

# EGSC NEWSLETTER

Herbert Wertheim College of Engineering Graduate Student Council Newsletter



## CAREER AND HEALTH WORKSHOP

As anxiety and depression among college students rises, nearly 50% of graduate students are suffering or have previously suffered from depression/anxiety. Health has such a significant impact on the success in our careers and in our graduate work.

This event hopes to give students, particularly engineering graduate students, information on how to stay healthy with a demanding graduate schedule

**Date: Monday, February 12th**

**Time: 3:00 PM – 5:00 PM**

**Location: Rion Ballroom, Reitz Union**

## THE IMPORTANCE OF MENTAL HEALTH FROM A STUDENTS PERSPECTIVE

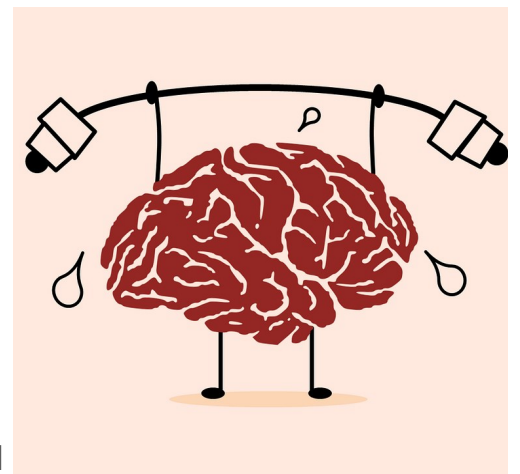
*We asked Madeline Sciallo, a 4th year PhD student in electrical engineering, and president of the EGSC, why she thinks mental health is an important issue to be discussed among graduate students.*

Why mental health is an important issue to be addressed among graduate students; this is tricky to answer concisely because it is so vitally important!

Because graduate students are investing their time and money into their education, they are essentially investing in their brain and growing their intellectual strength. It's as if an athlete were training for the Olympics; but for us, it is intellectual training, and along with that comes mental health.

Since graduate students are already investing so much into their brain with intellectual strength, why only do half of it? In other words, you need to do this holistically. For example an athlete wouldn't do all of their workouts and ignore dietary restrictions, because their diet will affect their health and performance. This is the exact same for researchers and graduate students. The number one side effect reported from anxiety and/or depression is difficulty focusing, starting with their job/studies. This is so key! If you aren't taking care of your mental health, you are sacrificing your performance.

Those who practice relaxation methods and are listening to their body's needs to keep their mental health balanced outperform students who ignore their mental health all together. If this



## GATOR ENGINEER TO THE OLYMPICS

It is not too often that the University of Florida can boast about an athlete in the Winter Olympic Games, much less a Gator Engineering alumni, however Erin Jackson has given us just that. Jackson, a 2015 Material Science graduate, will compete at the 2018 Winter Olympics in PyeongChang, South Korea in long track speed skating. Her first event will be on February 18, so tune in and cheer for Erin and Gator Engineering!



Have questions, comments, or ideas for future articles?

Email: [newsletter.egsc@gmail.com](mailto:newsletter.egsc@gmail.com)