Memo

To: Prof. Erika Paterson, ENGL 301 course instructor

From: Taras Shyp, ENGL 301 course student

Date: November 15, 2019

Subject: Progress Report for Improving Mental Health and Wellness of Graduate Students at the BC Cancer Research Center (BC CRC)

Hello Dr. Paterson,

Here below you can find answers on the main concerns which would be answered in the formal report.

**The audience for the report:**

* Vanessa Porter, the President of GrasPods.
* Kevin Bennewith, Co-Director of the Interdisciplinary Oncology Program at the BC Cancer Research Center.

**Purpose of the report**: To assess mental health and well-being of graduate students at the BC CRC and currently available tools for its support to identify new possible approaches and recommendations for promoting mental and emotional wellness of off-campus graduate students.

**Significance of the report**: Enhancement in graduate students` mental health and wellness will have a crucial impact on one`s general health, academic performance, future professional and life success.

**Research plan**:

* Problems:
  + Lack of students` awareness in available mental health resources
  + Growing number of mental health challenges among graduate students
  + Specificity of graduate students mental challenges (i.e. student-supervisor relationships, financial constraints, etc.)
* Deficiency in close vicinity facilities for mental wellness support
* Primary Resources:
* Graduate students Mental Health and Wellness Survey (link: https://docs.google.com/forms/d/1UVk4zrWz6a9x9g4vnbsNlJ6zJkqvpVxcxKSSwuJTcOQ/)
* Two interviews with:
  + Levonne Absire, Health Promotion Strategist at the Department of Health Promotion and Education of the University of British Columbia
* Geetha Venkateswaran, Wellness Coordinator of GrasPods at the BC Cancer Research Center

The possible questions are attached below.

* Secondary Resources, which describe the current prevalence of mental health problems of graduate students and their main triggers, possible ways for improving graduate students` mental wellness.
* Evans T.M., Bira L., Gastelum J.B., Weiss L.T., Vanderford N.L. Evidence for a mental health crisis in graduate education. Nature Biotechnology. 2018 March 6;36(3). 282-284
* [Chris Woolston](https://www.nature.com/naturejobs/science/articles/10.1038/nj7677-549a#author-information). Graduate survey: A love-hurt relationship. Nature [550](https://www.nature.com/nature/journal/v550/n7677/). 2017 Oct. 549-552

* [Levecque K.](https://www.sciencedirect.com/science/article/abs/pii/S0048733317300422?via%3Dihub" \l "!), [Anseel F.](https://www.sciencedirect.com/science/article/abs/pii/S0048733317300422?via%3Dihub" \l "!), [De Beuckelaer A.](https://www.sciencedirect.com/science/article/abs/pii/S0048733317300422?via%3Dihub" \l "!), [Van der Heyden](https://www.sciencedirect.com/science/article/abs/pii/S0048733317300422?via%3Dihub" \l "!) J., [Gisle](https://www.sciencedirect.com/science/article/abs/pii/S0048733317300422?via%3Dihub#!) L.Work organization and mental health problems in PhD students. [Research Policy](https://www.sciencedirect.com/science/journal/00487333). [Vol. 46 (4](https://www.sciencedirect.com/science/journal/00487333/46/4" \o "Go to table of contents for this volume/issue)). 2017 May. 868-879
* Ogunsanya M.E., Bamgbade B.A., Thach A.V., Sudhapalli P., Rascati K.L. Determinants of health-related quality of life in international graduate students. Currents in Pharmacy Teaching and Learning. 2018 Apr. Vol. 10(4). 413-422
* Bai C., Larcombe W., Brooker A. How universities can enhance student mental wellbeing: the student perspective. [Higher Education Research & Development](https://www.tandfonline.com/toc/cher20/current). Vol. 38. 2019 Feb (4). 674-687
* Writing schedule:

Nov 18. Interview with Geetha Venkateswaran and send a link for a survey to respondents

Nov 21. Interview with Levonne Abshire

Nov 23. Finish an introduction part of the report

Nov 30. Complete a Data section of the report, assess results from the survey

Dec 02. Create data figures

Dec 04. Post Formal Report Draft on a team forum

Dec 10. Peer Review of Formal Report Draft **posted on a team forum**

**Dec 13. Add recommendations from Draft Peer Review finalize abstract, list of references**

**Dec 17. Complete a Conclusions part of the report and revise the organization and style of the report**

**Dec 19. Post Formal Report on a team forum**

The report will be performed according to the aforementioned schedule and outline which is attached. Few changes could be included in the report: the third interview with Karen Flood (Registered Psychologist at UBC Counselling Services), additional secondary resources. I am waiting for your confirmation of interviews and survey questions for further work with the report. If you have any questions or comments you can reach me at [tshyp@alumni.ubc.ca](mailto:tshyp@alumni.ubc.ca).

Taras Shyp