

# Self-Regulation and the Post-Secondary Connection

Earlier this summer, I met a 3rd year Psychology and Criminology major at a self-regulation symposium. Travis Francis is deeply committed to increasing a focus by post-secondary institutions on student mental health and the need for self-regulation strategies. His brief paper/call to action outlines some of the reasons for his concerns. His voice and those of others in his fields of study are behind a “Reach Your Potential” initiative he is launching. More about that on the CSRI site in the weeks to come.

[Read Travis' article here.](#)