MASTERS STUDENT MENTAL HEALTH AWARENESS

This poster explores some of the common stressors that masters students experience during their taught and/or research programs.

PRESSURE TO PERFORM

With the short nature of the masters program, there can be huge pressure to succeed. Being financially committed can make it harder to guit.

WORKLOAD INTENSITY

The workload/research intensity is often very high adding stress. Masters students can sometimes be used as "output mills" and treated poorly.

> UNCERTAINTY The pressure of not knowing what comes next after study, plus having to apply for jobs whilst still studying can be intense.

ACK OF SUPPORT

Mental health support is often geared towards undergraduates, with little available resources for masters students, making students unsupported.

STEEP LEARNING CURVE

With many returning to education, or transitioning from undergrad, masters programs are often intense and without support people can feel out of their comfort zone, or overwhelmed entirely.

LITTLE DOWN-TIME

There is often little time to rest during a masters program, with pressure to just keep studying. This can lead to burnout.

SYSTEMIC ISSUES

Instead of dealing with complaints/concerns, some universities do not address them, and just wait, banking on high student turnover.

FINANCIAL CONCERNS

Paying out for the masters, moving to attend the program and/or living on a small stipend, can result in significant financial concerns.

"JUST A MASTERS"

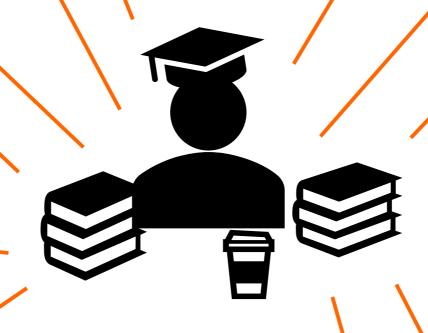
In some cases, some are met with snobbery and statements like "you are just a masters student". This can lead to feeling undervalued and imposter feelings.

SOCIAL ISOLATION

Moving to another location to study, and the intensity of workload can make it difficult to form social groups and support networks with the masters cohort.

JUGGLING STUDY/LIFE

Often taking on a masters alongside working, and/or the intensity of the program, balancing work/life can be really difficult adding increased strain.



OFTEN NOT INCLUDED

Conversations around the masters student experience are often few, making it difficult to validate and share stories, and find support groups.

SELF-HARMING?

SUICIDAL THOUGHTS? CALL SAMARITANS NOW ON

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute. Thank you to the masters students on #AcademicChatter for conversations.