

The Graduate Assembly
Graduate Student Happiness
& Well-Being Report | 2014



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

Depression

Career prospects

Sleep

Living conditions

Overall health

Financial confidence

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

- LGBTQ 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.