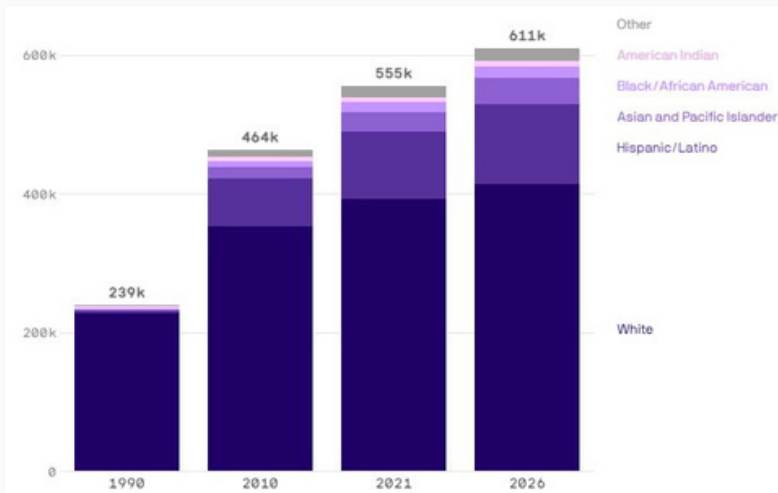


# BIOMEDICAL ENGINEERING

Official Newsletter of the Community & Student Engagement Committee

## Diversity in NWA is Increasing

“The NWA region will likely become more ethnically and racially diverse as the overall population increases, according to a report released...by the Northwest Arkansas Council.”

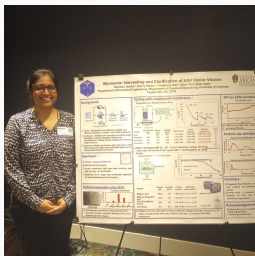


Data from the Northwest Arkansas Council. Graph from Axios Media. Read more [here](#).

## HOW IS HEALTHCARE EVOLVING IN RESPONSE?

- ♥ expanding diversity in healthcare workers
- ♥ increasing cultural competency training for healthcare workers
- ♥ introduction of visual aids for non-native English speakers
- ♥ addition of new programs to increase access to healthcare for minorities (i.e. free clinic for Marshallese adults at UAMS)

Read more [here](#).



Nimisha Tandon, 2nd-year BMEG PhD student, won second place in the Student Poster Competition at the Membranes for Virus Purification Annual Meeting. Congratulations Nimisha and Dr. Xianghong Qian!



## Events

### Maker Mingle

Nov 4, 3-4:30pm  
@ Fayetteville Public Library

What have you been working on? We want to see it! This drop in session is a great time to work out a problem, show off a new project, or just spend time among some creative peers. Register [here](#).

### Diversity Support Luncheon

Nov 2, 12-1:30pm  
@ Ark Union rm. 512-514

Learn from cultural support offices about their roles and resources! Hosted by UARK GPSC. No registration required.

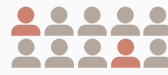


# Mental Health in BMEG

## WHAT'S THE PROBLEM?



Graduate students are 20x more likely to consider suicide than the general population.



7 in 10 people experience imposter syndrome throughout their careers.

Nearly half of postgraduate students met criteria to classify them as depressed - 50% will also drop out before graduation.



Top reason women leave academia is due to a "toxic work environment."

Read more [here](#).



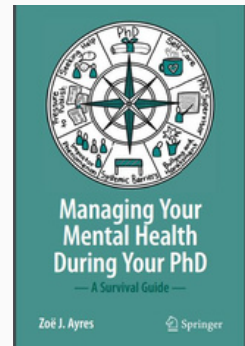
## WHAT RESOURCES ARE AVAILABLE?

**Needy Family Graduate Student Emergency Fund**  
Apply for up to \$500 of funding for unforeseen emergencies.

**UA Psychological Clinic**  
Counseling appointments are available with psychology PhD students for only \$15 per 50-minute session. Call 479-575-5276 to request an appointment.



Check out [gradresources.org](http://gradresources.org) for mentors and countless online resources.



Get a free digital copy [here](#).

“ Because of natural highs and lows, it can be difficult to pinpoint whether what you are feeling is ‘just part of the PhD process’ or is actually part of an underlying problem.”

-ZOE AYRES, PHD

## HOW CAN I MAKE A POSITIVE DIFFERENCE?

### Be There Certificate

This FREE course will teach you how to recognize when someone might be struggling with their mental health and how to safely support them while maintaining your own mental health. (~1-2 hrs)



Click [here](#) to get your certificate now!

### Research Tips

Focus on being efficient during working hours, then focus on “you” time.

Aim for progress, not perfection.

No two PhDs are the same - don't try to compare!