

Work-Life Balance Events

The graduate program hosted events that promoted the well-being of graduate students outside of coursework and research. [Sample Work-Life Balance Events](#).

Student Feedback

A 100% of students surveyed felt attending the wellness events had a positive impact on their well-being and a majority would attend the events again. Students found most valuable the discussions on imposter syndrome, tips for handling stress, and guest speakers. A majority felt that receiving a resource on graduate student well-being from their program encouraged them to emphasize their own work-life balance during the quarter. Suggestions for topics for future events included discussing productivity strategies, activities for kids/parenting, and international student challenges. Students felt these particular events should not be recorded to allow for a safe space for discussion and engagement should be encouraged (cameras on or in-person offerings). Students would like to see more events and at different times to increase attendance.

Summary

While the graduate program did report challenges in achieving high attendance for virtual events during the pandemic, the students who attended found great value in the topics discussed and desired additional events and offerings. With such a high potential for positive impact on graduate student mental wealth, these events offer gains to students and programs. Many graduate programs look forward to offering these events in-person where more of a sense of community and safe space can be cultivated, which may also increase attendance and participation. Graduate programs could also consider collaborating with relevant graduate programs to maximize the audience reach and impact. If attendance continues to be an issue, graduate programs could consider offering a well-being course, where students regularly attend sessions in a cohort.