

# INTRODUCTION

DUE TO THE LARGE NUMBER OF COURSES, DIFFICULTY, AND THE HUGE AMOUNT OF INTENSIVE ENGINEERING PROJECTS LEAD TO AN UNHEALTHY WORK-LIFE BALANCE AND EVENTUALLY LOWER LEVELS OF MENTAL HEALTH FOR ENGINEERS.

THIS SEEMS TO RELATE TO THE PROBLEM OF STUDENTS DROPPING OUT, SPECIFICALLY IN THE STEM FIELD, WHERE MORE THAN 60% OF THE DROPOUTS OCCUR IN THE FIRST TWO YEARS. [2]



## REFERENCES

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# THE WELL-BEING OF ENGINEERS

Victor Chung

# DROPOUT

BASED ON DATA CONSISTING OF 952 ENGINEERING STUDENTS. WE HAVE LEARNED THAT A STAGGERING 26% OF STUDENTS LEAVE THE UNIVERSITY BEFORE STARTING THEIR SECOND STUDY YEAR. [3]



IT HAS BEEN REPORTED BY OTHER STUDIES THAT FEWER THAN 40% OF STEM STUDENTS RECEIVE THEIR DEGREES. THIS INITIAL DROP OUT OF STUDENTS IN THEIR FIRST YEAR MAY EXPLAIN WHY. [2]

MENTAL HEALTH CRISIS PHENOMENA GENERALLY OCCUR IN STUDENTS WHEN THEY ARE FACED WITH ACADEMIC PRESSURE. THIS IS THE PRIMARY REASON WHICH MAKES UP FOR 33% OF STUDENT SUICIDES. [4]

# MENTAL HEALTH

THE KESSLER SCALE SHOWS THAT ABOUT 38% OF STUDENTS SCREEN FOR HIGH RISK OF SERIOUS MENTAL ILLNESS. THIS IS HUGE COMPARED TO THE REPORTED 4% OF U.S. ADULTS ESTIMATED TO SUFFER FROM ONE. THIS IS ALSO MORE THAN DOUBLE THE ESTIMATED 17.9% OF ADULTS TO SUFFER FROM ANY MENTAL HEALTH CONDITION [1]

ENGINEERING STUDENTS ARE ABOUT TWO TIMES MORE LIKELY TO SUFFER FROM SOME FORM OF ANXIETY, DEPRESSION, AND PTSD-LIKE SYMPTOMS THAN THE AVERAGE POST-SECONDARY STUDENT [3]



# FACTS

48%

OF BACHELOR

69%

OF ASSOCIATE

## STEM STUDENTS

ENROLLED BETWEEN 2003 - 2009 HAD LEFT THESE FIELDS BY SPRING 2009 [2]

SUICIDE IS THE SECOND LEADING CAUSE OF DEATH AMONG POST-SECONDARY STUDENTS [1]

OUT OF ALL THE OTHER ENGINEERING FIELDS, COMPUTER ENGINEERING STUDENTS ARE AT THE HIGHEST RISK FOR SERIOUS MENTAL ILLNESS AS MEASURED BY THE KESSLER INSTRUMENT [1]