

our best work, but not so much pressure that mental health suffers? These questions may not have straightforward answers, but it is clear that there is an ongoing mental health crisis in academia. Even before the pandemic, graduate stud 28hsorwe 18 (e th]TJ E Q q 1



Evidence for a mental health crisis in graduate education.

Evans et al. [Nature Biotechnology](#), 2018.

Mental health in academia: A question of support. Loissel. [eLife](#), 2019.

Undergraduate and Graduate students' mental health during the COVID-19 Pandemic. Chirikov et al. [eScholarship](#) 2020.

The challenges and mental health issues of academic trainees. Eleftheriades et al. [F1000Res](#), 2020.

Pandemic burnout is rampant in academia. Gewin. [Nature](#), 2021.

COVID's mental-health toll: how scientists are tracking a surge in depression. Abbott. [Nature](#), 2021.

One Year In: COVID-19 and mental health. Gordon. [NIH NIMH](#), 2021.

Share your ideas and events:
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Twitter: [@bc_bio_dei](https://twitter.com/bc_bio_dei)

Another! [racist and homophobic vandalism!](#) incident happened on our campus at Williams Hall.! The person was caught after the person tore down a Black Lives Matter flyer and an LGBTQ+ pride flag. This event happened when the whole country is watching the murder trial of the former police officer Derek Chauvin who killed George Floyd. Meanwhile, another unarmed young black man,! [Daunte Wright](#), was killed by police just 10 miles away from Chauvin's trial. We ask that faculty members and everyone in a teaching or mentorship role be aware of the burden that these events create for our BIPOC and LBGTO students. The chronic, structural racism and homophobia have been an additional difficulty for our community's BIPOC and/or LBGTO! members during the COVID-19 pandemic. As the DEI Committee, we affirm that we are committed to working towards creating an inclusive environment in the Department for all our members. Students, you are not alone and we will not allow racist or homophobic people to make you feel unsafe on this campus.

Misconduct and harassment of a sexual nature are utterly unacceptable, particularly in a workplace. For questions and support regarding discrimination, harassment or other issues, please contact Patricia Lowe, BC's Title IX Coordinator (patricia.lowe@bc.edu) or Melinda Stoops, the Deputy Title IX Coordinator for Students (melinda.stoops@bc.edu).

We have exciting plans for the coming months, and here are some things to look forward to over the summer:

- We will be organizing a [Brain, Bias and Being](#) Workshop for the entire Biology Department over the summer.
- We will be hosting a [Mental Well-Being](#) Workshop specifically for trainees within the Biology Department.

Based on your feedback, this will be our last monthly newsletter. After this issue, publication frequency will be reduced to once per semester to allow us more time to plan workshops and other events!

Your productivity does not determine your worth.