

Stress Factors from MESA Students

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Introduction

The objective of our project, was to identify common stress factors faced by NVC MESA students and how they affect their academic studies. MESA program aims to support low-income first generation students. These students may or may not be seeking help from counselors/health services on campus, considering there are stigmas around accessing mental health services.

Methods

4 MESA students and 2 MESA faculty were each interviewed for 20 minutes with open ended questions regarding STEM major stressors and counseling.



Results

The common stress factors determined were: home, financial, and rigorous courses. A pattern was found in our interviewees, where counseling wasn't a seek of help for their stress. Per faculty, an average of 3 students will return for a follow up in an academic year and mostly on a drop-in basis not a referral follow-up.

Discussion

Interviewees were informed about on campus mental health services. Faculty acknowledges that there is stigma around seeking counseling for help. An interesting finding was that Latino students are now seeking more counseling compared to African-American students. Faculty relates this to there not being enough African-American clinicians, especially males.

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