



KAYLA GRIFFIN'S
ANTHROPOLOGY PROJECT
GRADES OR MENTAL HEALTH?

IDEA

Grades or Mental Health?

This idea came to mind when I was struggling last semester between balancing my mental health and grades. As it was my first semester of college, I was not used to the environment.

I was curious if anyone else in the living learning village I am in also has similar struggles.

NC STATE
UNIVERSITY

**EXPERIENCE
NC STATE**

UNIVERSITY SCHOLARS



I spoke to Dr. Dyer about my Project...

She liked my idea, however suggested my question should ask why. In asking why, It would allow my participants to elaborate more on their answers.

Participants

Survey: 13

Video Interviews: 5



Perry



Maddie



Evelyn



Jose



Caleb

QUESTIONS ASKED IN VIDEO INTERVIEWS

Guiding Questions for Interview

State your Name, Major, and Year

1. What is your ratio in regard to balancing grades/mental health?
2. Can you elaborate on the factors that impact your academic success?
3. How would you compare students' social life/ academic rigor in the Honors and Scholars Program compared to other students on campus?
4. What are the ways in which you have learned to cope with the stresses of college?
5. What would you tell people who have never been to college who may not understand choosing how to balance grades/ mental health?

SOURCES THAT HELPED ME DEVELOP QUESTIONS

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Is It Worth It? Science Education of the Talented 2%

<https://anthrosource.onlinelibrary.wiley.com/doi/full/10.1111/traa.12037>

This article demonstrates the college selection process and flaws within the competitive system. It covers how students, no matter the circumstances, can excel on college campuses if given the proper resources. The reading highlights specifically underrepresented groups and how they may not initially have those resources prior to coming college.

SOURCES THAT HELPED ME DEVELOP QUESTIONS

*"I'm Not Your Typical 'Homework Stresses Me Out' Kind of Girl":
Psychological Anthropology in Research on College Student Usage of
Psychiatric Medications and Mental Health Services*

<https://anthrosource.onlinelibrary.wiley.com/doi/10.1111/j.1548-1352.2011.01209.x>

This article explains the rise in mental illness in college students. It brought to my attention the leading narrative of how students are placed in high stress situations without enough resources. The reading solidified my reasoning to ask students questions of how they cope with stress to understand how they take care of themselves.

VIDEO





THANKS FOR
WATCHING!

Work Cited

Anderson-Fye, Eileen P., and Jerry Floersch. "Log in to Wiley Online Library - AnthroSource." *"I'm Not Your Typical 'Homework Stresses Me Out' Kind of Girl": Psychological Anthropology in Research on College Student Usage of Psychiatric Medications and Mental Health Services*, 8 Nov. 2011, <https://anthrosource.onlinelibrary.wiley.com/doi/10.1111/j.1548-1352.2011.01209.x>.

Baker, Lee D., and Tracie Canada. "Is It Worth It? Science Education of the ... - Anthrosource." *Is It Worth It? Science Education of the Talented 2%*, 23 Sept. 2016, <https://anthrosource.onlinelibrary.wiley.com/doi/full/10.1111/traa.12037>.