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Mental Health in Graduate Education: What Faculty, Friends, and Family Can Do¹

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Stories and statistics abound about the struggles of graduate education and the risks for wellbeing that it poses to students. In this plenary, we'll explore both root causes of mental illness among today's generation of graduate students, the unique barriers experienced by members of minoritized communities, as well as the proactive steps that faculty, friends, and family can take to provide support and challenge toxic norms within academia. Posselt will present research completed through a two year National Academy of Education fellowship on graduate student mental health, sharing findings from two studies: 1) A large-scale national analysis of 20,000 students' views on competition, discrimination, and support in relation to depression and anxiety, and 2) A qualitative study of the ways that doctoral students of color within STEM conceptualize faculty support.

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