Background

3 years in the making
Survey administered in Spring 2014 (n=790)
First survey of grad well-being in 10 years
Why we care

Our mission

To enable graduate students to do their best work and make the most of their time here.

Balanced, happy people are more productive, more creative, more collaborative, better at long-term goal pursuit, more likely to find employment, more physically and psychologically resilient, and more.
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Working model

Two validated measures of well-being
30 candidate predictors
10 demographic items
Top predictors of grad well-being

Satisfaction with Life
Career prospects
Living conditions
Financial confidence

Depression
Sleep
Overall health
Academic engagement
Top 10 Predictors Overall

1. Career Prospects
2. Overall Health
3. Living Conditions
4. Academic Engagement
5. Financial Confidence
6. Social Support
7. Academic Progress & Preparation
8. Sleep
9. Feeling Valued & Included
10. Advisor Relationship
“The largest source of anxiety for me is my post-grad job outlook. It is tremendously uncertain, and thus fear-inducing.”
“I live on my own for the first time and it is very lonely. I wish there were more exciting ways to meet other grad students.”
Demographics, degree & field

- LGBQ students and Arts & Humanities students have lower well-being
- Little to no racial/ethnic well-being gaps, no gender gap, no international gap
- 47% of PhDs and 37% of Master’s/Professional students score as depressed
Recommendations

Institutionalize the survey
Start a dialogue
Follow the roadmap provided by top predictors
Promote well-being strategies suggested by students
Remove hassles (Behavioral Economics)
HAPPY HOUR

Friday, April 17, 5-7 p.m.