








# GRADUATE STUDENT MENTAL HEALTH

Graduate students experience **high rates of mental illness**

## Tips to Improve Mental Health:

- Work on projects you care about
- Invest in activities and relationships outside research
- Prioritize peer support
- Explore available resources at your school
- Set clear expectations with your supervisor early, and communicate your needs and aspirations

## Unique stressors graduate students can face

-  Pressures to publish
-  Ambiguous expectations
-  Financial Concerns
-  Employment uncertainty post-degree
-  Poor relationship with supervisor

## Imposter Syndrome

- Defined as the feeling that one's achievements are undeserved and the fear they will be exposed as a fraud
- Combat imposter syndrome by: knowing rejection is a part of the process, embrace not knowing everything, find a trusted source to discuss your feelings with, focus on past successes.

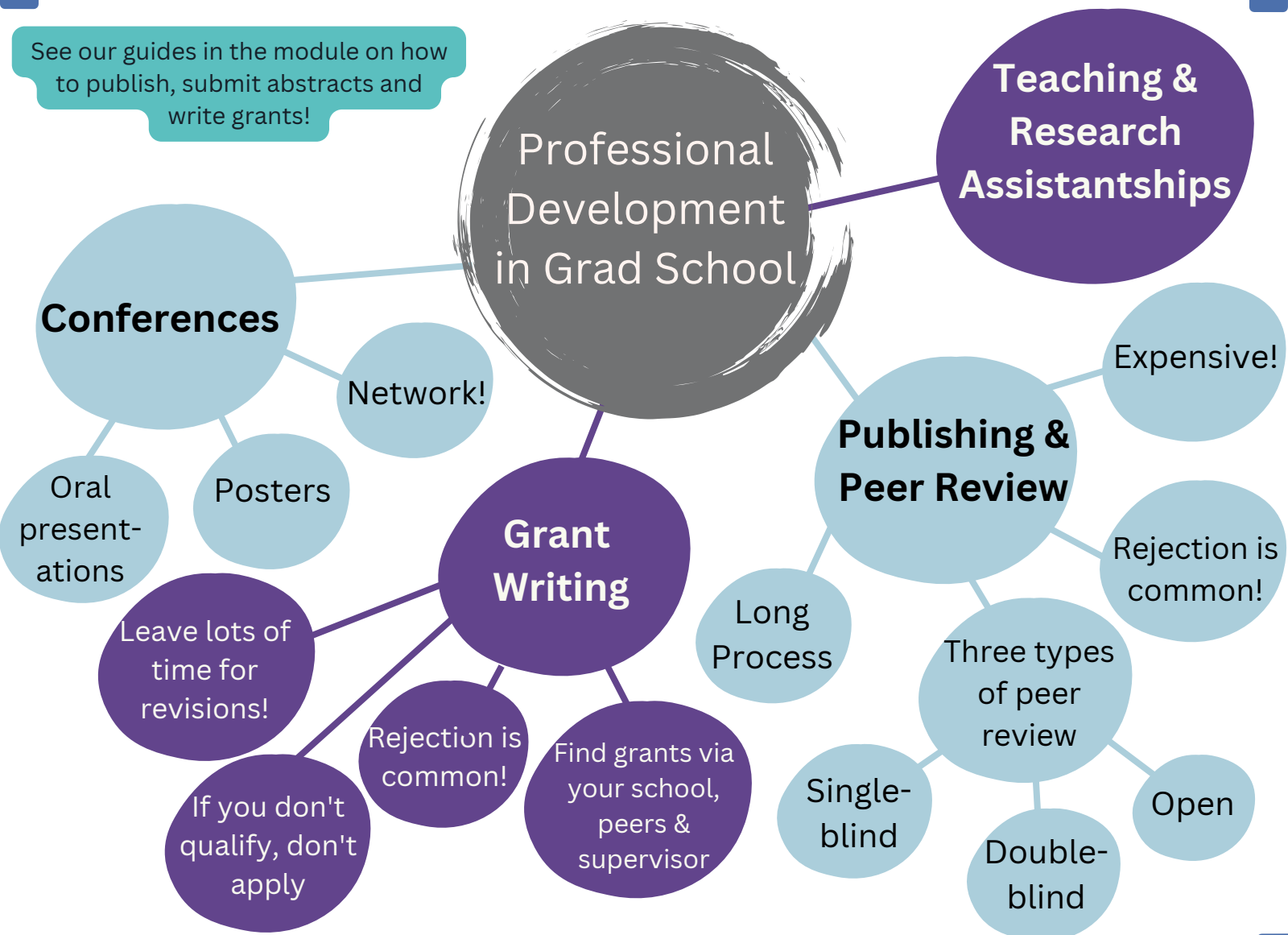


## Burnout

- Defined as a "state of emotional, physical and mental exhaustion caused by excessive and prolonged stress"
- Combat burnout by: learning to say "no", set boundaries with you and your work, try to socialize with fellow students, exercise.



See our guides in the module on how to publish, submit abstracts and write grants!



## Teaching & Research Assistantships

## Publishing & Peer Review

## Grant Writing

## Conferences

## Network!

Expensive!

Rejection is common!

## Three types of peer review

Single-blind

Double-blind

Open

Long Process

Leave lots of time for revisions!

If you don't qualify, don't apply

Rejection is common!

Find grants via your school, peers & supervisor

Oral presentations

Posters

## References

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