

BIO

Stacey Satchell currently serves as Graduate Life Coach for The Graduate School at Vanderbilt University. This role was designed to provide coaching support for graduate students and postdocs to help them work toward achieving their goals and experiencing success in their academic life by focusing on best ways forward – time & stress management techniques, communication strategies and academic relationships, as well as accessing all of the resources available to them, including mental health support through Vanderbilt’s Student Care Network. Prior to serving in the Graduate Life Coach role, Stacey has enjoyed an over 20 year career in higher education providing support for undergraduates and medical students in a variety of student support roles at Vanderbilt, in addition to universities in New York City, including NYU, Columbia and St. John’s University – with much time focused in the field of academic advising.

ABSTRACT

In light of recent studies that have highlighted the mental health concerns in the graduate student population, faculty and staff who serve the graduate community are seeking new, improved and increased ways of providing support. From targeted programs and services to new protocols, there are many ways to recognize and respond to students in need of accommodations and supportive care. The Graduate Life Coach role was developed to provide one mode of additional support for students struggling with a multitude of concerns that may contribute to increased mental health concerns. By partnering with Vanderbilt’s Student Care Network, the Graduate Life Coach provides information and connections to mental health resources as well as assisting students in communicating their needs to their faculty and university systems. In addition, programming and individual coaching on topics that range from imposter syndrome/perfectionism, goal setting and navigating academic relationships inform students of ways to mitigate circumstances that may contribute to their mental health concerns. The graduate student support field is growing and this is just one of many options for delivering these services to students.