Graduate Student Stress in the College of Public Health

Self-reported stress

OSU Graduate Students in Public Health had higher self-reported stress than the average adult.

Top stressors

The activities that graduate students rated most stressful were ranked as:

1. School work
2. Finances
3. Paid work

Other high-ranking stressors included career planning and job searching, family, and health issues.

Reported use of stress-related campus resources

Over half of students reported not having time to use services, and over 25% of students reported not knowing what resources were available, and not knowing how to access resources.

There are many services on campus that can be used to help sustainably manage stress.

Remember, it doesn’t need to be an emergency to access services!

Relevant Resources

- Office of Student Life: Student Wellness Center, Scarlet and Gray Financial
- The Writing Center
- Student Life Counseling and Consultation Services
- Career Counseling and Support Services

Students in Dr. Klein’s Fall 2016 Community Health Assessment course sent out a request for survey responses in the College of Public Health Graduate Student Newsletter to determine the stress levels, contributing factors and barriers to accessing resources in the graduate student population. 47 graduate students responded to the survey. The above results were obtained from these survey responses.