

**Project Title:** *Understanding and Enhancing Dental Student Study Habits for Greater Learning and Well-being*

**Project Summary** (150 words maximum)

The main purpose of this study is to enhance student learning and well-being by developing a series of workshops for students which are intended to alleviate negative stress and anxiety, and by developing a student handbook promoting effective study strategies and behaviours. The results of a longitudinal study identifying dental students' study habits, stress responses and life circumstances, will be used to iteratively create a series of supportive workshops, and resources on effective studying strategies.