

Mental Health and Wellbeing as a Scientist

The syndemic of COVID-19, racism, and mental health has taken a toll on the wellbeing of the United States citizenry. Graduate students are not immune. Research suggests that graduate students, in comparison to both the highly educated and the general populations, are more likely to experience psychological distress (Levecque, Ansee, & De Beuckelaer, 2017). Many factors, including the pressure to publish, relationships with advisors, and imposter syndrome, contribute to the experience of stress. Additionally, individuals from historically marginalized and minoritized populations (e.g., women, LGBTQ students) often experience imposter syndrome and discrimination—either intentional or unintentional—that hamper their progress through graduate training. Stress takes a physical toll on the body, and unaddressed stress can exacerbate mental health problems. In this session, let's create wellness plans for addressing the stressors that negatively impact graduate students' lives.