

A Framework on Graduate Student Mental Health: CGS Members Share Ideas and Guidance

CGS Webinar

March 16, 2021, 1:00-2:00 p.m. Eastern

Before we get started....

- Please keep your microphone muted and camera off.
- Questions can be submitted at any time via Chat.
- Please note the event is being recorded.

Welcoming our Panel



Jeni Hart

University of Missouri



Mike McKenzie

Appalachian State U.



Emory Woodard

Villanova University

Supporting Mental Health and Wellbeing for Graduate Students: A Statement of Principles and Commitments of Graduate Deans

Based on a project supported by:



ALFRED P. SLOAN
FOUNDATION

THE
ANDREW W.

MELLON
FOUNDATION

Vision: A graduate education system that supports the academic success and wellbeing of all students.



- Values
- Principles
- Commitments
- Accountability

Commitments of Dean Signatories

1. Support the creation and institutionalization of a campus-wide consultative body that works on strategy and planning related to mental health and/or wellbeing of graduate students with a robust representation of various campus stakeholders.
2. Include explicit reference of support for graduate student mental health and wellbeing in the campus student health framework.

Commitments of Dean Signatories

3. Develop and implement a process to periodically assess graduate students' support needs or assure that any existing surveys address these issues.
4. Develop and implement a plan to communicate to graduate program directors and graduate faculty about available campus resources and policies at the beginning of each academic term or assure that existing communication strategies include this information.

Commitments of Dean Signatories

5. Develop and implement a plan to communicate to all graduate students about graduate student mental health and wellbeing and information about available campus resources and policies at least once during each academic term or assure that existing communication strategies include this information.

University of Missouri

Mental Health Support for Graduate Students



Engaging Students

- GPC Priority
- Communication (e.g., newsletter, social)
- Student Focus Groups
- GradEssentials/IDP

Stakeholder Buy-in

- Stakeholder Focus Groups
- Allyship (e.g., Counseling Center, Student Affairs)
- GSE Survey – Data Sharing
- COVID

Improving Mentorship

- Strategic Mentor Training Planning
- Graduate Faculty Workshops
 - Introduction of Multiple Mentor Models

App State Mental Health Support for Graduate Students



Readily available,
easily accessible
resources

- Weekly email newsletter
- Virtual Graduate Student Life Center
- TrailNet - online 24/7/365 support platform
- On-Demand Workshops
- Opt-In email campaigns - e.g. Self-Care, Resilience
- *Trails to Success* Summit Institute

Strategic
partnerships

- Graduate Student Life Advisory Board
- Graduate student workshop offerings through partnerships with the Office of Human Resources, Wellness and Prevention Services, Counseling and Psychological Services
- Presentations to NC Deans Meeting, Provost Council and Program Directors

Plans for
mentoring
campaign

- Mentorship training for program directors
- Identification and training of mentors within programs
- Identification of mentees within programs and assessment of needs

A Framework on Graduate Student Mental Health: The Villanova Experience So Far

- **Engaging Students?**

- **Listen**

- Use analytics to identify needs
- Consult diverse student voices

- **Respond**

- Reflect what you hear in initiatives
- Hire students to develop & deliver

- **Building Alliances?**

- Start at the top of the services delivery chain
- Open dialogue with services providers
- Have a program-wide conversation

- **Mentorship?**

- Timing is everything
- Launched a Peer Mentorship Program in partnership with **The Reflect Organization**



Questions?

- Please submit your question in the Chat.
- We are also happy to answer questions by email after the webinar. Please email Enyu Zhou at ezhou@cgs.nche.edu.

Roundtable Discussion

Next Steps

- Consider signing on to the principles today. Contact Enyu Zhou for more information at ezhou@cgs.nche.edu

- **April 29, 1:00-2:00 p.m.**

Please join us for a webinar to announce the outcomes and findings of CGS and JED's project, *Supporting Graduate Student Mental Health and Wellbeing*.

Plan to Join our Communications Campaign

Coming Soon:

Materials to Support
Your University
Communication Plan

Public Release:

April 29, 2021



Sample social media posts



**Sample blurbs for your
newsletter or website**



**Press release template for
signatory universities**



Infographics

Thank you for participating. We look forward to sharing the webinar slides and recording.