides or less) or a short **5-minute talk** with their posters



Friday, March 17th

10:00 AM - 12:00 PM

Coffee Chat & Networking

Navigating Life Post-Pandemic

- **Get engaged** in their community and with faculty
- **A round-table** discussion event with guest speakers from guest speakers
- **Network** with grad students and professionals from your field!

3:00 PM - 4:30 PM

Brain Hacks

How to Manage Productivity

- Learn to boost daily productivity
- Understand the **"why?"** and **"so what?"** behind certain mental or physical health practices that inspire pupils to implement **'brain hacks'**

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