
EGSAC Quality of Life & Wellness Survey Summary | Spring 2017

The EGSAC Quality of Life & Wellness Survey was conducted in collaboration with partners in the Illinois Department of Clinical-Community Psychology. This work was been approved by the Illinois Institutional Review Board (#16690).

Goals

1. Assess the following in engineering graduate students:
 - Wellbeing and Happiness
 - Depression and Anxiety
 - Satisfaction with Department and Research Area
 - Relationship with Primary Advisor
 - Knowledge and use of services on campus
 2. Use the results to develop action items for EGSAC and recommendations for College of Engineering (CoE) Administration.
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Survey Response

- All engineering graduate student had the opportunity to complete survey in April of 2017.
 - 28.7% of engineering graduate students started the survey.
 - 24.1% of engineering graduate students completed the survey.
 - The demographics, department, and degree breakdown of completed survey is largely consistent with graduate students in the CoE.
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Overall Results

- The majority of graduate students are doing well, as indicated by:
 - High levels of wellbeing and happiness.
 - No-to-mild levels of depression and anxiety.
 - High levels of satisfaction with department and research area.
 - Most reporting a positive relationship with their primary advisor.
 - High levels of satisfaction with career and psychosocial support from their primary advisor.
 - Knowledge of campus resources for physical health, mental health, and international student services.
 - The survey results also show that a smaller population of graduate students struggle in these same areas.
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Mental Health Overview

- Most graduate students who screened positive for depression or anxiety did not receive treatment in the past 12 months. The results showed that men and international students were the least likely to receive treatment.
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Advisor Relationships

- Graduate students reported significantly higher percentages of positive psychosocial support compared to career support.
 - Internationals students reported significantly higher percentages of positive career support compared to domestic students.
 - Areas for suggested improvements include:
 - Exploring career options
 - Career networking
 - Guidance on how to improve writing skills
 - Protection/guidance when working with new and potentially difficult collaborators
 - Discussing feelings related to competence, advancement, peers, supervisors, and work/life conflict
 - Talking about anxiety and fears that detract from work
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Recommendations

- Regularly scheduled seminars that focus on mental health and campus services.
 - Develop methods to help faculty and graduate students utilize the Illinois Graduate College Mentoring Resources, e.g. hold trainings, seminars, develop toolkits, partner with the Graduate College.
 - Develop methods for faculty and students to increase communication and reflection on mentoring, e.g. mentorship/relationship checklists to cover 1-2 times per year.
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